



LIVING

SUMMER | 2022



Contents:

Market 2 You	2
A Parked Car is an Oven.....	3
Rising Temperatures, Sizzling Pavement	7
Lunch & Learn	8
Class Descriptions and Schedule	9

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)**.

Spring Family Wellness Event

SATURDAY
14
MAY

**STRONG STARTS
STRONG COMMUNITIES
STRONG MINDS**

**9 A.M.
TO
NOON**

**Cornerstone Park
1600 Wigwam Parkway**

Roots & Wings
FOUNDATION

HEALTHYLIVING
INSTITUTE at **UMC**

UMC | **Children's
Hospital**

pinkbox
DOUGHNUTS

Join the Healthy Living Institute at UMC, in partnership with the Roots & Wings Foundation, for a fun, family-friendly wellness day! Enjoy live exercise classes, prize giveaways*, outdoor games, educational booths, food* and live music! All ages welcome! Scan the code below to register for your free tickets.



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

*While supplies last.



MARKET 2 YOU

Delivering fresh and delicious prepared meals to your door.

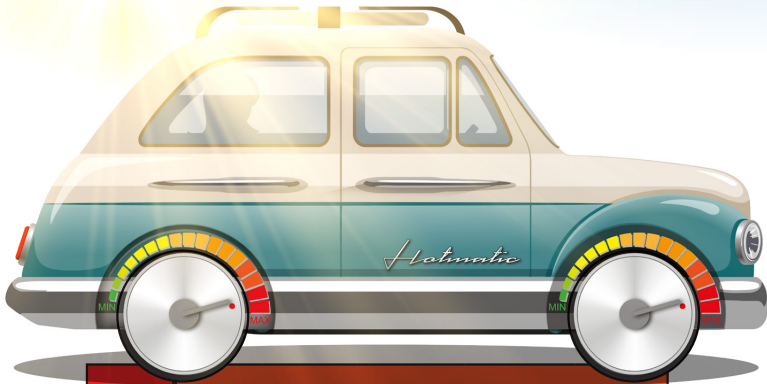


Please scan the code or call **702-462-2253** Monday-Friday from 8:30 a.m. to 2 p.m. to get your Meals on Wheels delivery.

We can't wait to serve you!

DANGER

A Parked Car Is An Oven!




Ambient Air Temperature		Vehicle Interior Air Temperature				
		5	10	30	60	
117°	127°	136°	151°	160°		
110°	120°	129°	144°	153°		
105°	115°	124°	139°	148°		
100°	106°	119°	134°	143°		
90°	98°	109°	124°	133°		
		5	10	30	60	
		Elapsed Time (minutes)				

The temperature in a hot car can increase up to 5 degrees a minute, and at 104 degrees a child can suffer a seizure.

At 107 degrees, the conditions in the car can turn fatal.

CHANGES TO NEVADA
LAW AS OF
JANUARY 1, 2022



Children
less than
57 inches
in height and
under 6
years of age
are now
required to be
secured in a car
seat or booster seat.

Children under 2
years old must
be secured in a
rear-facing
car seat in the
backseat of a vehicle.

Schedule a free
inspection at the
Healthy Living Institute
at UMC by calling
702-383-SELF (7353).



**EXCLUSIVE HOSPITAL FOR THE
VEGAS GOLDEN KNIGHTS**

UMC
UNIVERSITY MEDICAL CENTER



VEGAS
GOLDEN KNIGHTS



Senior Celebrations

EXCLUSIVE MOVIE EVENT

Join us for a **free Exclusive Movie Event** at Galaxy Cannery Luxury+ Theatre on Wednesday, June 1 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



RISING TEMPERATURES, SIZZLING PAVEMENT

applying sunscreen, staying hydrated and taking steps to prevent heat stroke. These precautions are essential, but in the sweltering Las Vegas heat, we also have to remember the dangers associated with pavement burns.

It is well-known that Las Vegas is sizzling with exciting lights and entertainment. But Las Vegas offers another hot topic: warm weather throughout much of the year. You have probably enjoyed this, beginning in the late spring months and extending into early fall, with summer temperatures climbing around May and dropping around September. But what can happen when it gets unbearably hot outside? Temperatures can reach as high as 120 degrees Fahrenheit during these summer months, making it easier to get burned from the heat.

When it comes to summer heat safety, most of us think about

Did you know that when outdoor temperatures reach 120 degrees, the sidewalk and street can reach 170 degrees? You could cook an egg on a surface this hot. If you step on the sidewalk barefoot, or fall and lay there for even a few seconds, it can lead to deep burns that require medical attention.

WHO IS AT HIGHER RISK FOR PAVEMENT BURN INJURIES?

- Young children are unaware of the increased sidewalk temperatures and the potential danger of walking barefoot on the hot surface.
- Diabetics, especially those with peripheral neuropathy or with peripheral vascular issues, may not be able to feel the hot, burning temperature on their skin.
- People with limited mobility, if they fall on the hot pavement,



may be unable to get up off the ground, causing significant, deep burns.

- People who lose consciousness or pass out as a result by seizures, traumas, intoxication or other medical problems.

WHAT CAN I DO TO PROTECT MYSELF AND MY LOVED ONES?

- Be aware of the high temperatures and the hottest times of the day. We typically see high pavement temperatures in the afternoon hours, when the sun is directly overhead and has been shining down on the sidewalk for hours. The sidewalk and street can hold the heat for hours, even when the sun is no longer shining directly on the surface.
- Wear sunscreen to protect your skin from the sun's rays.
- Protect your feet by wearing shoes or sandals at all times. It only takes seconds on the hot sidewalk to burn your feet. Remember to protect your pets' paws as well.
- Stay hydrated. Water is the best option. Avoid caffeine and alcohol.
- If you feel symptoms of heat exhaustion or heat stroke, seek medical attention. Symptoms include, but are not limited to: dizziness, headache, nausea,

vomiting, sweating, confusion, muscle cramps, rapid heart rate and unconsciousness.

- Stay in shaded areas if outdoors.
- Check on your neighbors and loved ones on record heat days.
- For those with limited mobility, take a friend when you are out and about running errands, going to doctor appointments or even grocery shopping.

The rising temperatures during

THE SIDEWALK AND STREET CAN HOLD THE HEAT FOR HOURS, EVEN WHEN THE SUN IS NO LONGER SHINING DIRECTLY ON IT.

the hottest parts of the summer can cause deep burns, but these injuries are often preventable. Young children and those with altered sensation or limited mobility have a higher risk of pavement burns. Share these tips with your loved ones to stay safe this summer. If you sustain a burn injury, the UMC Lions Burn Center, the only Verified Burn Center in Nevada, is available to help you with your healing journey.



LUNCH & LEARN

SEXUAL HEALTH

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.**

SEXUAL HEALTH

**ROSANNE M. SUGAY, CERTIFIED HIV SPECIALIST
BY THE AMERICAN ACADEMY OF HIV MEDICINE**

WEDNESDAY, JUNE 29 • NOON - 1 P.M.
HEALTHY LIVING INSTITUTE AT UMC
901 RANCHO LANE • SUITE 180
CHARLESTON/RANCHO LN., BEHIND CVS, NEXT TO UMC

JOIN DR. ROSANNE M. SUGAY AS SHE DISCUSSES SEXUAL HEALTH, ITS CHALLENGES AS WE AGE AND HOW HORMONE-HEALTHY FOOD CAN HELP SUPPORT THESE CHALLENGES.

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, May 20, June 17, July 15 and August 19
9 a.m. - 1 p.m.



Healthy Heart Program

Heart disease is a leading cause of death in the United States for both men and women. You can take important steps to protect your heart and stay healthy. Join us to uncover how lifestyle shifts such as diet adaptations influence your blood pressure, weight, and cholesterol to meet your healthy-heart goals.

Wednesdays, May 11, May 18, June 1 and June 8
2 - 3 p.m.

New Class

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.



Scan here for class information and sign up page

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, June 21- August 2
1-3 p.m.

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, June 1, 10 a.m.

Design and Unwind

Celebrate spring by embracing your artistic side. You will paint a beautiful landscape while enjoying some refreshments.

Please call to early to register, as this class fills quickly.
Friday, June 24, 2 - 4 p.m.

Sexual Health - Lunch and Learn

Join Dr. Rosanne M. Sugay as she discusses sexual health, its challenges as we age and how hormone-healthy food can help support these challenges.
Space is limited, please call to RSVP.
Wednesday, June 29
Noon - 1:00 p.m.

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, May 2, June 20
and July 11
3 - 4 p.m.

Support Groups

Cancer Support Group

We welcome cancer survivors, families, caregivers, and friends to learn more about survivorship and experience camaraderie and support for one another.

First Tuesday of the month at 4 p.m.

Cancer Survivor Celebration

May 3, 5:30 - 7:30 p.m.

**Complimentary
Health and Wellness Classes**

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, June 6 and June 13
Tuesdays, August 9 and August 16
2 - 5 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, June 22, 2 - 4:30 p.m.
Wednesday, August 24, 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 to new parents on infant behavior, safe sleep, recognizing illness, and comforting techniques. Free booklet and companion web app included.

**Wednesday, June 15, 2 - 4:30 p.m.
Wednesday, August 3, 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. We encourage fathers to bring their babies.

**Wednesday, July 6
2 - 4:30 p.m.**

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

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.

Monday, May 16, 2 - 4 p.m.
Monday, July 25, 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. The class can be taken prior to delivery, or with infants 6 weeks to 1 year of age.

Wednesday July 13, 10 - 11 a.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.

Check website for days and times
Register online. No walk-ins.

Triple P: The Power of Positive Parenting

This seminar introduces the five key principles of positive parenting.

Friday, June 10
10 - 11:30 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.

Friday, June 17
10 - 11:30 a.m.

Triple P: Raising Resilient Children

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

Friday, June 24
10 - 11:30 a.m.

Nursing Continuing Education Summer Series

Understanding Car Seats for Nurses: Learn about Nevada state law, best practices, different types of car seats, and community resources.

Friday, June 24, 8 - 9:30 a.m.
Tuesday, July 26, 8 - 9:30 a.m.
Monday, Aug 15, noon - 1:30 p.m.

Please check The Healthy Living Institute's website or follow us on our Facebook page for details about other upcoming events.

**Complimentary
Health and Wellness Classes**



**EXCLUSIVE HOSPITAL
FOR THE**



★ VEGAS ★
GOLDEN KNIGHTS™

**THE HIGHEST LEVEL OF CARE
MEANS EVERYTHING**



HEALTHYLIVING
INSTITUTE at UMC

UNIVERSITY MEDICAL CENTER

901 Rancho Lane, Suite 180, Las Vegas, NV 89106

SNEEZES
SPRAINS
SORE THROAT
ALLERGIES



VALLEY - WIDE LOCATIONS

NO APPOINTMENT NEEDED

umcsn.com/quickcare

