



LIVING

FALL | 2022



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UMC is committed to the health and well-being of our community, and we'd like take this opportunity to remind you that preventive medicine plays a key role in your overall health. If you don't currently have a primary care provider or would like to find one closer to home, UMC's Primary Care physicians offer you a gateway to Nevada's Highest Level of Care. **Call 702-383-CARE to schedule an appointment with a UMC Primary Care physician today!**

Through the Healthy Living Institute at UMC, we offer many opportunities for you to participate in wellness education and activities. As you explore this quarter's Living Magazine, you will find information about activities and speakers exploring many wellness topics along your journey to greater health!

Well-being is not only one's physical health; it is the ability for one to find a balance in body, mind and spirit — the whole person. Our goal is to provide information and guidance in creating a healthy lifestyle using integrative healing practices and evidence-based health care.



Senior Celebrations celebrates adults 50 years and better! By joining this program at no cost, you will receive many different membership benefits. Members have access to free health screenings and flu shots; free notary services; office services (free copies and faxing); Café @ UMC discounts; home delivery of our quarterly Living Magazine; community blood pressure screenings; and exclusive physician lectures. Additionally, for any inpatient stays at UMC, Senior Celebration members may be eligible to have their Part A Medicare deductibles waived.

Please visit www.umcsn.com/Healthy-Living-Institute
You will be able to view the calendar of events, register for classes
and view our newsletters. Be sure to join our email club.
Registration is available on the website. You will
receive email updates and a virtual newsletter. For
more information, please call **702-383-SELF (7353)**.

UMC FOUNDATION

Evening of Hope Gala

Presented by

FELICIA and BEN
HOROWITZ



TONY & RENEE
MARLON
FOUNDATION

October 20, 2022

Wynn LAS VEGAS

World-Class Entertainment

Katharine McPhee | Erich Bergen
Jeff Civillico | Spiegelworld | Syncopated Ladies

Celebrity Chefs and Culinary Legends

Chefs Mary Sue Milliken and Susan Feniger
Chef Nicole Brisson | Chef Bruce Kalman
Chef Sarah Thompson | Chef Min Kim
Chef Mark LoRusso | Chef Theo Schoenegger
Chef Yip Cheung | Chef Matt Hurley
Chef Rafael Salines-Catala | Chef Gene Nakanishi
Chef Heather Heath | Chef Kristos Anastopoulos

To purchase tickets or for more information,
please scan the code or visit umcsn.com/gala.



Spring Family Wellness Event

Thank you to everyone who came out in support of the Healthy Living Institute's May 14 Spring Family Wellness Event.

The event was separated into three sections: Strong Starts, Strong Communities and Strong Minds, representing the holistic approach UMC takes while caring for our community.



Scan this code to watch a recap of the event.



Urgent realities.



Too many Americans are experiencing suicide and mental health crises without the support and care they need. In 2020 alone, the US had one death by suicide about every 11 minutes — and for people aged 10-34 years, suicide is a leading cause of death.

Easier access.



Moving to an easy-to-remember, 3-digit dialing code will provide greater access to life-saving services.

(988) SUICIDE & CRISIS LIFELINE

FREQUENTLY ASKED QUESTIONS

What is the Lifeline and will 988 replace it?

The **Lifeline** is a national network of over 200 local, independent, and state-funded crisis centers equipped to help people in emotional distress or experiencing a suicidal crisis. **Moving to 988 will not replace the Lifeline**, rather it will be an easier way to access a strengthened and expanded network of crisis call centers. Beginning July 16, 2022, people can access the Lifeline via 988 or by the 10-digit number (which will not go away).

When will 988 go live nationally?

The **988 dialing code** will be available nationwide for call (multiple languages), text or chat (English only) on July 16, 2022. Until then, those experiencing a mental health or suicide-related crisis, or those helping a loved one through crisis, should continue to reach the Lifeline at its current number, **1-800-273-8255**.

How is 988 different from 911?

988 was established to improve access to crisis services in a way that meets our country's growing suicide and mental health related crisis care needs. 988 will provide easier access to the Lifeline network and related crisis resources, which are distinct from 911 (where the focus is on dispatching Emergency Medical Services, fire and police as needed).

How is 988 being funded?

Congress has provided the Department of Health and Human Services workforce funding through the American Rescue Plan, some of which will support the 988 workforce. At the state level, in addition to existing public/private sector funding streams, the National Suicide Hotline Designation Act of 2020 allows states to enact new state telecommunication fees to help support 988 operations.

Is 988 available for substance use crisis?

The **Lifeline accepts calls from anyone who needs support** for a suicidal, mental health and/or substance use crisis.

There is hope.



Providing 24/7, free and confidential support to people in suicidal crisis or emotional distress works! The Lifeline helps thousands of people overcome crisis situations every day.

Email 988 questions to:

**988Team@
samhsa.hhs.gov**



Autumn Safety Harvest

Free Car Seats*
Inspections & Education

SATURDAY
24
SEPTEMBER | **8 A.M.**
TO
11 A.M.

SUNRISE ACRES ELEMENTARY SCHOOL
211 N. 28TH ST., LAS VEGAS, NV 89101

***For qualified families.**
While supplies last.

On a first-come, first-served basis. Children must be present.

In partnership with CCSD Police, AAA, and the State of Nevada Office of Traffic Safety, join the Healthy Living Institute at UMC for a family-friendly wellness day!

For more information, contact the Healthy Living Institute at UMC: 702-383-SELF (7353).

HEALTHYLIVING
INSTITUTE at **UMC**



Nevada Department of
Public Safety
Office of Traffic Safety



THEY SAY YES WE SAY THANKS

UMC's Wellness Center was awarded a grant enabling UMC to provide no-cost rapid HIV tests. The "Say Yes to the Test" initiative is now live, and all UMC Quick Care locations offer this service.

By providing this testing, patients are able to learn their HIV status in approximately one minute. Additionally, patients receive resources, same-day treatment and counseling if they receive a positive diagnosis.

This "Rapid Start" initiative also assists with linking patients to treatments that can make HIV undetectable in the body, making it virtually impossible to pass on to others. UMC remains committed to working alongside our community and offering the robust testing resources needed to bring an end to the HIV epidemic in Southern Nevada.

**Testing is available at no cost,
Call 702-207-TEST to schedule
your test.**



Senior Celebrations

EXCLUSIVE MOVIE EVENT

Join us for a **free Exclusive Movie Event** at
Galaxy Cannery Luxury+ Theatre on
Wednesday, October 26 for a 10 a.m. showing.

RSVP by visiting: www.eventbrite.com
and typing "UMC" into the search bar.

For more information,
please call 702-383-SELF (7353)



IT'S STILL A THING.



RAPID HIV TESTS NOW AVAILABLE

CALL 702-207-TEST

UMC
QuickCare



GIFT OF

HOPE 5K

UMC FOUNDATION
UNIVERSITY MEDICAL CENTER

**SATURDAY, SEPTEMBER 10
CORNERSTONE PARK**

Run starts at 8 a.m. Check-in starts at 7 a.m.

5k Timed Race \$35

**Senior Celebrations Members save \$5 off registration
by using code 5ENIOR5**

Your donation includes registration,
race bib, event T-shirt and goodie bag

Late/Day of Registration: **\$40**
August 27 - September 10

{ MEDALS FOR ALL 5k FINISHERS }

**{ Kids and non-runners sign
up to Cheer for Hope }**

Donation includes T-shirt and
pom poms

Scan here to register.



Critical Care Comics | Food Trucks
CCSD PD | CCFD



LUNCH & LEARN

NOT ONLY STICKS AND STONES:

A DISCUSSION OF
BONE HEALTH AND
FALL PREVENTION

UMC OFFERS EDUCATIONAL LUNCH & LEARN CLASSES AS PART OF OUR SENIOR CELEBRATIONS PROGRAM, BRINGING YOU INFORMATIVE, INFORMAL SESSIONS WITH TOP CAREGIVERS IN THEIR VARIOUS FIELDS. **FREE LUNCH PROVIDED.**

NOT ONLY STICKS AND STONES: A DISCUSSION OF BONE HEALTH AND FALL PREVENTION

**DR. CARMEN E. FLORES
ASSISTANT PROFESSOR OF SURGERY**

**TUESDAY, SEPTEMBER 27 • NOON - 1 P.M.
HEALTHY LIVING INSTITUTE AT UMC
901 RANCHO LANE • SUITE 180
CHARLESTON/RANCHO LN., BEHIND CVS, NEXT TO UMC**

JOIN DR. CARMEN E. FLORES AND HER COLLEAGUES, DR. KAREN NELSON AND DR. ABBY HOWENSTEIN AS WE DISCUSS THE INITIATIVE AT UMC TO ADDRESS GERIATRIC TRAUMA, AS WELL AS BONE HEALTH, AND FALL PREVENTION.

SPACE IS LIMITED. RSVP: 702-383-7353 (SELF)



Important new class/event guidelines at HLI for everyone's protection:

- All classes are subject to change based on CDC guidelines.
- All classes require RSVPs.
No walk-ins

Wellness Classes

AARP Safe Driver Course

Sign up now for a great class that will teach you how to adapt to changes in yourself, the laws, the car and the road. Refresh your driving skills and discover proven driving methods to help keep you and your loved ones safe on the road. Take the class, and you may be eligible for up to three years of auto insurance discounts.

Class fees: \$20 for AARP members; \$25 for non-members. Payment by check made out to AARP or by cash only. Please arrive 15 minutes early to complete required paperwork, and bring your AARP card and driver's license.

**Fridays, September 9, October 14, November 18 and December 9
9 a.m. - 1 p.m.**

Enhance®Fitness

Enhance®Fitness focuses on dynamic cardiovascular exercise, strength training, balance and flexibility — everything older adults need to maintain health and function as they age. Balance exercises are included throughout the class.

**Tuesdays and Thursdays
9:30 - 10:30 a.m.**

Powerful Tools for Caregivers

Are you taking care of an adult relative, partner, friend or parent? We understand how difficult caregiving can be and the many challenges it holds. Powerful Tools for Caregivers gives you the skills to care for yourself while caring for someone else. By taking care of your own health and well-being, you become a better caregiver. We hope that by taking this six-week workshop, caregivers will be able to better manage emotions, increase self-confidence and self-care behaviors, and use local resources.

**Tuesdays, November 1 - December 6
1 - 2:30 p.m.**

For more information and to register:
call 702-383-7353 (SELF) or go to
umcsn.com/Healthy-Living-Institute

Stepping On

The goal of this seven-week series of workshops is to build confidence and reduce falls among older adults. Work with trained facilitators and experts covering topics such as balance and strength, vision, medications, community safety and home hazards to reduce the risk of falls. This is a seven-week workshop:
Tuesdays, September 6 - October 25
1-3 p.m.

Family Events

Autumn Safety Harvest

In partnership with AAA, CCSD Police and Nevada Office of Traffic Safety, we will offer free car seats, inspections and installations.

Sunrise Acres Elementary School
211 N 28th St., Las Vegas, NV 89101
Saturday, September 24
8 - 11 a.m.

Exclusive Senior Celebrations Events

Senior Celebrations Exclusive Movie Event

Join the staff of the Healthy Living Institute at UMC for a free exclusive movie event at

Galaxy Cannery Luxury+ Theatre.
RSVP by visiting: www.eventbrite.com
and typing "UMC" into the search bar.
Wednesday, October 26, 10 a.m.

Annual Heart Healthy Thanksgiving

Join us for our Annual Senior Celebrations Heart Healthy Thanksgiving with UMC's chefs. Don't miss this great experience!
Please call early to register, as this event fills quickly.
Thursday, November 17
Noon - 1 p.m.

Annual Senior Celebrations Holiday Potluck

Join us for our Holiday Potluck and crafting event. Bring your favorite dish as we celebrate the holiday season. Enjoy lunch, conversation and a seasonal craft.
Please call early to register, as this event fills quickly.
Tuesday, December 13
Noon - 1 p.m.

Bone Health and Fall Prevention - Lunch and Learn

Join Dr. Carmen E. Flores and her colleagues Dr. Karen Nelson and Dr. Abby Howenstein as we discuss the initiative at UMC to address geriatric trauma, as well as bone health and fall prevention.

Space is limited, please call to RSVP.
Tuesday, September 27
Noon - 1 p.m.

Complimentary
Health and Wellness Classes

Stop the Bleed

These sessions provide valuable information about the steps necessary to stop severe bleeding with the appropriate use of pressure, dressing and tourniquets, while waiting for emergency responders to arrive.

**Mondays, September 19,
October 24 and December 5
3 - 4 p.m.**

Classes for New and Expectant Families

Car Seat Inspections

Did you know that three out of four car seats are installed incorrectly?

The Healthy Living Institute at UMC proudly offers free car seat education and inspections from certified technicians. Email us at healthylivinginstitute@umcsn.com or call 702-383-SELF (7353) for more information about scheduling your personal education session and inspection.

Childbirth Education

This class is designed to educate parents about the childbirth process. We will discuss stages of labor, both medicated and non-medicated forms of pain control, medical interventions, cesarean births and the post-partum period. We encourage parents to take this course in their seventh or eighth month of pregnancy. This class is

offered in a two-part series class or an all-day Saturday class. Free booklet and companion web app included.

**Mondays, October 3 and 10, 2 - 5 p.m.
Saturday, December 10, 9 a.m. - 3 p.m.**

Breastfeeding Preparation

Let us help you to get off to a great start with breastfeeding! Learn what you'll need to know to successfully meet your breastfeeding goals. Birth partners and other family members are welcome to attend. Free booklet and companion web app included.
**Wednesday, October 19, 2 - 4:30 p.m.
Wednesday, December 21, 2 - 4:30 p.m.**

Baby Basics

Join us to learn the essentials of parenting a newborn from birth to 6 weeks. This class covers newborn care, helpful facts for new parents on infant behavior, safe sleep, recognizing illness and comforting techniques. Free booklet and companion web app included.
**Wednesday, October 5, 2 - 4:30 p.m.
Wednesday, December 14, 2 - 4:30 p.m.**

Boot Camp For New Dads

Led by a team of veteran dads, this class gives expectant and new dads a chance to talk with other men about being fathers. Dads learn baby basics, ask questions, discuss concerns, gain confidence and prepare for the best time of their lives.

For more information and to register: call 702-383-7353 (SELF) or go to umcsn.com/Healthy-Living-Institute

We encourage fathers to bring their babies.

Wednesday, October 12, 2 - 4:30 p.m.

Developmental Playgroup

Join a Developmental Specialist from NEIS for an hour of music, art, story time, hands-on activities and play!

1st and 3rd Wednesdays of the Month, 10 - 11 a.m.

Infant & Child CPR - AHA Friends & Family

This American Heart Association Friends and Family class teaches family members how to be life-savers by providing infant and child CPR skills.

Mondays, September 12, October 17 and November 14, 2 - 4 p.m.

Infant Massage Soothing Techniques

Looking for ways to relax and bond with your baby? Learn to know when and how to give an infant massage. These techniques will help calm, relax, promote sleep and enhance bonding between caregiver and infant. This class can be taken prior to delivery, or with infants 6 weeks to 1 year of age.

Wednesday, September 14, 11:30 a.m. - 12:30 p.m.

Safe Sitter®

Safe Sitter is for children 11 to 14 years of age. This class teaches them how to be safe when they're home alone, watching younger siblings or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, practice CPR skills and receive helpful information, like what to do if there's severe weather.

Monday, December 19, 9 a.m. - 3 p.m.

Register online. No walk-ins.

Triple P: The Power of Positive Parenting

This seminar introduces the five key principles of positive parenting.

Wednesday, September 7, 9 - 10:30 a.m.

Triple P: Raising Confident, Competent Children

In this seminar, parents are introduced to the building blocks for helping children become confident and successful.

Wednesday, September 14, 9 - 10:30 a.m.

Triple P: Raising Resilient Children

Parents are introduced to the strategies for helping children manage their feelings and deal with stress.

Wednesday, September 21, 9 - 10:30 a.m.

**Complimentary
Health and Wellness Classes**