

health ²you

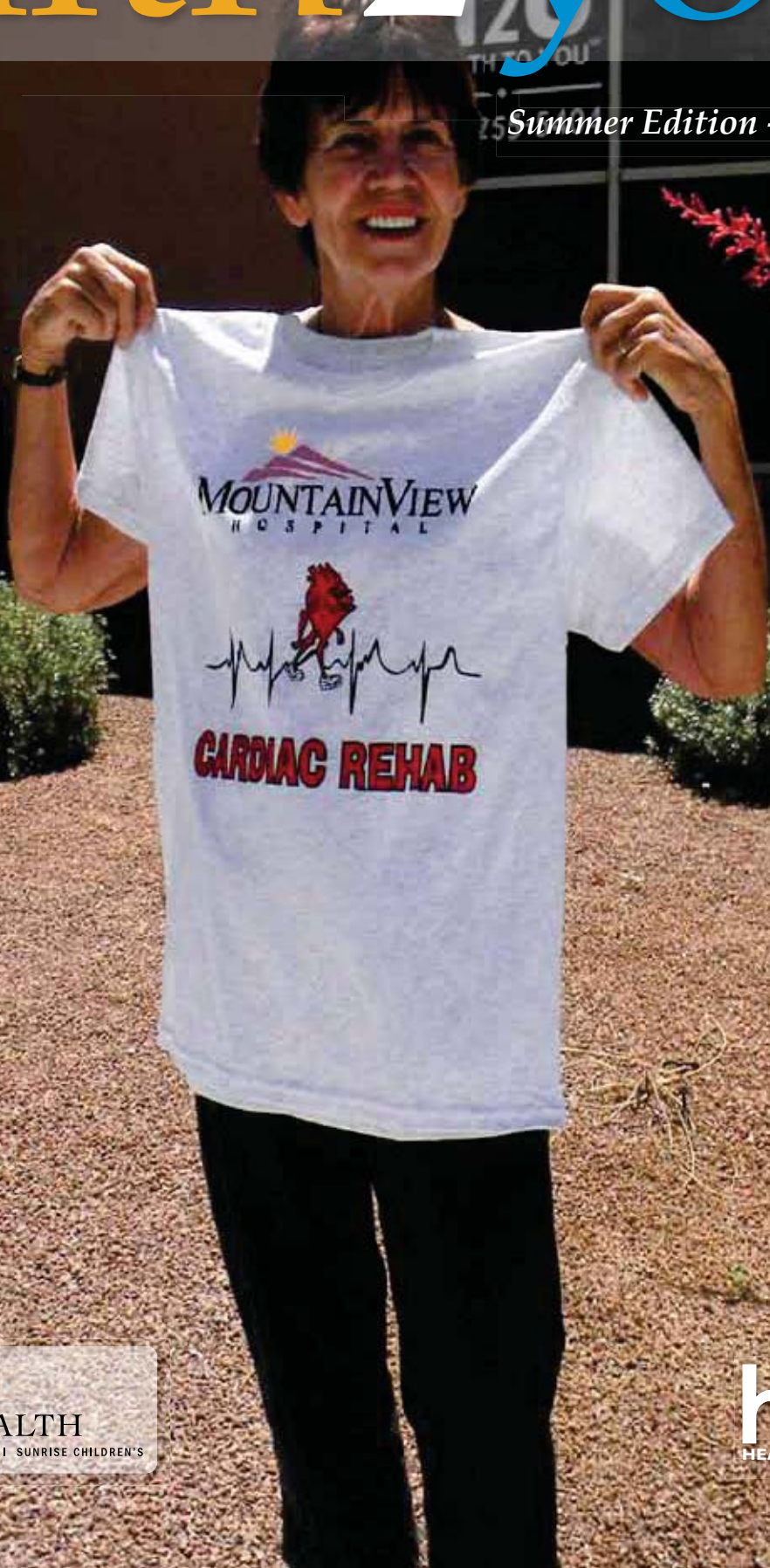
Featured Stories

Cardiac Rehab Patient Gets Her Confidence Back

Stroke Survivor Shares His Story

Sunrise and Sunrise Children's Hospital Ranked #1

Summer Edition - June 2011



Confidence Through Cardiac Rehabilitation

Yvonne DuPlain loves to ice skate, tap dance and play tennis.

"I danced in three shows last week," she said with a smile. But in January, Yvonne's love of exercise was cut short when she began to have chest pain.

"I noticed some pressure in my chest when I was ice skating one day," she said. "It went away, and I didn't really think anything of it. Then, a day or two later I mentioned it to a girlfriend who is also a nurse, and she told me to call my doctor right away."

When Yvonne went to see her primary care physician, an EKG revealed that something was wrong. "The doctor told me to go across the street to the hospital right away," she said.

Yvonne was admitted to **MountainView Hospital**, and a few days later she had a stent placed in one of her arteries. "I was very lucky," said Yvonne. "I didn't really take my pain seriously; most women don't. Thank goodness my friend knew better."

When Yvonne went for her follow-up appointment with her cardiologist, she explained that she was afraid to return to her normal activities.

"I am a breast cancer survivor of 13 years," said Yvonne. "And I have to tell you, [heart disease] scared me much worse. What was I supposed to do? Pick up my tennis racquet like nothing happened? I can't imagine anyone who goes through something like this not feeling the same anxiety that I did."



The Cardiac Rehab Program at MountainView is the only program of its kind in Northwest Las Vegas



Patients receive supervised exercise sessions at the Cardiac Rehab Program

Yvonne's cardiologist referred her to the Cardiac Rehabilitation Program at **MountainView Hospital**. The only program of its kind in Northwest Las Vegas, **MountainView** offers patients individualized attention and support during their recovery from heart disease and other cardiac-related conditions. Patients receive supervised exercise sessions, medication monitoring and health education to help them better manage their disease.

After three months of monitored exercise with specially trained technicians, Yvonne got her confidence back.

"[Cardiac Rehab] was so informative," said Yvonne. "It's amazing the things you don't know about how to take care of your heart."

"She always had a positive attitude," said Matthew Moore, Yvonne's Cardiac Rehab Therapist. "Attitude is key to getting back to doing the things you love."

"Being monitored while you exercise lets you know that it's all good," said Yvonne. "I went to senior day at the ice skating rink yesterday, like I do every Wednesday. And you can bet I will be there for many Wednesdays to come."

A physician's prescription is required for Cardiac Rehab which is covered by most insurance, including Medicare. **MountainView** offers assistance to patients with the insurance verification process.

To learn more about the Cardiac Rehabilitation Program at MountainView Hospital, please call (702) 255-5018.

Stroke Survivor Shares the Importance of Awareness

Earlier last month, H2U member Paul Miller, 60, was having a normal day at home and getting ready to eat a sandwich. And what would happen next thanks to his wife, H2U member Lillie Miller, 59, would save Paul's life. Paul noticed a trembling in his left hand followed by one in his right arm. He began to feel light headed and then doesn't remember much after that. Luckily, Paul's wife had come home and noticed him acting strange. She said he wasn't very responsive and had tried to eat his sandwich, but just kept opening and closing his mouth. She asked him to raise both arms and he couldn't. Lilly suspected her husband might be having a stroke due to the risk and warnings signs of a stroke she had learned through an H2U program at **Sunrise Hospital**. She immediately dialed 9-1-1. Once the paramedics arrived, Lilly asked them to take her husband to the **Sunrise Certified Primary Stroke Center**.



Due to her quick actions, the ambulance arrived in the **Sunrise Hospital** Emergency Department where the Stroke Task Force was activated and Paul was administered the clot-busting drug tPA to clear the blockage in his brain, which saved his life. Turns out Paul's family history revealed a high risk for strokes as his father had suffered multiple strokes as well. He stayed at the hospital for an additional four days, but was able to go home afterwards with no rehabilitation and is fully recovered.

Paul's miraculous story is all due to his wife's quick actions and fast thinking to recognize the signs of a stroke. **Sunrise Hospital**, **MountainView Hospital** and **Southern Hills Hospital** represent the first network of Certified Primary Stroke Centers, meaning we have been judged to provide a higher level of care. A stroke is a life threatening medical emergency. In the event of a stroke, know the signs and symptoms of a stroke and seek medical help by dialing 9-1-1 and ask to be taken to the nearest Certified Stroke Center.

The Numbers Tell a Story

64

the number of local and national discounts offered exclusively to H2U Members.

40

the number of H2U Community Partners in the **Sunrise Health System**.

To view a list of H2U Community Partners, refer to page 5.

The Sunrise Health Hospitals want you to know the warning signs of a stroke by remembering to spot a stroke F.A.S.T.:

- F** = Face **Ask the person to smile. Does one side of the face droop?**
- A** = Arm **Ask the person to raise both arms. Does one arm drift downward?**
- S** = Speech **Ask the person to repeat a simple phrase. Does the speech sound slurred?**
- T** = Time **If you observe any of these signs, it's time to call 9-1-1 and ask to be transported to the nearest stroke hospital.**

It's important to remember the risk factors and warning signs for a stroke. Make sure you and your loved ones become educated. It could help you to save a life.

Sunrise H2U Office Calendar of Events for June 2011

All programs are open to the public. Reservations are required – please call (702) 233-5300 to make your reservation unless otherwise noted.

H2U Member Meal Coupons are available in the H2U office at 3061 South Maryland Parkway, Suite #101 and in the Guest Services Department behind the front desk of the Sunrise Hospital main lobby.

VOLUNTEERS NEEDED ... the H2U office at Sunrise is in need of volunteers to assist in the office on Thursdays from 9 a.m. to 3 p.m. and for volunteers to do hospital visits. If you are interested, please contact (702) 735-5510 for more information.

OFFICE CLOSINGS

June 3, 10, 17 and 24

AARP Driver Safety Class

Wednesday, June 1

Noon to 4 p.m.

\$12 for AARP members and \$14 for non-members. Attend this class and receive a discount on your automobile insurance. Call (702) 233-5300 to reserve your spot.

- **Reservations are required for all events.**
- **All programs are subject to change.**

Tai Chi Class

Thursdays, June 2, 9, 16, 23 and 30

Noon to 1 p.m.

Tai Chi instructor Terry Tichota has been practicing and teaching Tai Chi since 1995. Terry specializes in working with Seniors and is very in-tune with the needs and requirements to get the most benefit from Tai Chi. Call (702) 233-5300 to RSVP.

Yoga Class

Thursdays, June 2, 9, 16, 23 and 30

1:30 to 2:30 p.m.

Breast Center Multipurpose Room
Call (702) 233-5300 to RSVP.

Lunch and Learn

Recognizing and Preventing Elder Exploitation

Tuesday, June 7

11:30 a.m. to 1:30 p.m.

The Law Offices of Lee A. Drizin, Chtd., specializing in Elder Law, will provide information on recognizing and preventing elder exploitation. Call (702) 233-5300 to R.S.V.P.

Lunch and Learn

Nevada Lock Box

Wednesday, June 8

11:30 a.m. to 1:30 p.m.

Join Adreane Freeman, Program Officer for the Office of the Secretary of State as she talks about the FREE Living Will Lock Box. Call (702) 233-5300 to R.S.V.P.

Adult Outpatient Diabetes Classes

"Overview" - Friday, June 10

1:30 to 3:30 p.m.

"Nutrition" - Wednesday, June 15

1:30 to 3:30 p.m.

"Medications" - Wednesday, June 29

1:30 to 3:30 p.m.

This free program is available for adult diabetes patients and a guest. Classes are held in the Sunrise Education Department Classroom, Suite 100, located at 3101 S. Maryland Parkway. Classes are taught in English only, by faculty members: Sandy Kline, RN, BSN, CCRN, Nurse Educator; Registered Dietitian, Medical Nutrition Therapist, Doreen Highfield, RD, CNSE; and Pharmacist, Katie Craven, RPh. Call (702) 233-5454 to register.

One on One Medicare Counseling

Wednesday, June 15

10 a.m. to Noon

By appointment only every 20 minutes. Call (702) 233-5300 to schedule your appointment.

Lunch and Learn

Personal Health Awareness and ADT Senior 24-hour Monitoring Services

Wednesday, June 22

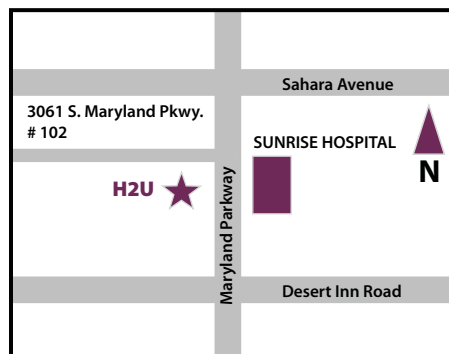
11:30 a.m. to 1:30 p.m.

Join Everett Campbell, M.D., from ADT, for tips on staying healthy and information on the Senior Companion Program. Call (702) 233-5300 to R.S.V.P.

Sunrise H2U Office:
(702) 735-5510
www.sunrisehospital.com



*The Consumer Choice Award
winner for 15 consecutive years!*



Tracy Netherton

Guest Services Coordinator

3061 S. Maryland Pkwy., Suite # 102
Las Vegas, NV 89109
Phone: (702) 735-5510
Fax: (702) 836-5838

Office hours:

Monday - Thursday
9 a.m. to 3 p.m.
Closed on Fridays

MountainView H2U Office Calendar of Events for June 2011

The H2U MountainView Office has relocated to 3150 N. Tenaya Way, Suite #114, Las Vegas, NV 89128. Please call **(702) 233-5474** for your required reservation.

Volunteer positions available
call Rita Moore (702) 255-5404.

Doctor's release required for all exercise classes.

Office closed: Thurs, June 30 - Tues, July 4

Zumba® Gold - \$3 per class
Mondays 10 to 11 a.m.

Blood Pressure
Tuesdays 10 to 11 a.m.

Yoga - \$5 per class
Thursdays 9 to 10 a.m.

FREE Line Dancing Classes
Tuesdays 9:30 to 10:30 a.m. - New Time
Different start time on 3rd Tuesday of the month - Tuesday, June 21 - 9 to 10 a.m.
Thursdays 10:30 to 11:30 a.m.
Instructor: Marilyn Gray

- **Reservations are required for all events.**
- **All programs are subject to change.**

Birthday Party
Wednesday, June 1
1:30 to 3 p.m.

Movie Matinee
"Unstoppable"
Thursday, June 2
1:30 to 3:40 p.m.

Card and Game Day
Monday, June 6 and 20
Noon to 3 p.m.

Lunch and Learn
What are the Risk factors for Abdominal Aortic Aneurysm?
Tuesday, June 7
11:30 a.m. to 3 p.m.

Lecture and Lunch:
Senior Floating Rate Funds
Wednesday, June 8
11:30 a.m. to 1 p.m.

Bunco
Monday, June 13 and 27
1:30 to 3 p.m.

Heart Chat Lunch and Learn
Sleep and Heart Health
Tuesday, June 14
11:30 a.m. to 1 p.m.
A new informative series.

Free Medicare Counseling
Wednesday, June 15
9:15 to 11:15 a.m.
By Appointment ONLY.

LUNCH AND LEARN
Stroke Risk Factors
Wednesday, June 15
11:30 a.m. to 1 p.m.

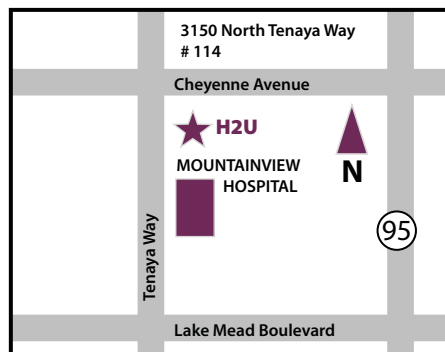
LUNCH AND LEARN
Cardiac Rehab Review
Thursday, June 16
Noon to 1:30 p.m.

AARP Driver Safety Class
Tuesday, June 21
11:45 a.m. to 4 p.m.
CHECKS ONLY. Call office for details.

LUNCH AND LEARN
Pre-planning your Final Wishes
Wednesday, June 22
11:30 a.m. to 1 p.m.

Life Stories Nevada Reunion Class
Tuesday, June 28
1:30 to 3 p.m.
A continuum of the autobiography-writing class, participants will share stories with each other, perhaps sparking new memories and provide positive feedback.

MountainView H2U Office:
(702) 255-5404
www.mountainview-hospital.com



Rita Moore
H2U Program Manager

3150 North Tenaya Way, Suite 114
Las Vegas, NV 89128
Phone: (702) 255-5404
Fax: (702) 255-5420

Office hours:
Monday - Thursday 9 a.m. to 4 p.m.
Friday 9 a.m. to 12:30 p.m.
The 4th Wednesday of each month
9 a.m. to 2:30 p.m.

H2U Community Partners

LOCAL H2U PARTNERS

A Simple Solution Home Care (702) 204-7596

Acacia Springs (702) 942-8700

Accessibility Services, Inc. (702) 469-6090

Affinity Hospice (702) 380-1006

At Home Health Services (702) 933-1936

Atria-Seville, Sunlake & Sutton (702) 804-6800

Bank of America Reverse Mortgages
(702) 277-6044

Bunkers Mortuaries, Cemeteries & Crematory
(702) 385-1441

Collette Vacations (702) 498-0707

Davis Funeral Homes & Memorial Park
(702) 736-6200

Emeritus at Las Vegas (702) 451-7896

Enviro Safe Pest Control (702) 385-1269

Gentiva Home Health (702) 896-6393

Gentle Dental (800) 436-8531

Hair Styling By Kerry (702) 378-3146

Home Instead Senior Care (702) 796-6393

Home Watch CareGivers (702) 341-8600

Horizon Home Health (702) 259-4966

Howell Enterprises (702) 375-2146

Jeffrey Burr & Associates (702) 254-4455

Kirby Music (702) 476-6203

Kraft & Sussman Funeral Services (702) 485-6500

Lam's Pharmacy (702) 384-3784

LaPalmona Funeral Services (702) 732-7070

Las Vegas Leis (702) 530-5347

LaSpaluto Financial Services- (702) 319-6325

Lee A. Drizin (702) 798-4955

Low Vision Services, Inc. (702) 966-2020

Nail Styling By Heather (702) 378-3149

Nathan Adelson Hospice (702) 787-3472

Nevada Adult Day Healthcare Centers (NADHC)
(702) 319-4600, Ext 104

Nevada Senior Games (702) 242-1590

Premier World Discovery (877) 953-8687, Ext. 249

Quality Medical Imaging (702) 839-1133

Right at Home In Home Care & Assistance
(702) 367-3400

Utah Shakespearean Festival (800) 752-9849

We Care Private Sitting Agency (702) 416-0152

Werner Institute for Balance & Dizziness
(702) 880-1515

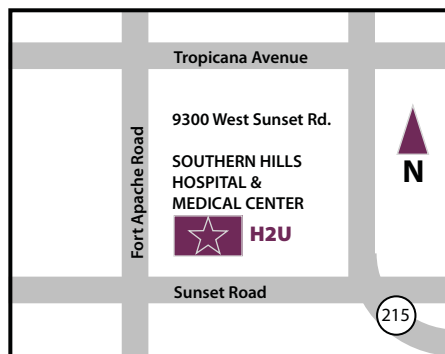
Willow Creek Independent, Assisted & Memory
Care Communities (702) 395-3100

NATIONAL H2U PARTNERS

ADT Companion Services (877) 238-4656
Careington Dental and Eye Plan (866) 222-2558
CVS/Caremark (877) 864-7741
Cheryl & Co (800) 443-8124
CIE Tours (800) 243-8687
Collette Vacations (800) 665-1977
CST • Critical Signal Technologies (888) 337-5433
Fannie May (800) 333-3629
1-800-Flowers.com (800) 356-9377
FromYouFlowers.com (800) 838-8853
Hyatt Hotels (888) 591-1234
LaQuinta Inns (800) SLEEP-LQ
LifeGuard Medical Solutions (866) 923-2331
LifeView Resources (800) 395-5433
LifeView Outdoors (800) 395-LIFE
National Car Rental (877) 222-9058
Plow & Hearth (800) 494-7544
The Popcorn Factory (888) 216-0235
Red Roof Inn (800) 733-7663
The Relocation Center (800) 733-0930
TicketsAtWork.com (800) 331-6483
Travel Care International (800) 524-7633
Wyndham Worldwide Hotels (877) 999-3223

*For more information, please call your local
H2U office or visit H2U.com*

Southern Hills H2U Office:
(702) 880-2125
www.southernhillshospital.com



9300 West Sunset Road
Las Vegas, NV 89148
Phone: (702) 880-2125

H2U at Sunrise Health
3061 South Maryland Pkwy #102
Las Vegas, NV 89109
www.sunrisehealthinfo.com

Presorted Standard
U.S. Postage
PAID
Las Vegas, NV
Permit No. 198



Sunrise Hospital and Medical Center, MountainView Hospital and Southern Hills Hospital and Medical Center-- the first network of accredited Chest Pain Centers in the state of Nevada.



The Sunrise Health System is the first network of Certified Primary Stroke Centers in Southern Nevada.

Sunrise and Sunrise Children's Hospital Ranked #1 in Las Vegas

Sunrise Hospital and **Sunrise Children's Hospital** have been ranked as the top hospital in the Las Vegas metro area in U.S. News and World Report's first-ever Best Hospitals metro area rankings.

These new rankings recognize **Sunrise Hospital** for high-performance in five medical specialties, including:

- Heart and heart surgery
- Cancer
- Pulmonology
- Diabetes and endocrinology
- Kidney disorders



Criteria included mortality rate, patient safety and care-related factors such as nursing and patient services.

"We are proud to be recognized by U.S. News and World Report as the number one hospital in Las Vegas," said Sylvia Young, President and CEO for **Sunrise Hospital and Medical Center** and **Sunrise Children's Hospital**. "This award reflects the skills and expertise of our staff and physicians who set the standard in high-quality, compassionate care to our patients."

This is the latest recognition for **Sunrise Hospital** and **Sunrise Children's Hospital**. In addition to the U.S. News recognition, **Sunrise** has also been the Las Vegas Consumer Choice award winner for 15 consecutive years and has received the HealthInsight Quality Award acknowledging high performance in the care related to publicly reported quality measures.