

A background image showing a pair of hands carefully placing a small metal nut onto a bolt that is already partially inserted into a wooden board. Several other bolts are visible, some already secured with nuts, others just the bolts. The scene is brightly lit, emphasizing the textures of the wood and the skin of the hands.

# LAS VEGAS COMMUNITY HEALTHCARE

INCLUSION // EDUCATION // COLLABORATION // TRANSPARENCY // PROFESSIONALISM // IDEALISM // OUTCOMES

## ASK THE LEAF NURSE

Weed vs Hemp, THC vs CBD

## END THE WAIT

The Nevada Donor Network  
& Nevada Transplant  
Institute Initiative

## WHO IS HUGH L. BASSEWITZ, M.D.

## HEALTHY PARANOIA

Are you protecting your information?

L A S V E G A S  
**HEALS**



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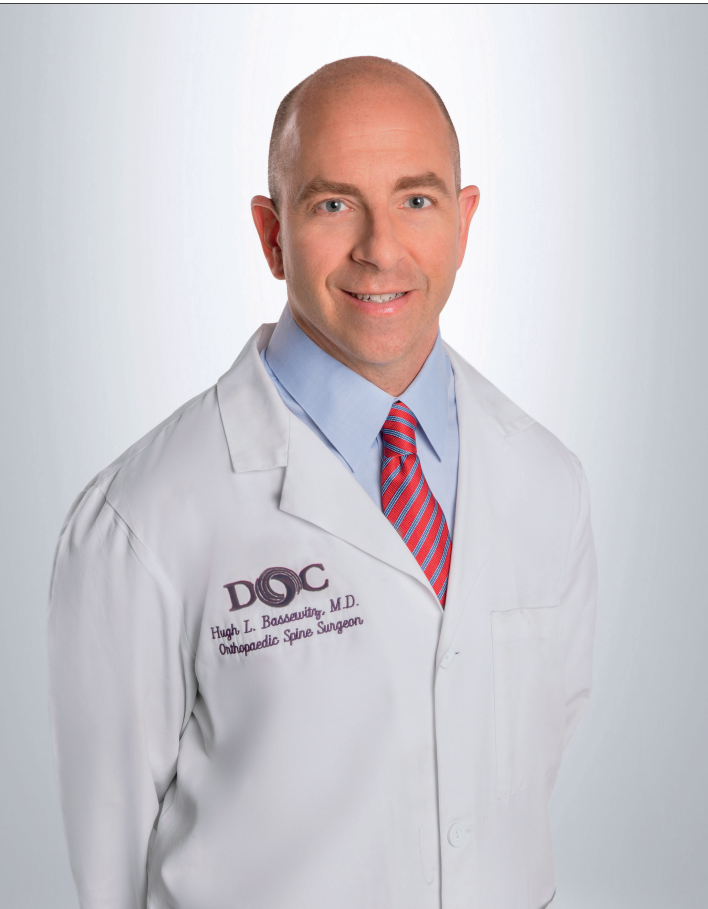
MEMBERS

By joining Las Vegas HEALS, you are joining other organizations that employ over 34,000 healthcare professionals. There are varying levels of membership from individual to large company. Membership level is based upon the number of employees working in Nevada. All employees have access to member benefits.

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# WELCOME

I am pleased to welcome you to the third magazine that we have put together. When I first came on board to HEALS, I had always marked the clear objective for myself to bring the community back into healthcare. From my humble beginnings as a hospice chaplain and eventually transitioning into marketing, I was always shocked to find the siloed approach we take in this city in many different industries. Between visits to facilities and case managers, the tremendous disconnect we would see between resources and people in need left me with the desire to work to bring these together. I realized that we, as a community, have been so vulnerable in the past because we all worked so independently. The ability to bind together as a community would allow us to be more equipped to handle adversity or work with more integrity and accountability.

Shoaling is an unusual behavior witnessed in fish that allows them to thrive by allowing for better detection of predators, better foraging, and better hydrodynamic efficiency. The ability to come together as a collective offers fish in a shoal the opportunity to thrive. With this goal in mind, we move forward to bring together the voice of many valuable organizations and associations in our city.

With *Las Vegas Community Healthcare Magazine*, our goal is to create a larger tent where all other healthcare organizations can come and have a voice. It is the first step in bringing together the fragmented healthcare community and bringing together one community. As we push forward after COVID, we know the cracks that exist and have an understanding that we all need to work together to create the community we would like to leave for our children. It is within this community that excellence and integrity can thrive and coexist. Within a community, we can realize our full potential as a city.

As the magazine continues forward, I would like to encourage you to feel free to reach out with any stories you think would be valuable for our community. With the support of members contributing information on what they are doing, we can take steps to come together.



**Diego Trujillo, CEO**  
Las Vegas HEALS



# WHO IS THE NEVADA DONOR NETWORK

## “END THE WAIT” A NEVADA TRANSPLANT INSTITUTE INITIATIVE

In 2021, more than 40,000 organ transplants were performed in the United States. Yet, every 9 minutes, someone is added to the transplant waiting list. With a growing need for organs, and a limited supply, most of the country is in a situation where transplant centers must choose whom to transplant and who not to transplant and take risks on lower-quality organs for transplant because there simply aren't enough organs. In Nevada this situation is reversed, as a leading organ procurement organization (OPO), Nevada Donor Network's (NDN) recovery of organs in Nevada far exceeds the current waitlist, yet over 90% of all lifesaving organs donated by the heroic families of Nevada are leaving our state.

As the only Nevada-based OPO, NDN's core purpose is to save and heal lives through organ, eye, and tissue donation, serving more than 3 million people in the state of Nevada and thousands of recipients across the country. NDN is working to end the wait for Nevadans in need of a life-saving transplant by expanding transplantation services which is currently limited to a kidney program.

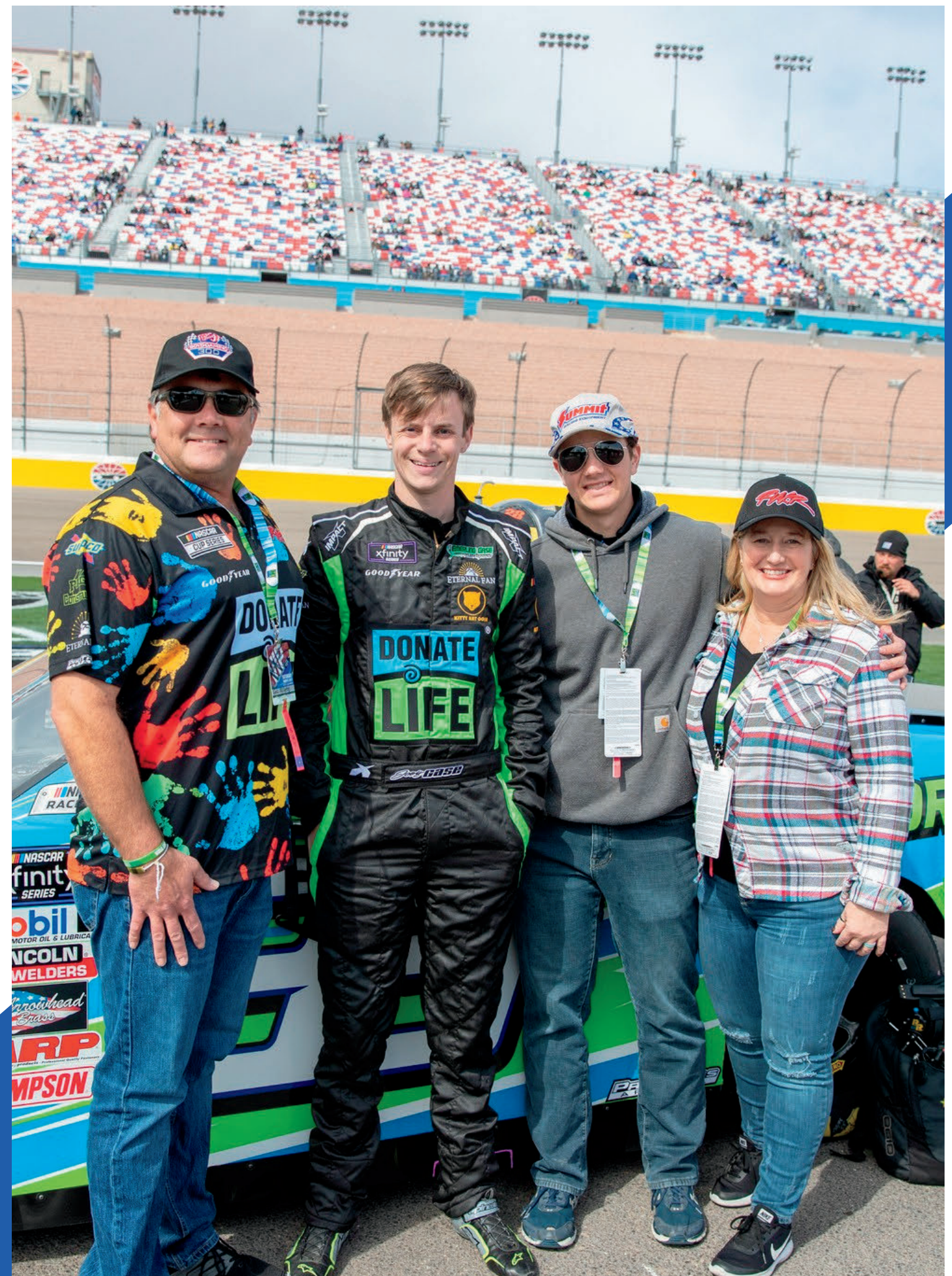
The vision to expand transplantation services in Nevada represents an important milestone to create a more collaborative and robust healthcare sector.

Enhancing transplantation services requires a multi-pronged approach that reaches beyond NDN. Support is required from both the public and private sectors, as well as an increased willingness to collaborate. Through highly integrated partnerships with hospitals throughout the state, expanded transplantation services will contribute to growth in the healthcare sector, economic development, research and commercialization, and an expanded physician workforce. The community will benefit greatly from innovations in patient care, increased access, lower costs, and quality of care that meets the demands of the community.

The strategy for the development of a robust transplantation program is predicated on establishing Las Vegas & Reno as regional healthcare destinations while recognizing the need to enhance the economic vitality of the region's healthcare sector. The transplant institute will be a network of hospitals and entities working together to plug into existing hospital systems and infrastructure while using equipment that is currently available and in place.

This is an achievable task that will provide a service that is currently not available to Nevada residents and elevate the level of healthcare in our state. Nevadans will no longer have to travel outside of the state to meet their transplantation needs. This valuable resource will now be available here locally. What this also means is that by 2040 the potential of \$356 million being added to the regional economy, 2,845 new jobs, and provide \$33.8 million in state and local government revenue.

In conclusion, expanding transplantation services in Nevada will have a significant positive impact on the health, wellbeing, and quality of life of Nevadans as it expands the economy, adds thousands of new jobs, and provides millions in government revenue.





# 8 Great Reasons To Join NSMA & Your County Medical Society

## 1. Together We Are Stronger

Nevada State Medical Association was founded in 1875 and is the largest physician-led advocacy organization in Nevada. NSMA and its county medical societies represent Nevada's physicians at the federal, state and local levels of government. We advocate for you at the Nevada Legislature, in front of regulatory bodies, and to the Nevada Supreme Court. We are stronger together as we work to protect patients and improve the practice of medicine in Nevada.

## 2. Shape the Future of Medicine

Your membership in NSMA and affirms your commitment to the medical profession. Our members receive access to our state and national legislative leaders.

## 3. Sit at the Policy Table

Through assertive political and regulatory advocacy, NSMA and its county medical societies are positioned as one of the dominant stakeholders in the development and enactment of health policy.

## 4. Lead By Example

NSMA and its county medical societies provide many opportunities to get involved in our organization and in the community. Our members volunteer, serve on committees, councils or boards, and are often appointed to state-wide boards and commissions. Our members are able to share their ideas to help shape the future of the medical profession in Nevada.

## 5. Collaborate With Colleagues

NSMA and its county medical societies bring together physicians from all regions, specialties and methods of practice through collaboration, leadership, continued education, community service, referral services and social events.

## 6. Promote & Support Public Health

Our public health commission works to improve quality of health by focusing on issues such as tobacco cessation, obesity, antibiotics, maternal mortality, prescription drug abuse and immunizations, amongst many others. Your membership contributes to effective public health advocacy to improve the quality of life in Nevada.

## 7. Your Nevada Doctors

NSMA firmly supports *Your Nevada Doctors* advocacy group, which has worked to protect and improve the availability of and access to health care for all Nevadans. NSMA protects *Your Nevada Doctors* from legislative and legal challenges by advocating at the Nevada Legislature and at the Nevada Supreme Court. Your membership supports these efforts.

## 8. Stay Informed

NSMA and its medical societies produce electronic legislative and regulatory alerts, articles and newsletters and to keep you up to date on the latest health care news and information affecting the practice of medicine in Nevada.



Carson City Douglas County Medical Society | Elko County Medical Society | White Pine County Medical Society

Join or renew your membership today! [www.nvdoctors.org](http://www.nvdoctors.org)

Questions? Contact our team at (775) 825-6788 or [admin@nvdoctors.org](mailto:admin@nvdoctors.org)

- TECHNOLOGY -

## HEALTHY PARANOIA

**SHOULD YOU BE CALLED PARANOID IF THEY REALLY ARE OUT TO GET YOU? WELL UNFORTUNATELY IN TODAY'S DIGITAL AGE, THERE ARE MANY "THEY'S" FROM ALL OVER THE WORLD OR EVEN NEXT DOOR. THEY ARE OUT TO GET YOUR INFORMATION AND STEAL YOUR MONEY!**

by LEO BLETNITSKY, PRESIDENT, HEALTHY TECHNOLOGY SOLUTIONS

Too regularly we hear stories about individuals and businesses that have had their email compromised, been ransomed, been scammed online, over the phone, or even worse found significant funds stolen from their bank accounts.

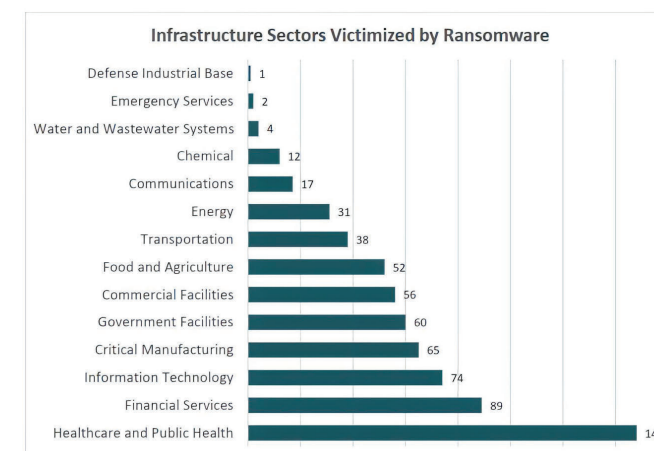
So how do you keep yourself safe?

- First don't trust anyone calling you, no matter what their Caller ID says. Faking (Spoofing) someone's caller ID is very easy as you may have noticed that the Car Warranty, Senior Benefits, etc... calls we all love to hate come from locals numbers that are fake.
- Never provide personal information to anyone you did not call yourself! Some legitimate companies like Cox Communication's sales department will call and ask for personal info to provide you with a quote. If everyone refuses, they will change their process, as no one needs a quote that bad!
- Never approve a Multi-Factor Authentication (MFA) request that you didn't initiate nor give anyone a code you receive via text. No legitimate entity will ever call and ask for this! There is an attack called MFA Fatigue, in which the bad guys bombard you with MFA requests usually late at night hoping you'll approve the request just to get it to stop, don't fall for it, just change your password for the site, ignore the requests and silence your phone so you can sleep.

According to the FBI's 2021 Internet crime report, Healthcare Organizations were the overall top victims of Ransomware. Every organization has at least one person that will click on anything, so Cyber Security Awareness education for staff is critical! If your organization doesn't have a program and you are a Las Vegas HEALS Member, email [tech@lasvegasheals.org](mailto:tech@lasvegasheals.org) and we can get your company signed up for free online training.

Some other to-do's:

- Turn on Multi-Factor Authentications for all supported system (Email, EHR, PM, Banking, etc...)
- Install all Critical Security Updates from Microsoft, Adobe, etc...
- Backup your data offsite and test the backups regularly
- Don't let staff use personal devices to log into your confidential systems
- Encrypt everything you can!
- Don't use the same password for multiple systems!
- Get professional help, not your friend's cousin that comes to help after work!
- Have your I.T. Staff get involved with the HEALS Healthcare Technology Task force by emailing [tech@lasvegasheals.org](mailto:tech@lasvegasheals.org)



2021 FBI REPORT: [HTTPS://WWW.IC3.GOV/MEDIA/PDF/ANNUALREPORT/2021\\_IC3REPORT.PDF](https://www.ic3.gov/Media/PDF/ANNUALREPORT/2021_IC3REPORT.PDF)





# NEW VIRTUAL MENTORSHIP OPPORTUNITIES FOR STUDENTS INTERESTED IN HEALTHCARE

A new partnership benefitting Nevada middle and high school-age students has come to the Silver State. The Nevada Department of Education (NDE) and Nevada Governor’s Office of Workforce Innovation (GOWINN) have partnered with Nepris to virtually connect students with industry professionals in Nevada and across the country.

Nepris was founded in 2013 and bridges the gap between learning and hands-on experience. Utilizing the program, students and educators have access to individuals who can provide a real-world experience to showcase career opportunities. This industry learning platform is now available to all 567 public or charter middle and high schools in the state, and Nevada teachers have eagerly jumped on board. Nearly 8,000 educators, hailing from every district in the state, are already on the platform.

Nepris is an online, cloud-based program that provides live, virtual connections across the country. It’s been used by over 75,000 educators in over 600 school districts in the United States. The program has been successful in connecting over 500,000 students to professionals in various industries. It’s also been key to helping economically disadvantaged rural and urban communities discover a diversity of career opportunities they might not have considered otherwise.

Through Nepris, students see real-world successful professionals illustrate the importance of education. These professionals are able to give live demonstrations and host Q & A sessions or virtual field trips. They can also get involved with students on a micro-level, providing career tips, mock interviews, project reviews, and mentorship.

This program checks two main boxes for Nevada initiatives. First, it helps fulfill the NDE Statewide Plan for the Improvement of Pupils (STIP).

The plan’s mission is to improve student achievement and educator effectiveness. Second, utilizing Nepris also furthers the GOWINN initiative to support Nevada’s workforce pipeline through work-based learning opportunities. Both organizations are accountable for promoting the growth and development of Nevada’s workforce and have focused on programs like Nepris to connect students to careers.

“This partnership with Nepris is key to giving our students equitable access to diverse industries,” said Isla Young, Executive Director of GOWINN. She added, “Nevada students will be able to connect with high-growth, high-demand industries and employers they may have never heard about or seen in their hometowns and plan for the future.”

As the program gains traction in Nevada, professionals will have the opportunity to showcase their careers and mentor students. Currently, there are over 90 Nevada professionals on the platform, but more are needed, especially in healthcare in Southern Nevada. In fact, healthcare has been one of the most requested professions by teachers in the Silver State. With a workforce shortage in Nevada’s healthcare system, Nepris brings awareness and opportunity directly to future workers. In turn, students can get excited about healthcare as they begin to think about their career paths.

Allowing Nevada’s future workforce a glimpse into what their healthcare career might look like is just one of the many initiatives being taken to improve healthcare in Nevada. Mentorship is key to developing the future of the Nevada health system, and it takes all of us working together to make it happen. Healthcare professionals interested in joining the program and mentoring students should go to [www.nevada.nepris.com](http://www.nevada.nepris.com) for more information.

by KATIE WAECHTER







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- COMMUNITY -

## SILVERADO WELCOMES YOU...

### THE NEXUS PROGRAM & SILVERADO RED ROCK, A MEMORY CARE FACILITY

by KARMELLA BOGNOT, OOT, OTR/L

**Walk** through the front doors of Silverado Red Rock and you might observe a putting green positioned in the main lobby. A resident might be coaching an employee on proper technique, followed by an eruption of cheering when the ball makes it into the hole. You might catch a dog intently observing, waiting for just the right moment to snatch the ball.

**Listen** close enough and down the hall might be the sound of voices singing to the tune of Andrea Bocelli's version of "Can't Help Falling in Love with You." Walk further down the hallway and you might catch a group of residents wearing ponchos, sharing chips and salsa, and learning Spanish words for Travel Club.

It should be noted that Silverado Red Rock is a memory care community. Having recently opened in Las Vegas, WE hope to bring something new to the table and shift existing perceptions surrounding the dementia population.

Within this category of senior living, the above descriptions might not be the first things that come to mind. For Silverado, it is the norm – providing residents with memory impairments ample opportunities to engage within the environment now considered home.

One of Silverado's unique offerings is **Nexus**, an internationally recognized brain health program catered to residents in the earlier stages of dementia. Nexus is evidence-based and designed to help residents build and maintain their cognitive abilities by targeting five specific areas including physical exercise, stress reduction, purposeful social activities, cognitive exercise, and support groups. While Silverado Red Rock is new to the valley, academic research from the past has validated that those involved in the Nexus at Silverado program showed a 60% improvement in cognition compared to those without treatment.

Often, new interests and ways of being also emerge at Nexus. The family member described as not having any interests aside from watching television shifts into someone who socializes more, develops a brand new hobby like gardening, or even function as an honorary employee at Silverado eager to assist the team with day-to-day responsibilities.

Understandably, it can be extremely difficult for residents and families to explore the option of memory care. However, a pattern repeatedly emerges through Silverado's care offerings and approaches. Residents not only eventually adjust – but often thrive in their new environments – through programming considerate to the stage of disease, level of abilities, and the unique interests of each person.

We welcome you to join our family by touring our community and seeing the Silverado experience firsthand. We are a phone call away and a hug awaits you as a member of our community. Silverado is nestled in the Summerlin vicinity at **7540 Smoke Ranch Road**. Call us at **702-337-2480** to see the magic of Silverado.





# ASK THE LEAF NURSE!

## CAN YOU GET HIGH FROM HEMP? WEED VS HEMP, THC VS CBD

by TERRY B. RN BSN CANNABIS NURSE EDUCATOR

Can you get high from hemp? Is CBD a psychedelic? Is hemp legal? What is the difference between hemp and weed? Are we talking about reefer madness or being a stoner? Do you suffer from Cannabis Confusion? You are not alone. Ask the Leaf Nurse!

Hemp vs Weed and CBD vs THC. Vive le difference! Legally in the USA, the key difference between the two plants is their THC (tetrahydrocannabinol) content. Let's define a few terms.

**Cannabis:** The Canopy, the parent, the plant family that covers many species including Marijuana and Hemp.

**Hemp:** a member of the Cannabis family, Hemp is known for its industrial uses and has a high concentration of cannabinoids (CBD) and low THC levels, less than 0.3%

**Marijuana:** this variety of Cannabis elicits the euphoric, intoxicating, and cerebral effects, known as the "high." THC concentration greater than 0.3%. Marijuana is grown for either medical or recreational purposes due to its higher THC content.

Speaking of getting high, let's clarify the difference between "psychoactive and intoxicating". By definition, a psychoactive substance is one that acts on your brain. CBD is known for its anti-anxiety and stress-relieving properties, so in fact, it acts on the mind. In other words, CBD is psychoactive, and so are all hemp-based products. However, unlike marijuana, hemp is non-intoxicating.

While the range of marijuana health benefits outweighs the potential minor side effects, it is possible to get intoxicated with weed.

Symptoms can include increase heart rate, dizziness increased anxiety, and some paranoia. Cannabidiol (CBD) has slowly but surely gained acceptance and popularity ever since hemp production was legalized in all 50 states. Due to the extremely low THC content and the scientifically proven fact that CBD doesn't produce toxicity regardless of the dose, the above scenario is not going to happen with hemp.

CBD can be found in both hemp and cannabis concentrations; however, the only federally legal source of CBD is hemp which contains under 0.3% THC. The 2018 Farm Bill made it legal to grow hemp throughout the USA. It also made hemp-derived CBD products federally legal.

What do these plants look like? Hemp grows tall and thin with narrow leaves concentrating at the top of the plant. Cannabis tends to grow shorter and bushier with broader leaves, and dense, resin-coated buds that contain THC.

Cannabis is grown for its flower buds that contain a high level of cannabinoids and terpenes. Hemp is grown for its stalk, a hard and woody fiber. Some grow hemp flower buds with a high percentage of cannabidiol (CBD) for a non-intoxicating and clear-headed experience. Uses: clothing, fuel, food, paper, plastic, textiles.

Cannabis and hemp laws vary by country and state. Some states allow medical and recreational weed, others just medical. We are very fortunate to have medical and recreational cannabis available here in Nevada! I am passionate about the therapeutic benefits of cannabis.

Let's keep chatting!

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# PHYSICAL THERAPY BENEFITS MIND AND BODY

## STUDY SHOWS IMPROVEMENTS IN PEOPLE WITH COGNITIVE IMPAIRMENT

Memory lapses, mental confusion... They are the type of symptoms most commonly associated with cognitive impairment disorders like Alzheimer's disease and other forms of dementia. But cognitive disorders can also affect movement, causing slower gait and unsteady balance.

Motor impairment often gets less attention than cognitive impairment, even though it can seriously impact daily activities and lead to falls, which are a major risk for disability in older adults.

Research has shown that motor impairments appear early in the disease process and, as the disease worsens, play a big role in how people function.

At Cleveland Clinic Lou Ruvo Center for Brain Health, patients with cognitive disorders who have motor impairment are routinely referred to physical therapy, especially if they have experienced a fall.

Most individuals with cognitive impairment can benefit from physical therapy, even those at an advanced stage.

### **A month of PT makes a difference**

To better understand the effects of physical therapy on motor and cognitive function, the Lou Ruvo Center for Brain Health neurorehabilitation team working with researchers from the University of Nevada, Las Vegas, Department of Physical Therapy, conducted a retrospective study of 173 individuals aged 50 to 90 with cognitive impairment who received physical therapy at the center from 2016 to 2017. The participants were divided into groups based in their diagnosis, which included Alzheimer's disease (AD), Lewy body dementia (LBD), vascular dementia (VaD) and mild cognitive impairment (MCI), which can sometimes progress to AD.

Physical therapy was tailored to individual needs and designed to prevent or slow disease progression; participants also received a home exercise program. After a month of treatment, the researchers compared the cognitive and motor assessment tests that participants underwent before and after physical therapy.

All groups experienced improvements in balance and gait, with the MCI group experiencing the greatest improvement from physical therapy. In addition, the AD, VaD and MCI groups showed improvement in cognitive function.

With the current lack of effective treatments for cognitive impairment disorders, it is significant that participants showed meaningful improvement with just a month of physical therapy.

The department continues to investigate cognitive impairment using imaging studies. Conducting research helps us to stay current with the latest developments in the field and provide the best, evidence-based care.

### **What's different about a rehab team focused on a specialized population?**

Communicating seemingly complex exercise instructions to a person with a cognitive disorder or an older adult who hasn't exercised much can be challenging, which is where a neurologic or geriatric specialist can help. For example, the Lou Ruvo Center for Brain Health's Christy Ross, PT, DPT, GCS, a board-certified geriatric specialist, set up a makeshift diamond out of cones and coached, her patient, a Brooklyn Dodgers fan with Alzheimer's, through "running the bases."

### **Finding a specialized PT**

Click on "Find a Physical therapist" at [choosept.com](https://www.choosept.com), the American Physical Therapy Association's consumer-friendly site. From the "Find a Specialist" pull-down menu, choose the best match for your condition.

***Physical therapy at Cleveland Clinic Lou Ruvo Center for Brain Health is available upon referral from our neurology providers. To make an appointment with a neurologist, call 702.483.6000 or visit [clevelandclinic.org/Nevada](https://clevelandclinic.org/Nevada).***





PHYSICIAN SPOTLIGHT & INTERVIEW

# WHO IS HUGH L. BASSEWITZ, M.D.

## ORTHOPEDIC SPINE SURGEON DESERT ORTHOPAEDIC CENTER

**What is your job title and what do you do?**

As an orthopedic spine surgeon, I specialize in the evaluation and treatment of disorders of the cervical and lumbar spine. In my practice, we utilize conservative treatments such as physical therapy, medications, and injections. If these treatments are not successful, surgery is often utilized to address conditions that do not respond to non-operative treatment.

**What brought you to start practicing medicine in Las Vegas?**

I was attracted to Las Vegas twenty-five years ago during my orthopedic surgery residency training at UCLA Medical Center. My family had moved to Las Vegas in the 1980s, and I had visited Las Vegas multiple times during my residency. The combination of the dynamic growth of the city and the professional opportunity that Las Vegas and Desert Orthopaedic Center offered was irresistible.

**Can you tell me a little about your research or work and what led you to your field?**

I always wanted to be a doctor and am interested in athletics and fitness. The goal of most orthopedic surgery is to help patients recover bodily function. Helping people walk, run, jump, and return to their full function attracted me to the field. My practice treats all types of patients including athletes, both professional and amateur, for disorders of the spine. With an interest in cervical and lumbar minimally invasive surgeries (MIS) and robotic techniques, I have been blessed to be able to help people recover functionality while minimizing surgical trauma.

**What are some of the biggest challenges and what do you enjoy most about your job?**

The biggest challenge that I often find amongst my colleagues is physician burnout and the balance between one's professional and personal life. There's always more work to be done, and I think the biggest challenge for physicians today is to be able to balance their work and home life to avoid burnout. That being said, I find my job extremely enjoyable. Interactions with patients are genuinely satisfying. The privilege that society has bestowed upon physicians to be able to help their patients can not be overstated. The personal satisfaction that one receives from helping another person is a beautiful thing that I get to experience being a doctor.

**What does leadership in the Southern Nevada medical community look like to you?**

As a member of the Clark County Medical Society's Board of Trustees, I am biased. I believe the leadership in the Southern Nevada Medical Community is strong and has been blessed with strong leaders such as President Dr. Staci McHale and her predecessors. We're also fortunate to have a strong working relationship with our other Nevada colleagues through the NSMA. This cooperation helps our physician community to be able to advocate policymakers for priorities for the betterment of our patients and for the health of our practices to provide our patients the best care possible.

**What is your perspective on the future of medicine in Southern Nevada?**

I believe the future of medicine in Southern Nevada is quite promising. In my time here, I have seen the creation of multiple new hospitals, two new medical schools, and multiple residency programs. Through involvement with many of these new institutions, I have helped to train many students and residents. These trainees are exceptionally bright and will further strengthen an already strong medical community.

by KATIE WAECHTER



# SENIOR CARE

## THEN, NOW, AND LOOKING FORWARD

by LESLIE FULLER, BSB, MSW, LMSW

Imagine you are an accomplished business owner, parent, grandparent, and community partner. You've worked hard your whole life and celebrate retirement. Then, after 10 years you experience health changes, perhaps a stroke, arthritis that makes mobility more difficult and you now use a walker. You are no longer able to physically attend to the needs of your home or your own health and moving in with family is not an option. What would life look like for you now?

It is 1970 - A skilled nursing home is your option. The nursing station is the focal point of your new living space, housing charts of those living there, medication trays with plastic cups handed out by nurses wearing stark white dresses and caps. Your fellow patients, because that is what you are now referred to, are lined-up along the hallway awaiting their morning pills and prune juice. Someone tries to leave the unit and the alarm sound echoes off the highly polished tiled floors. You hear, "Marvin, you can't leave." One patient has a strap tied around her and her wheelchair to keep her sitting because she tries to get up to walk, risking yet another fall. Another, who declines to take his medication, is 'helped' by two aids who hold him down so the nurse can forcibly make him drink the medication - which is given to reduce his anxiety. You are 'put to bed' at 6:30 so the evening staff can tend to paperwork and chores for the evening without interruption. You no longer feel any control.

It is 1995 - The new option of assisted living has opened up to you. After the Omnibus Budget Reconciliation Act (OBRA) passed in 1987, federal standards required a higher level of care in nursing homes which has helped to drive changes in this newly created world of assisted living. These advances provide a higher quality life for you, but the environment is still somewhat institutional. It is called a facility, they offer balloon volleyball for entertainment, the staff call you sweetie and treat you as a child, a showering schedule is used to meet staff

demands but does not match your previous routine. You feel managed.

It is 2022 - Options have expanded to include residential care communities that provide all levels of care including independent living, assisted living, specialized memory care, and skilled nursing care. Since 1987, the term "culture change" has come into use describing the drive to improve care in senior living settings. More assisted living and memory care communities that promote an environment focused on autonomy, independence, and personalized opportunities are available. You feel heard.

It is 2030 - You can have your own small studio located in a village with support provided as needed. A mother with two children lives next door, and you can volunteer reading in the daycare onsite. A central courtyard provides ample space for residents and staff to enjoy gatherings. Your neighbor is living with dementia and can move freely throughout the community. You, your neighbors, and staff all provide guidance to her when she appears lost or confused. Family members lead various classes in the mornings. Tai chi has attendees ranging from 5-95 of age. Your 'night owl' routine continues as staff check in with you at midnight to assist you before your bedtime. Staff hold regular trainings with residents learning about better ways of communicating, relationship building, generational differences - all with the goal of creating stronger bonds and community support. You feel valued.

Be a part of this continuous growth through educating yourself, seeking better practices, and challenging others to think differently. Help create a sustainable quality of life for all and NEVER let us backslide. Continuously seek to serve our older population with respect, dignity and opportunity. If we are lucky, we will all be one of them some day.

Leslie Fuller, BSB, MSW, LMSW  
Founder & Owner of Inspired Senior Care





# VITICUS GROUP JOINS EFFORT TO HELP UKRAINIANS IN MEDICAL NEED

by ABBY CRIMM, VITICUS GROUP

As the conflict in Ukraine rages on, we mourn the loss of life and significant damage to Ukrainian infrastructure. Assaults and disruptions to health care institutions and supply chains exacerbate the medical need in Ukraine caused by the reality of war.

Last month, the World Health Organization confirmed at least 16 attacks on health services in Ukraine. Due to military operations, hospitals struggle to treat the wounded with decreasing access to distributors and stockpiles. It is estimated that approximately 18 million people are affected, of which 6.7 million are internally displaced. Consequently, one of the most urgent challenges continues to be medical supply shortages.

For instance, NBC News reports that the Ukrainian military has requested as many as 300 tourniquets at a time, while they have only received five.

For members of the Las Vegas community, especially those who work in the health care sphere, there are tangible ways to help those suffering from across the world. Viticus Group is collaborating with MedGlobal and Dr. Linda Halderman, a surgeon in the Las Vegas area, in MedGlobal's project to collect much-needed medical supplies, equipment, and medication to be shipped through Poland and distributed in Ukraine.

"We found out about this need through the Clark County Medical Society," says Andrea Davis, chief executive officer (CEO) at Viticus Group. "We immediately knew we wanted to be a part of this amazing effort to help save lives in such an impactful way. I want to personally thank those who have donated so far and encourage others to do what you can, even if it seems small."

Viticus Group is a nonprofit organization based in Las Vegas, Nevada, that provides hands-on continuing education opportunities to physicians and veterinary professionals. MedGlobal is a US-based nonprofit humanitarian organization working to serve vulnerable communities around the world by providing free and sustainable healthcare and healthcare training.

Organizers encourage all who can donate to drop off supplies at the Viticus Group warehouse on 5810 S. Eastern Ave. in Las Vegas (enter on Russell Rd.). Donations are being accepted Monday–Thursday, 8:00 am–1:00 pm. The following supply items and medications are requested:

- New, unopened medical supplies with an expiration date no older than 2021
- Sealed nonprescription and prescription medication with at least seven months until expiration (non-narcotic, not requiring refrigeration)
- First-aid, trauma, and injury care items
- Please do not include clothing, household items, or personal hygiene items

Viticus Group has already received several large shipments from the University Medical Center of Southern Nevada (UMC), the Clark County Department of Emergency Preparedness, Valley Health System, and several private physician practices.

The grim reality is that lives are currently being lost due solely to a lack of basic medical equipment like tourniquets and first aid. The smallest donation can be the difference between life and death; for the people whose homeland is being devastated, it can be the difference between anguish and hope.

For questions or to request a list of preferred items, please contact [SupplyUkraineMission@gmail.com](mailto:SupplyUkraineMission@gmail.com).



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# TASKFORCE UPDATE

## Legislative Task Force

Task Force 4, Legislative & Regulatory, is continuing to ponder, and discuss/plan, moving forward with the 2022 elections. We're hoping for increased participation. Discussions and planning include endorsements, and invitations to candidates to attend and be educated as to the objectives, purpose, and goals of Las Vegas HEALS. We are also discussing who will represent HEALS during Session providing testimony to Committees, etc.

## Workforce Development Task Force

"Career Path" Initiative- this plan is targeted to provide a greater and more effective frame of reference as well as personal experiences for our students interested in health care. Again, Diego will provide updates at our meeting.

## Regional Workforce Initiatives for Southern Nevada

Regional Good Jobs Challenge Grant (proposal submitted)

Southern Nevada has asked for approximately 8 million dollars to help build a stronger health care eco-system for our area. We anticipate hearing something by end of May 2022 as to the status of the proposal. HEALS will continue to play a key role in this initiative/grant when/if funded.

## The New Industry Sector for Health Care Partnership

The first meeting identified several key areas the stakeholders wanted to address as a group. Two task force groups were established to assess and collectively develop strategies focused on the key areas identified. The next meeting of those task force groups is being scheduled and agendas prepared.

A new design for the creation of an additional workforce pipeline will be introduced at our next meeting. The tentative name may be the College Re-integration Initiative for students who drop out of post-secondary prior to successful graduation/completion.



LAS VEGAS HEALS - 24 - APRIL - 2022

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# CALENDAR OF EVENTS

## 5/5 - 5/7

FEDERLE'S MASTER TUTORIAL  
ON ABDOMINAL IMAGING

EVENT TIME: 7:30am - 6:00pm  
EVENT LOCATION: WYNN LAS VEGAS

## 5/14

LUNG FORCE WALK 2022

EVENT TIME: 8:00am - 12:00pm  
EVENT LOCATION: ST. ROSE  
DOMINICAN, SAN MARTIN CAMPUS  
8280 W. WARM SPRINGS RD.  
LAS VEGAS, NV 89113

## 5/18

HIRE ON THE SPOT JOB FAIR

EVENT TIME: 2:00pm - 5:00pm  
EVENT LOCATION: VITICUS GROUP,  
PARADISE ROOM

HOSTED BY LAS VEGAS HEALS/VEGAS  
HEALTHCARE/INSPERITY



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## HIRE ON-THE-SPOT JOB FAIR

Viticus Group Eastern Campus  
5810 S. Eastern Las Vegas, NV 89119

Wednesday, May 18th  
2pm-5pm

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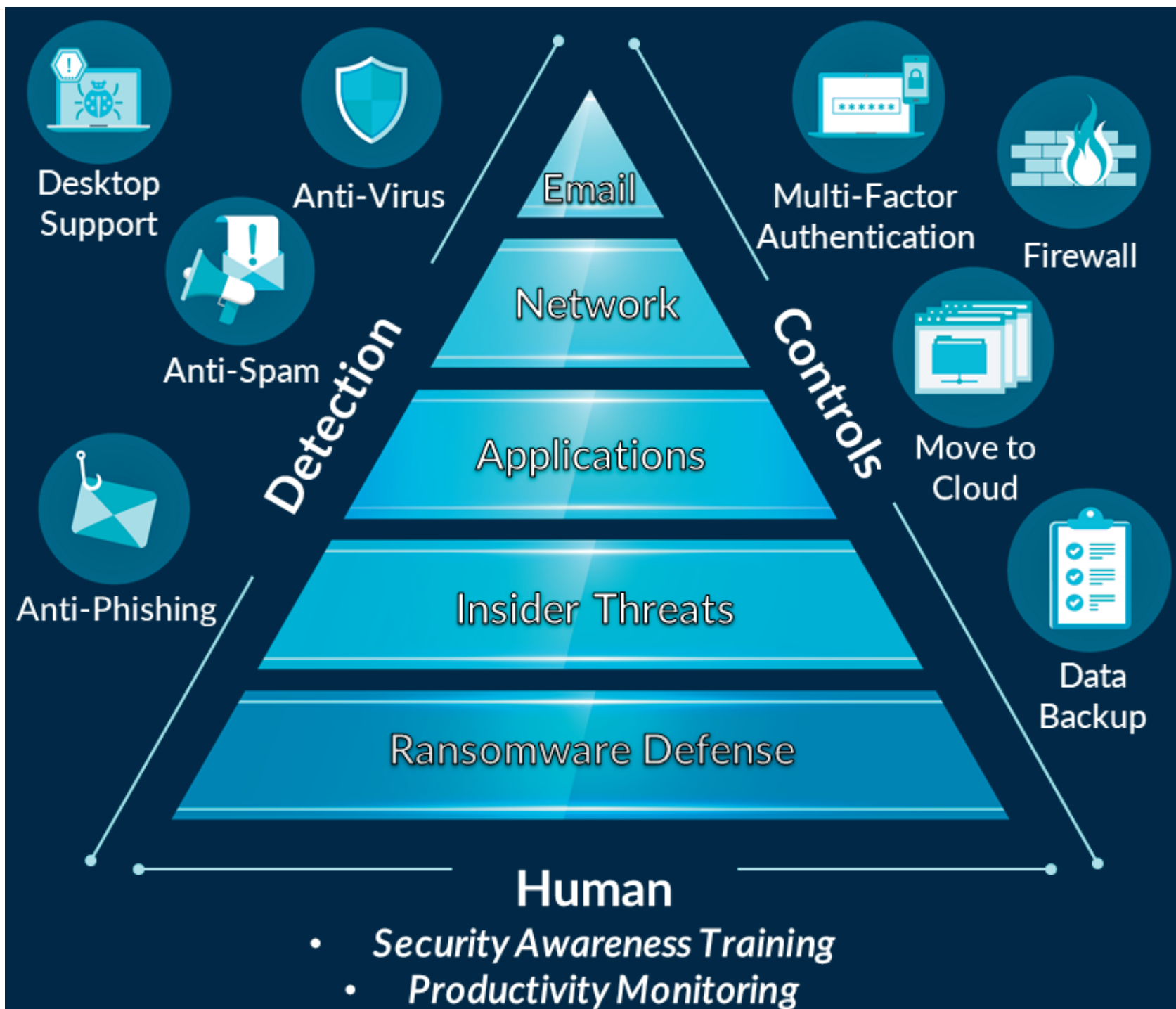


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