

# GRATITUDE

ST. ROSE DOMINICAN HEALTH FOUNDATION

WINTER 2018

## A Fragile Life EMPOWERED

St. Rose's grant-funded EMPOWERED program is impacting the future of opioid addicted pregnant women and their babies



# Thank You for Voting Us Best!



**Best Hospital**  
*San Martín Campus*

**Best Place to Have a Baby**  
*Siena Campus*



**Best Hospital**  
*Siena Campus*

**Best Place to Have a Baby**  
*San Martín Campus*



**Best Medical Practice**  
*Dignity Health Medical Group*

Thank you for choosing Dignity Health – St. Rose Dominican in the *Las Vegas Review-Journal's* annual “Best of Las Vegas” poll. Your support is truly appreciated.

## WHAT WE'RE COVERING

In this issue of *GRATITUDE*, we're covering news of how St. Rose's grant-funded EMPOWERED program is impacting the future of opioid addicted pregnant women and their babies, postpartum mood and anxiety disorder (PMAD), and the shared value of corporate partnerships.

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# Gratitude is a BLESSING

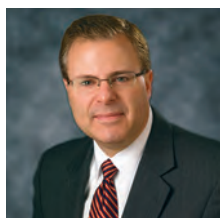
Dear Friends,

This holiday season, please join us in contemplating the question, “What if we lived every day like it was Thanksgiving, filled with gratitude for the blessing of being part of something bigger than ourselves?”

We see the word “we” as central to this contemplation because recent studies report that chronic loneliness – including a disconnection from community – has become epidemic and has serious health consequences. As a Foundation, we aim to help Dignity Health – St. Rose Dominican improve the health of our community. We raise funds that support our faith-based, not-for-profit ministry’s promise to deliver high-quality medical care, social services, and community outreach programs with humankindness. That’s healing. Amazingly, so is giving. A positive side effect of becoming a donor is a shared sense of purpose and community – and every gift counts. Even small donations such as coins donated at local cash registers add up to change lives for the better.

In this issue of *GRATITUDE*, learn how St. Rose’s **EMPOWERED** program is helping opioid-addicted expectant mothers secure brighter futures for themselves and their babies. This program is an example of thinking big – bigger than St. Rose or the interdisciplinary medical and health education team that developed it. We’ve locked hands with social service and health agencies around the community to address this painful crisis in professional, compassionate and life-changing ways.

We’d also like to thank you – our community – for voting for St. Rose Dominican Hospitals the “Best of Las Vegas” in three categories of the *Las Vegas Review-Journal’s* annual survey. Your support is sincerely appreciated.



With gratitude,

**Charlie Guida**  
*President*

St. Rose Dominican Health Foundation

We thank our Board members  
for generously giving of their time and talents!

## ST. ROSE DOMINICAN HEALTH FOUNDATION BOARD OF DIRECTORS

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TO CONTACT THE FOUNDATION, PLEASE CALL  
702-616-5750 OR VISIT [SUPPORTSTROSE.ORG](http://SUPPORTSTROSE.ORG)



# DISTINGUISHED CORPORATE PARTNERS THE HEALING POWER OF PARTNERSHIP

Radiology Associates of Nevada (RAD)/Pueblo Medical Imaging generates diagnostic images and reports that provide a roadmap for a patient's journey to recovery. "The course of treatment for a diagnosis like cancer can be financially straining – and out of reach for patients who make too much to qualify for Medicaid yet not enough to afford health insurance or the high deductibles associated with many insurance plans," says Darren Blanford, RAN Practice Manager. That's why RAN chooses to make an annual Distinguished Corporate Partners' charitable gift to the St. Rose Dominican Health Foundation.

"We value and share St. Rose's commitment to serving the financially vulnerable," says Darren. "By partnering with St. Rose, these patients have improved access to the treatment and social services they need to complete their medical journey."

St. Rose's Distinguished Corporate Partners' program provides individuals, corporations and foundations the

convenience of making an annual sponsorship commitment that ensures the success of the Foundation's signature fundraising events including The Celebration Gala, Swing for St. Rose Golf Tournament, and Children's Miracle Network Hospitals' High School Dance Marathon. Proceeds from the events directly support critical - often life-saving - health care services, as well as community outreach programs that provide medical and social services for vulnerable populations.

"Our \$25,000 investment in the Distinguished Corporate Partner program produces an incredible return – and that allows St. Rose to provide all patients in need the medical and outreach services they need," says Darren Blanford.

Distinguished Corporate Partners receive a host of recognition benefits at St. Rose events and its communication strategies. To learn more about becoming a partner, contact Barbara Davis at 702-616-5762 or [Barbara.davis@dignityhealth.org](mailto:Barbara.davis@dignityhealth.org)



St. Rose Dominican Health Foundation recently installed a new Annual Donor Recognition Wall at the Siena Campus. The panels will be updated each calendar year. To add your name to the annual donor wall, please call 702-616-5750.



# CELEBRATING THE SPIRIT OF ST. ROSE DOMINICAN HOSPITALS

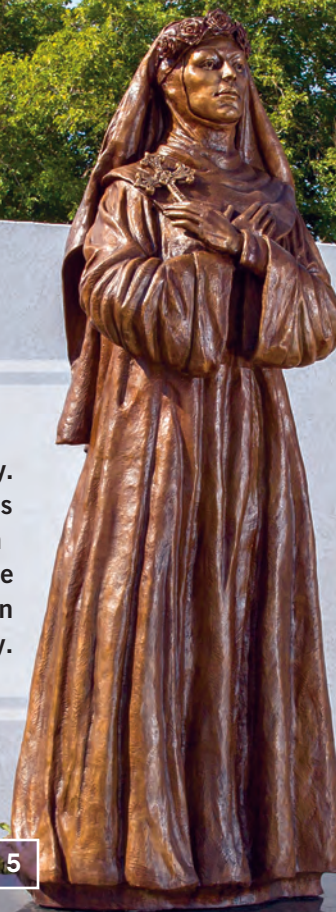


The St. Rose Dominican Health Foundation recently funded the installation of a photographic story wall depicting the rich history of St. Rose Dominican's Adrian Dominican Sisters. Larry Barnard, President of the San Martín Campus says, "The wall celebrates the pioneering spirit of our Adrian Dominican Sisters and calls our current and future health care teams to aspire to great works of healing and humankindness."



Were you a witness to humankindness? Was your care provider a Saint? The St. Rose Saints program was created as a way to recognize employees when a donation was made in their honor. By sharing your story or making a gift, you can show your appreciation for the kindness you witnessed or the care you received. Those honored receive a certificate and pin along with your kind words about your care experience. You can make your gift of gratitude by calling 702-616-5750.

Saint Rose of Lima, Peru – the first saint of the Americas – was devoted to caring for the sick and hungry of her community. Her acts of humankindness inspired the naming of the hospital's first campus; and, during its 70th year of service to southern Nevada, the St. Rose Dominican Health Foundation supported the design and creation of a statue built in her honor and in recognition of the campus's contributions to the health of our community.



**"When we serve the poor and sick, we serve Jesus."**  
~ St. Rose de Lima



# EMPOWERED

## PROACTIVELY ADDRESSING OPIOID USE AMONG PREGNANT WOMEN

As the opioid epidemic grips our nation, St. Rose volunteers tenderly cradle its youngest sufferers – the babies born dependent on the substances their mothers used during pregnancy. This cuddly form of humankindness is just one feature of St. Rose's grant-funded **EMPOWERED** (*Empower Mothers for Positive Outcomes with Education, Recovery and Early Development*) program.


Babies born to opioid addicted mothers may experience neonatal abstinence syndrome (NAS) characterized by withdrawal symptoms such as tremors, seizures, problems sleeping, irritability, and weight loss. The Baby Cuddler program provides NAS babies the comfort and security they need to recover and thrive.

According to Holly Lyman, Director of Community Outreach, St. Rose's doctors, pharmacists and community health educators designed EMPOWERED to positively impact the lives of opioid addicted pregnant women and their babies. "Our aim is to help pregnant mothers and their babies achieve healthy, addiction-free futures," says

Holly. By collaborating with the St. Rose Dominican Health Foundation, the EMPOWERED program team secured a \$356,000 Nevada State Targeted Response Grant to launch the program.

EMPOWERED offers pregnant women who test positive for opioid or other substance usage – and who accept help – access to mental health services and St. Rose's Outreach Centers array of offerings: group peer support, WIC, lactation support, parenting classes, and NAS education. After birth, babies born at St. Rose are provided neonatal intensive care including cuddling. Once they leave the hospital, they are monitored by a physician and receive physical, occupational and speech therapy assessments at their first, third and sixth months.

A 2016 Centers for Disease Control and Prevention study of 28 states found on average, six in 1,000 babies were born with NAS in 2013, up from 1.5 in 1,000 in 1999. Nevada's rate at the time was 4.8 in 1,000 babies born addicted.



To support the EMPOWERED program, please call 702-616-5750 to make a gift or request more information.

## ST. ROSE LEADS STATE'S POSTPARTUM SUPPORT SERVICES

**Last year, St. Rose, manager of the grant-funded Nevada Statewide Maternal Child and Health Coalition, provided postpartum mood and anxiety disorder (PMAD) recognition and response training to more than 500 health professionals statewide to ensure those affected are identified for treatment and support services.**

Welcoming a baby is a blessed occasion that is expected to be blissful. Quick cases of the “baby blues” are often anticipated, but PMAD symptoms such as depression, anxiety, obsessive compulsive disorder, and post-traumatic stress can occur up to two years after giving birth. In fact, PMAD, including postpartum depression, is the leading complication of childbirth, affecting 1 in 7 women with higher rates experienced among women of low socioeconomic status. What's more, fathers are also susceptible to PMAD.

To ensure those affected are identified for treatment and support, St. Rose surrounds expectant and new parents with support through PMAD awareness discussions during childbirth classes, hospital tours, and community outreach presentations. After baby is born, PMAD parents have access to one-on-one therapeutic counseling services and telephone support, co-facilitated Mommy Mixers and PMAD support groups at St. Rose's three Community Wellness Centers. Support groups are shown to alleviate the PMAD parent's feelings of guilt, shame, and isolation; reduce the stigma and risk factors of the disorder; and, encourage healthy bonding with baby.

## FROM DARKNESS TO LIGHT: ONE MOM'S GLOWING REPORT

Hopeless and helpless. When you suffer from perinatal mood and anxiety disorder (PMAD), you feel both. You want a baby but do not expect this additional dark stranger. It makes each day a struggle to take care of your family.

I'd beaten PMAD before, but after my second baby, it engulfed me. I tried medications, weekly therapy and finally called Postpartum Support International at my breaking point. They gave me Jacqueline Kennedy's name at St. Rose Dominican hospitals. Her voice was soothing and compassionate, and she told me about a new support group. That gave me hope!

I left my first support group gathering feeling like I was no longer alone in this darkness. Others felt what I was feeling. They helped me find the light. A year later, I attended St. Rose's Afterglow PMAD training to help the facilitator, Alicia Mattera, strengthen the support group. I was moved to see the room filled with people concerned about the crisis of losing mothers, children, and families to PMAD. Help, support, and education can end the stigma of this real, dark battle.

With St. Rose's support, my PMAD journey has taught me a great deal about myself and others. I now have an amazing Mama Tribe and a passion to help others through the darkness.

*– Christina (pictured left)*



Please Support PMAD Intervention. St. Rose is receiving ever increasing requests for PMAD therapy and support. We are expanding our PMAD efforts and opening new Community Wellness Centers at our four neighborhood hospitals to offer health education and outreach services valley wide. Your support of the program and our new centers can make a difference in a young family's future. Call 702-616-5750 or visit [supportstrose.org](http://supportstrose.org) to make a gift or request more information.



## R.E.D. Rose Fundraisers

We're giving a big shout out to our incredible community partners who are raising funds to benefit the R.E.D Rose Program. The program provides uninsured and underinsured breast cancer patients with medical and emotional support or financial assistance during their time of need.

## Brighton is Tickled Pink!

Brighton's Power of Pink 2018 campaign raised funds for R.E.D. Rose with a portion of each local purchase of its limited-edition bracelets, leather goods and accessories.



## Slots Go Pink at Tuscany!

Tuscany Casino invited guests to take part in its SLOTober Video Poker Challenge. Invited guests were encouraged to donate a minimum of \$10 to support Dignity Health – St. Rose Dominican's R.E.D. Rose Program with the Tuscany Casino matching each donation made.

## Paddles Up!

The Las Vegas Dragon Boat Club hosted the 10th Annual Rose Regatta with the support of sponsors including Lake Las Vegas, Red Rock Reef, Montelago Village Association, Landin Ryan and The Village at Lake Las Vegas.

If your organization would like to hold a fundraiser for St. Rose, we'd be grateful for your support. To coordinate, e-mail Barbara Davis at [Barbara.davis@dignityhealth.org](mailto:Barbara.davis@dignityhealth.org) or call 702-616-5762.



# CALLING ALL SUPERHEROES

Mark your calendars for Dignity Health – St. Rose Dominican's 62nd Annual Celebration featuring special musical guests on Saturday, April 13, 2019, at the Red Rock Casino Resort & Spa. Join us for an incredible evening of entertainment, dining and fundraising as we celebrate southern Nevada's only not-for-profit, faith-based health care ministry.

Sponsorships, tables, and tickets are now available. Proceeds will support the physical, emotional, and spiritual care provided by our three acute care campuses, as well as vital services and community outreach programs.

Dignity Health - St. Rose Dominican  
is proud to present its 62nd Annual Gala

**Saturday, April 13, 2019**  
**Red Rock Resort • 6:00 p.m.**

## AN EVENING OF HEROES, MUSIC AND CELEBRATION

Special appearances by your favorite superheroes  
and special musical guests

For questions, sponsorship information, or to donate for silent or live auctions, please contact Barbara Davis at 702-616-5762 or [Barbara.Davis@dignityhealth.org](mailto:Barbara.Davis@dignityhealth.org).

# THE FIORE'S HEALTH CARE LEGACY

## Why They Made an IRA Charitable Rollover Gift to St. Rose

Compassionate care is embedded in the Fiore family's vocational DNA. It crosses centuries, continents, our nation, and generations. That's one reason Sylvia and Nick Fiore Sr. chose to support St. Rose's not-for-profit, faith-based legacy with a tax-free gift made directly from their individual retirement accounts (IRAs) to the St. Rose Dominican Health Foundation.

"The health care lineage flows from Sylvia's great grandmother, but when Italy's Amalfi Coast was invaded in 1943, her family fled. All records of her great grandmother's family were lost," says Nick, Sr. "Thus, what we do know, we celebrate." One of Sylvia's relatives – a first generation American – became a doctor and founded a private hospital in Pittsburgh in the 1920s. The hospital tended to Italian and African-American residents who had limited access to the area's larger hospitals. Sylvia's Aunt Rose delivered modern nursing care to coalminers in remote Pennsylvania towns, and three of her cousins became registered nurses. One provides diabetes education to New Mexico's Navajo population. Sylvia, now retired, is also a registered nurse and the Fiore health care tradition is being carried on by her son, Nick Jr., a local pediatric surgeon and his wife, Stephanie Davidson, a pediatric anesthesiologist. A few of the Fiore's grandchildren are eyeing health care careers.

"Our intent is three-fold. The gift from our IRA will benefit St. Rose's pediatric services, pay tribute to our family's vocational legacy, and demonstrate our gratitude for the outstanding care Sylvia has received at St. Rose," says Nick Sr.

In 2013, a traumatic car accident crushed several of Sylvia's vertebrae. Doctors initially questioned whether she would walk again but St. Rose's neurosurgeon, James Forage, MD, rebuilt her spine and with intensive therapy, she regained excellent mobility. Sylvia, now 80, also had a recent knee replacement at St. Rose. While recovery has not been a walk in the park, she is making great strides on her new knee.



*Sylvia Fiore, Dr. Nicholas Fiore Jr. and Dr. Nicholas Fiore Sr.*



*Dr. Stephanie Davidson, Sylvia and Dr. Nicholas Fiore Sr. and Dr. Nicholas Fiore, Jr.*



*Former nurse Sylvia Fiore with daughter-in-law Dr. Stephanie Davidson*



Dignity Health – St. Rose Dominican held its 21st Annual Golf Tournament on Monday, October 22, at the beautiful SouthShore Country Club. The tournament started with a 9:00 AM shotgun and all 112 golfers enjoyed a picture perfect day of golf!

The event included a BBQ lunch on the golf course. After a beautiful day out on the fairways, the golfers gathered for a reception at the clubhouse where several prizes were awarded to various golfers for their great team and individual golfing abilities! The afternoon continued with lively acknowledgment of auction and ticket drop prizes, generously donated by various businesses.

It is with much appreciation and gratitude that we give our sincere thanks to our supportive businesses, sponsors, donors and volunteers that generously gave of their time, talent and/or resources, which ensured another successful golf tournament.

Next year's 22nd Annual "Swing for St. Rose" Golf Tournament is scheduled for Monday, October 21, 2019, at SouthShore Country Club! For more information on sponsorships, registering a team or reserving your spot, please contact Barbara Davis at 702-616-5762 or [barbara.davis@dignityhealth.org](mailto:barbara.davis@dignityhealth.org).

## 2018 GOLF TOURNAMENT WINNERS

### 1st Place

Bank of America

### 2nd Place

702 Well Service, Inc.

### 3rd Place

Radiology Associates of Nevada/  
Pueblo Medical Imaging



## THANK YOU TO OUR 2018 GOLF TOURNAMENT SPONSORS

Platinum Sponsor

**MARK WILEY REALTY GROUP**

Gold Sponsors

**LYNNE RUFFIN-SMITH CHARITABLE FOUNDATION**

**MORRISSEY INSURANCE**

**PUEBLO MEDICAL IMAGING**

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**VEGAS GOLDEN KNIGHTS FOUNDATION**

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Silver Sponsors

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Registration Sponsor

**HENDERSON CHAMBER OF COMMERCE**





## **PROGRAMS FUNDED BY CHILDREN'S MIRACLE NETWORK DONATIONS**

### **QUALITY EDUCATION ENHANCES CARE**

Being born prematurely and critically ill is traumatic. Fragile newborns are helpless, and frightened parents often feel powerless in the complex neonatal intensive care unit (NICU). St. Rose prioritizes minimizing stress experienced in the NICU and empowering parents as care providers. That's why the hospital's partner, Children's Miracle Network Hospitals, recently funded a Touch a Life, Impact a Lifetime Workshop for all members of the interdisciplinary team that interact with tiny patient and their parents. The workshop led by Mary Coughlin, an internationally recognized expert in trauma-informed NICU care, emphasizes how team members can meet stringent care standards while also creating a more peaceful, nurturing experience that will benefit the entire NICU family in the short-term and over a lifetime.

### **DRÄGER VENTILATION SYSTEM**

Neonatal ventilation is highly complex and challenging. Caring for the smallest patients at St. Rose is one of the most demanding tasks imaginable. For these infants, new specialized neonatal ventilator technology is paving the way home. To prevent pulmonary injury, immature lungs, and underdeveloped breathing, regulation mechanisms require extremely gentle ventilation, advanced sensor and compensation technology. With community donations through Children's Miracle Network, St. Rose recently acquired 6 new Dräger Babylog VH 500 ventilation systems to better care for these precious patients.

### **CHARITY CARE**

Millions of Americans are underinsured or go entirely without health insurance each year. Last year alone, Dignity Health - St. Rose Dominican provided over \$6 million dollars in pediatric charity care to Nevada's families. As southern Nevada's only faith based, not-for-profit health care system, St. Rose's charity care program is critical to getting the health care people need without regard to their ability to pay. This uncompensated health care, which is provided free or at a reduced cost, makes an invaluable difference in the lives of thousands of Nevadans every year. With donations from the community and our Corporate Partners, Children's Miracle Network was able to transfer \$1.8 million dollars of precious funds to the hospital last year for the use of pediatric charity care.

## **BECOME A MIRACLE MAKER**

From the fragile newborn to the sick and surly teenager, every child is a miracle. By teaming up with St. Rose through these CMNH events, you can help fund the medical miracles they need. Every dollar donated to CMNH in southern Nevada benefits sick and injured children cared for by St. Rose.

### **Through December 31, 2018**

#### *CU4Kids Winter Icon Campaign*

Credit Unions will be asking members for donations to support CMN at St. Rose in branches during this 61-day campaign.

### **Through December 31, 2018**

Dine at Panda Express and donate your change, round up your bill, or buy an iconic paper balloon.

### **Through December 31, 2018**

Need to "skip" a loan payment for a month? Participating credit unions will donate all or a portion of Skip-A-Pay processing fees (typically \$20-\$40) to the care of sick, injured, or vulnerable children.

### **March 5, 2019**

#### **IHOP National Pancake Day**

Enjoy a free, short stack of Original Buttermilk Pancakes and make a miracle donation to help sick and injured kids.

### **April 1 – April 30, 2019**

Shop Ace Hardware and make a \$5 Miracle Bucket Day donation to receive an iconic five-gallon bucket plus a 20 percent discount on items that fit in the bucket.

### **April 1 – May 31, 2019**

Shop Smith's Food & Drug and round up your bill in support of the care St. Rose provides sick and injured children.

For more information on supporting CMNH, please reach out to:

**Debi Walsh 702-616-5755**

[debi.walsh@dignityhealth.org](mailto:debi.walsh@dignityhealth.org)

**Jason Williams 702-616-5756**

[jason.williams@dignityhealth.org](mailto:jason.williams@dignityhealth.org)

## BE A HEALTH CARE HERO THIS HOLIDAY SEASON

Expressing gratitude is healthy for you. Making a donation to show your gratitude for Dignity Health - St. Rose Dominican has health benefits for our entire community. This holiday season, make an end-of-year Gratitude gift that influences the health and wellbeing of southern Nevada in the year to come.

### THREE EASY WAYS TO MAKE AN END-OF-YEAR GIFT TO ST. ROSE

#### 1) Outright Gifts of Cash, Check or Credit Card

An outright cash gift is the simplest form of giving and may be made in the form of cash, check or credit card. These contributions may be made online, mailed or delivered in person to the Health Foundation office. Make checks payable to the St. Rose Dominican Health Foundation. Please use the enclosed envelope to make your gift.

#### 2) Gifts of Appreciated Securities

Gifts of appreciated securities such as stocks, bonds and mutual funds provide distinct tax advantages. The donor incurs no capital gains tax on appreciated securities given for charitable purposes. A gift of securities is easy to make, even electronically, and donors receive credit based on the fair market value of the securities donated.

#### 3) Tax-Free IRA Gifts

If you are 70½ years or older, you can make a tax-free IRA gift in support of St. Rose. Simply contact your IRA plan administrator to request a direct qualified charitable distribution from the IRA account to Dignity Health – St. Rose Dominican, a 501(c)(3) organization (Tax ID 94-1196203). It is important to note the IRA Charitable Rollover law is now permanent and allows you to give up to \$100,000 per year directly from your IRA to one or more qualified charities without paying federal income tax on the withdrawal. To learn more about making a tax-free IRA contribution to St. Rose, call 702-616-5750.

**Please note that the above is for informational purposes only. It is not intended as legal advice. Donors should consult their personal financial advisor prior to making a gift to the St. Rose Dominican Health Foundation and/or Dignity Health – St. Rose Dominican.**

**To make a financial gift of any size, call 702-616-5750, mail gifts to the St. Rose Dominican Health Foundation, 3001 St. Rose Parkway, Henderson, NV 89052, or make an online gift at [supportstrose.org](http://supportstrose.org).**

## MARK YOUR CALENDAR!

Please join us for upcoming St. Rose Dominican Health Foundation events. For more information, please call 702-616-5750.

#### **Now - December 31, 2018**

##### **Childrens Miracle Network Panda Express Campaign**

Dine at Panda Express and donate your change, round up your bill, or buy an iconic paper balloon. Panda Express has 67 locations that support CMN at St. Rose all year long.

#### **April 13, 2019**

##### **62nd Annual Gala: An Evening of Heroes, Music and Celebration**

Red Rock Resort • 6:00 p.m.

For information on sponsorships, reserving a table or purchasing a seat, please call 702-616-5762 or email [barbara.davis@dignityhealth.org](mailto:barbara.davis@dignityhealth.org).

#### **October 21, 2019**

##### **22nd Annual "Swing for St. Rose" Golf Tournament**

SouthShore Country Club • 8:00 a.m.

To secure a golf sponsorship or reserve a team, please call 702-616-5762 or email [barbara.davis@dignityhealth.org](mailto:barbara.davis@dignityhealth.org).