

The
POWER of
Knowledge



St. Tammany
PARISH HOSPITAL





1202 South Tyler Street
Covington, LA 70433
(985) 898-4000
www.stph.org

Our Mission

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both inpatient and outpatient care, all of which help to ensure continued good health.

BOARD OF COMMISSIONERS

John A. Evans

Chairman

James L. Core

Vice Chairman

Thomas D. Davis

Secretary / Treasurer

Gregory J. Lemons

Sue Osbon PhD

Vesey J. Richardson

John P. Romano

Jack Saux MD

EXECUTIVE TEAM

Patti Elish FACHE

President / Chief Executive Officer

Robert Capitelli MD

Sr. Vice President / Chief Medical Officer

Tim C. Lessing

Sr. Vice President / Chief Financial Officer

Kerry Milton RN

Sr. Vice President / Chief Nursing Officer

Sharon Toups FACHE

Sr. Vice President / Chief Operating Officer

Margaret Collett JD

Vice President of Legal Affairs

Chief Corporate Compliance Officer

Judy Gracia RN

Vice President / Human Resources

St. Tammany Parish Hospital
Communication Department
1202 S. Tyler St.
Covington LA 70433

commdept@stph.org

PHOTOGRAPHY:

Rick Olivier

DESIGN & ART DIRECTION:

Scott Ott Creative Inc.

22 Years of Family Fun

Games, crafts, live music, trick-or-treating and fun for all ages return to Bogue Falaya Park in Covington on Saturday, Oct. 23 for the 2010 Monster Mash presented by Capital One Bank.

The St. Tammany Parish Hospital Parenting Center's annual fundraiser will mark its 22nd year as a daylong community event that provides a safe and wholesome festive holiday setting.

Proceeds from the 10 a.m. to 4 p.m. event will benefit the STPH Parenting Center, whose services to greater Northshore area families range from classes on children's health and fitness to courses that help parents and children cope with divorce and other transitions. Monster Mash funds nearly half of the center's yearly budget.

"The Parenting Center is an invaluable resource to parents and children in the community," said Susan James, event co-chair.

Highlights for 2010 include live music by Soul Revival, Shad Weathersby, Papillion, The Rowdy Rough Boys and Radio Disney; a scavenger hunt, the Audubon Institute Bug and Zoo Mobiles, inflatables, games, a shopping village, a silent auction and much more.

Advanced purchase tickets are \$4 per person. Tickets at the door are \$6 each. Children's activity wristbands for unlimited games and crafts are \$15.

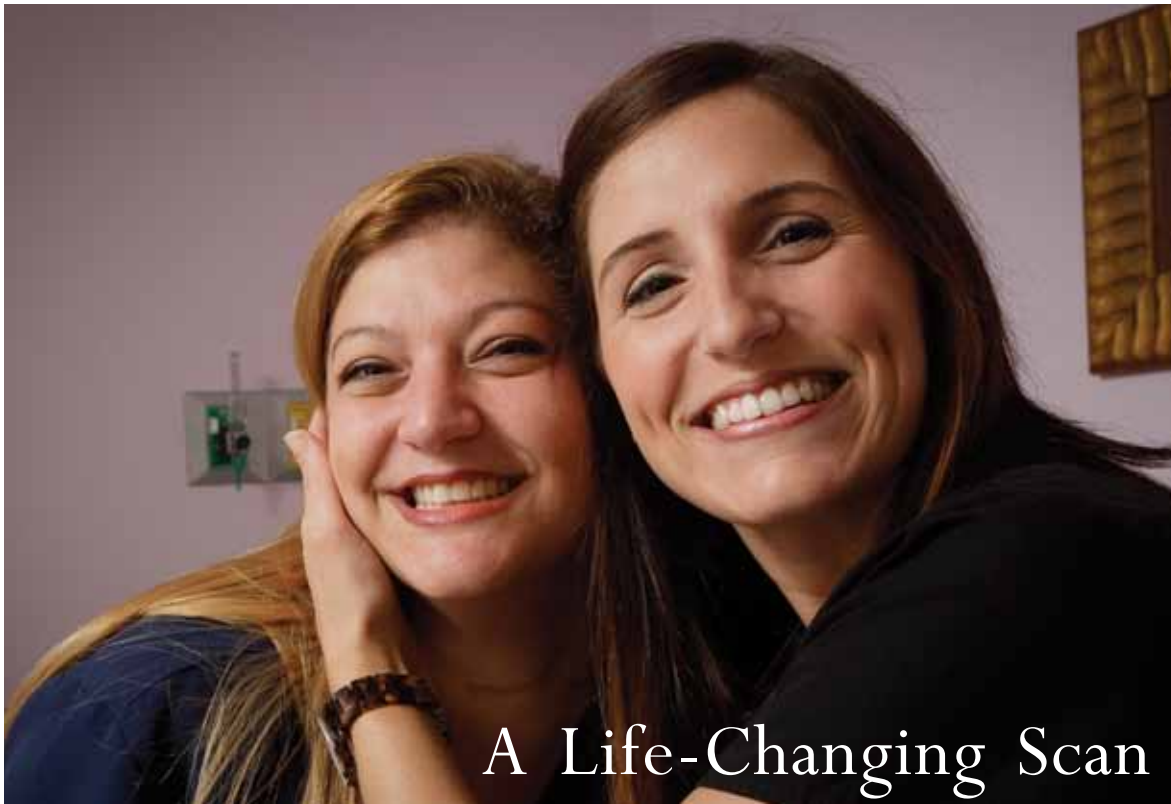


Tickets can be purchased at the St. Tammany Parish Hospital Gift Shop, the STPH Parenting Center, Capital One Bank locations in Covington, Mandeville, Slidell and Washington Parish, Braswell Drugs and Playville in Covington and Mandeville.

VIP tickets are available and include event admission, an activities wristband for children and access to an exclusive VIP pavilion with private seating and restrooms, exclusive crafts and entertainment and complimentary beverages. VIP tickets are \$30 for children and \$15 for adults and are available only at the STPH Parenting Center, 1505 N. Florida St., Suite B, in Covington.

Event information and tickets are available by calling 898-4435.





A Life-Changing Scan

Screening at health fair caught nurse's undetected cancer

Ultrasonographer Ashley Shelly sat across from Kim Stoltz, guiding her ultrasound wand along one side of Stoltz's neck, then the other.

It was the morning of St. Tammany Parish Hospital's 2010 employee health fair. Stoltz was there because she wanted to know if a carotid scan would show a build-up of plaque. The scan was unusual for Stoltz, a 35-year-old charge nurse in STPH's 4 South unit. But Stoltz's parents had both had strokes. She knew excess plaque would boost her own stroke risk. The scan, offered free as part of the event, struck her as a smart precaution.

But what caught Shelly's attention that morning wasn't plaque. It was unusual nodules on Stoltz's thyroid gland.

"Something looked suspicious," said Shelly, who recommended that Stoltz follow up with a physician about the bodies on her gland.

Stoltz took her advice. The next week, a full scan revealed calcifications on both sides of the gland. Stoltz knew calcifications are strongly indicative of cancer. She also knew her family history. Her older sister had thyroid cancer. Still, she was surprised. A recent blood test had come back with normal thyroid function.

A week later, Stoltz underwent a thyroidectomy at STPH. Testing of a section of tissue during the surgery

confirmed that it was cancer. It was two weeks to the day after the health fair. Days later, Stoltz would learn her exact diagnosis. She had papillary cell carcinoma, the most common form of thyroid cancer.

Four weeks later, Stoltz was back at work after radiation treatment and recovery from the surgery.

She cites the wisdom of a string of caregivers in her rapid diagnosis and successful treatment—starting with Shelly, who completed 110 scans on the day of the fair.

"She was doing her job to the best of her abilities," Stoltz said. Added Pat Maltese, STPH head of diagnostic imaging: "It was highly unusual, and very fortunate."

(Ironically, Stoltz might have missed the potentially lifesaving scan to work on her unit. Her supervisor, Amy Wade, volunteered to take her place.)

STPH hospitalist Dr. Leslie Copeland cites Stoltz's own smart health decisions. Given her sister's cancer and the calcifications on her thyroid, she opted for quick removal of the gland. Her parents' strokes motivated her to take advantage of the scan at the fair.

"Getting that screen potentially saved her life," Dr. Copeland said.

STPH Nurse Kim Stoltz (l) credits ultrasonographer Ashley Shelly with finding thyroid nodules that proved to be cancerous.



ST. TAMMANY HOSPITAL
FOUNDATION

1202 South Tyler
Covington, LA 70433

Telephone (985) 898-4174
Fax (985) 871-5744
Email: foundation@stph.org
www.sthfoundation.org

Our Mission

The St. Tammany Hospital Foundation is a 501(c)3 non-profit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital.

BOARD OF TRUSTEES

Kenneth E. Latham, AIA

Chairman

Julia M. Pearce

Vice Chairman

Richard F. Knight, JD

Secretary / Treasurer

Anne Johnsen Bailey

Scott Ballard

Robert M. Barousse, Jr.

David A. Briggs, Jr.

Sam Camp

Annette Dowdle

Johnny B. Green

Judge John W. Greene

L. Stephen Holzhalt III D. Min.

J. Frederick "Rick" Kessenich

A.J. Kreller, DDS

F. Pierre Livaudais

Laurie McCants

Blanche E. McCloskey

Lori G. Murphy

Ashton Noel

Jennifer S. Rice

John "Pizzie" Romano

Ellen "Deedee" Suthon

Harry A. Warner

James R. Willis, MD

Diane Winston

ADVISORY BOARD

Adrian B. Cairns, Jr. MD

Chairman Emeritus

Robert H. Crosby, III

Gene W. Lafitte

Joanna R. Miller, MD

Henry J. Miltenberger, Jr.

Clinton J. Romig, Sr.

H.W. "Wally" Rosenblum

Charles Ann Strickland
EXECUTIVE DIRECTOR

Celebration of a Life Well Lived

2010 Angels of Light pays tribute to loved ones



There was a smile in her voice as Lori Murphy described her mother, Joel Marie Hagstette Growden.

“She was a generous soul who never met a stranger,” Murphy said. “She loved animals. She grew up in New Orleans, but she got the farm she dreamed of when she moved to the Northshore and filled it with animals—dogs, cats, chickens, geese.”

Murphy, the publisher of Inside Northside magazine, and her family are the 2010 Hospice Tree for Life dedication sponsor in memory of her mother, who passed away this year. Joel received care in her final weeks at St. Tammany Parish Hospital after a joyous life that included a loving marriage, four children, nine grandchildren and a close friendship with her sister.

“She lived life exactly as she would have it,” Murphy said.

The Hospice Tree for Life is a longstanding tradition of the Angels of Light ceremony, which celebrates the lives of loved ones through an evening filled with music and light in a beautiful holiday setting. Proceeds benefit STPH Hospice, which provides compassionate care to terminally ill patients.

The 2010 Angels of Light features caroling and piano music by the STPH choir, refreshments, a reading of Tribute Angel names and the lighting of the Hospice Tree for Life. This year’s event will be held Thursday, December 9 at 5:30 p.m. in the STPH lobby.

Angels may be purchased in honor or memory of loved ones for a \$10 minimum donation in the STPH Gift Shop or foundation office. Special dedication opportunities beginning at \$250 include a Tribute Angel and special recognition at the event.

For information on ceremony sponsorships and other giving opportunities call 898-4141 or e-mail cstrickland@stph.org.

Looking to Leave a Legacy *Gifts large and small enrich communities*

St. Tammany Hospital Foundation encourages you to Leave a Legacy and make a difference in the lives that follow. Leaving a legacy to the foundation ensures that your favorite programs, services or departments at St. Tammany Parish Hospital will continue to be funded after you are gone. A legacy or bequest in your will is the ultimate gift that you can make to the foundation.

Should you wish to make a bequest in your will, the recommended language is:

I, [name], of [city, state, ZIP], give, devise and bequeath to St. Tammany Hospital Foundation [written amount or percentage of the estate or description of property] for its unrestricted use and purpose or for the following [program, service or department].

“The gift of a bequest is simple, versatile and provides tax relief for your heirs,” Charley Strickland, foundation executive director explained. “We are pleased to recognize our bequest donors as members of the Legacy of Caring Society at St. Tammany Hospital Foundation.”



Click Giving at stph.org. Click Gift Planning and EBrochures to request informative brochures on wills and bequests, or contact Charley Strickland at cstrickland@sthp.org or 898-4141 to make a difference in the lives that follow.

Fall for Our Favorite No-Salt Seasoning



Autumn might be called the season of salt. Savory roasts and regional tailgating fare are typically high in sodium, making them poor choices for individuals looking to reduce dietary salt to lower or control high blood pressure.

Abry Crosby, STPH executive chef, offers this easy-to-make, no-salt alternative to traditional salty seasoning for meats and vegetables as a healthful way to enjoy the hearty bounty of the season.

Ingredients:

1/8 cup dried oregano
1 Tbsp. dried thyme
1 Tbsp. dried parsley
1/4 tsp. red pepper flakes
1/2 cup chili powder
1/4 cup paprika
1/8 cup onion powder
1 Tbsp. garlic powder
1 Tbsp. light brown sugar

Combine oregano, thyme, parsley and pepper flakes in a food processor. Pulse the mixture five times at two-second intervals. Allow particles to settle before lifting processor lid.

Add remaining ingredients to the processor and pulse three additional times at two-second intervals.

Place seasoning mixture in a jar or shaker with a tight lid.

Use the traditional dry rice method to keep the seasoning free of moisture. In a shaker with holes smaller than the pieces of rice, add 1/2 teaspoon of dry rice, or tie 1/2 teaspoon of dry rice inside a piece of cheesecloth or cotton and place in the bottom of the jar. Label and store the mixture for cooking and seasoning use.

Makes 1 1/4 cups.

Breast Cancer Awareness Special

The Breast Center and Paul D. Cordes Outpatient Pavilion will offer special mammography and bone density scans in October.

“These discounted rates are designed to encourage women to get their screenings, even if they have no insurance or high deductible plans,” Pat Maltese, head of radiology, notes.

The American Cancer Society continues to recommend women begin annual mammograms at age 40. STPH data underscore the importance of the screenings for younger women: some 23 percent of women diagnosed with breast cancer at STPH between 2000 and 2009 were under 50.

Appointments are required by calling The Breast Center at 612-2100 or the Cordes Pavilion at 871-5665.



This Too

A Nurse Walks the Patient's Path

Shall Pass



The words struck hard: “architectural distortion.”

St. Tammany Parish Hospital’s Chief Nursing Officer, Kerry Milton listened as Radiologist Dr. Daniel Rupley recommended an additional screen of her right breast at the STPH Breast Center a few weeks after a routine mammogram in January 2009.

Ultrasound and breast MRI ultimately revealed a small comma-shaped mass, the anomaly Dr. Rupley described.

A lifetime of her parents’ advice helped Milton hold strong resolve. “This too shall pass.” She mentally formed the words her father said to her in childhood.

Milton, whose career spans the gamut of nursing, management and executive roles since joining STPH in 1982, faced a fundamental role reversal. After a biopsy, she would be diagnosed with invasive lobular breast cancer at what she would later learn was the earliest, most treatable stage.

“Please, help me, God,” Milton wrote in her diary that day.

Thus began a journey in faith and treatment that lasted more than a year, including chemotherapy, bilateral mastectomy and reconstructive procedures.

Milton recalls the time after diagnosis as frantic, filled with sleepless nights, even as she remained active at work and home. She credits a network of support from her loving husband, son and daughter as well as STPH caregivers, friends and family.

“From Cindy with her arm around me at The Breast Center to employees who handmade a quilt of inspiration, everyone put their caring touches to work for me,” Milton says.

Much of that support came in the form of knowledge, Milton says. “Chemo school” with a nurse practitioner helped her prepare, including managing emotions tied to losing her hair. Genetic counseling at the STPH Cancer Resource Center armed Milton with the knowledge that she did not carry a genetic marker that might put her 20-year-old daughter at elevated risk of a similar diagnosis. STPH nutritionists provided guidance on how foods could boost her well-being during and after chemo.

STPH Women's Pavilion Opens in 2011



From the beginning, STPH physicians and nurses encouraged her questions and made themselves accessible. They encouraged Milton to explore all treatment options. She consulted with numerous physicians about her initial surgery at the urging of Dr. Rupley, who urged her to seek multiple opinions.

"I would not have met with so many doctors without his encouragement," Milton says. "Knowing what to expect was comforting to me, and it was inspiring to definitively see that traveling across Lake Pontchartrain, or the Gulf South for that matter, wouldn't bring me treatment I couldn't access right here at home."

Visits to the STPH chemotherapy infusion suite were likewise reassuring. When she had an adverse reaction during a chemo session, "they knew precisely and immediately what to do," Milton recalls.

She describes the STPH operating room nurses as "unsung heroes" for their special attention. "You know, the surgery nurses are a special breed because, as a patient, you remember the caregivers you meet when you're awake," Milton explains. "The surgery team treats you with love and care too but you don't see or remember them because you are asleep."

Milton's diary and an online caringbridge.com journal provided important emotional outlets, poignant memories and a convenient way to inform loved ones of her progress.

Milton completed the last chapter of treatment this summer with a number of final cosmetic steps to restore her body's appearance. "It's been a long process, but I feel great."

For Milton, the experience reinforced a number of lessons important for caregivers and patients alike. Asking questions is critical, as is understanding what resources are available at home and far away. Safeguarding patients' dignity is essential. And regular health screenings, including yearly mammograms, are a top priority in ensuring good health, as Milton's early-stage diagnosis demonstrates.

"Having a routine mammogram was so important in my diagnosis," she said.

*Support STPH Cancer Services
Kerry Milton supports the
St. Tammany Hospital Foundation and
encourages you to support STPH Cancer
Services with a donation to the foundation.
Call 898-4171 for information.*



The 9,500-square-foot facility will offer services in a spa-like setting that expands on care provided at the existing 3,500-square-foot STPH Breast Center.

It will consolidate diagnostic screenings such as digital mammography and provide room for additional services, such as breast MRI, noted Sharon Toups, STPH chief operating officer.

Other services will include consultations, nutrition, weight-management and physical therapy.

"It will better allow us to serve women across the life span," said Sue Osbon, Ph.D., a member of the STPH board of commissioners.

Added Dr. Vicki Steen, a Covington obstetrician-gynecologist: "Putting all the diagnostic services a woman may need into a facility such as STPH plans can really create a soothing, calming environment during a very stressful time."

The St. Tammany Hospital Foundation is offering dedication opportunities, including the lobby and reception area. "Recognizing the vision and great generosity of our donors is important to St. Tammany Hospital Foundation. As with any new STPH facility there are dedication opportunities available in the Women's Pavilion," said Charley Strickland, foundation executive director.

For information regarding naming opportunities in the Women's Pavilion, from name recognition on the new pavilion to the main lobby and reception area to the patient navigator's office and even exam rooms, contact Charley Strickland at estrickland@stph.org or 985-898-4141.

FREE Screenings this Fall

St. Tammany Parish Hospital will offer free health screenings and informational sessions at the Paul D. Cordes Outpatient Pavilion, Saturday, Oct. 30, 8:30 a.m. to noon.

Carotid artery screenings, heel-measurement tests to gauge osteoporosis risk and screenings for peripheral artery disease (PAD) and chronic obstructive pulmonary disease (COPD) require appointments by calling 871-5665.

Other complimentary offerings that do not require appointments include sleep apnea education, colorectal cancer screening kits, flexibility assessments, blood pressure and body mass index readings, a blood drive and hand and foot massages.

Local physicians will serve as guest speakers on a variety of current healthcare topics. The fair will include free refreshments and door prizes.

Back in His Boots

STPH Wound Care Restores Lineman's Health

Barefoot and relaxing at home, James Schmolke stepped on a tack. This seemingly insignificant mishap soon turned to near disaster for the 57-year-old electrical lineman, whose diabetes places him at high risk for wound-resistant foot and leg wounds. Accustomed to the steel-toed boots of his profession of 33 years, Schmolke was unprepared for the damage that small tack would do.

The small puncture became a wound that would not heal. Schmolke describes his experience as “tough, long and life-changing.” Jose Mena MD, vascular surgeon, worked to restore vascular function. The small toe of his injured foot could not be saved, and Jay Groves DPM, podiatrist, performed necessary amputation of the toe. Schmolke did not work for eight months, 22 days of which were inpatient at STPH, a mile from his Covington home.

“I could see my chimney the whole time,” he joked.

Once released from the hospital, Schmolke sought treatment at St. Tammany Parish Hospital's Center for Wound Care and Hyperbaric Medicine, where John Kessels MD, the center's medical director, tapped an arsenal of therapies during nearly a year of treatment.

“It was clearly a limb-threatening wound,” Dr. Kessels said. “The work of Drs. Mena and Groves laid the best possible groundwork. Certainly, we never want to see loss of a patient's anatomy, and we believe their work and ours combined to save Mr. Schmolke from losing more than the one digit.”

Delicate weekly grafting procedures using lab-generated living skin cells promoted tissue growth. Hyperbarics boosted oxygen supply to improve blood flow. Educated on diabetic foot care and foot wear, Schmolke used his patient education, a walker, crutches and a wheelchair to help his own healing along.

By May of this year, he was back on the job in his steel-toed boots. He returned to the center for a final follow-up in July, by which time he had healed completely.

“The care I received was just outstanding,” Schmolke said. “I just wanted to get back in my boots.”

For more information on wound care, call 871-6088.



At center, patient James Schmolke visits with wound care team members Janiece Weinberger RN, Mary Van Shoubrouek CHT, John Kessels MD and Linda Moak RN.



The Heart, Soul and Look of Fashion

This fall three outstanding events raised nearly \$200,000 to advance pediatrics at St. Tammany Parish Hospital. Kicking off the extraordinary trifecta was The Soul of Fashion, an evening cocktail reception at the riverfront home of Mike and Allyson Sanderson; followed by The Look of Fashion, a day of services at H2O Salon and Spa. Our premier event, The Heart of Fashion, was held Thursday, September 23 at Tchefuncta Country Club and featured a fabulous, fall fashion show by Saks Fifth Avenue.



Road Hazards

*Educating teens
about risky driving*

There are more than 167,500 licensed drivers in St. Tammany Parish—more than 14,000 of them between the ages of 15 and 20. As elsewhere, the community's youngest drivers are involved in a disproportionate share of crashes—including fatal accidents.

"We put young adults behind the wheel at an age when they feel invincible," said Dr. Michael Isabelle, medical director of emergency services at St. Tammany Parish Hospital.

Dr. Isabelle and STPH are working to reduce injuries and fatalities involving teen drivers through participation in "Sudden Impact," a daylong awareness program to educate high school sophomores about the real-life impact of risky behavior behind the wheel.

Designed by trauma experts at LSU Interim Hospital, the program aims to change behaviors among high school sophomores involving seatbelt use, driving under the influence and distractions such as text messaging.

During free sessions at STPH, groups of 30 students will hear about risks from trauma experts, law enforcement officials and victims of motor vehicle crashes. The free 7-hour program is coordinated through local schools.

"We really need it here," said Officer Nick Manale of Louisiana State Police, Troop L, which is also working to expand the program on the Northshore. "This can change attitudes before kids develop dangerous habits."

A track record of excellence at STPH Safety Standards in the Operating Room

Before every surgery at St. Tammany Parish Hospital, the operating room team pauses for a crucial step in their process. This "timeout" comprises a checklist of essential information, and is one of a host of specialized safety procedures the team uses to ensure patients' safety.

"Safety is our single most central focus," said Mary Krentel, STPH head of operating room nursing. "Correctly verifying all details, assessing risks and hazards; it's all vitally important to every member of our operating teams."

The surgery staff adheres to professional safety standards and the National Patient Safety Goals from the Joint Commission, the gold standard in hospital accreditation.

Adherence to vigorous quality and safety protocols begins long before the patient ever enters the hospital. "It starts with teaching our surgical patients about infection prevention and continues throughout preparation, procedure, post-operative recovery time and any stay the patient may have with us," Krentel says.

She adds, "We are advocates for our patients as members of the surgical team because (while under anesthesia) they can't speak for themselves. Safety is our priority, as a matter of trust between our patients and ourselves."



Caring Touches Make Tests More Successful

More than ever, life improving care depends upon highly sophisticated technology, but all that machinery can be intimidating.



STPH registered CT/MRI technologists Tiffany Raiford and Bryan Burleson lead a team that interjects one-on-one interaction to improve their patients' experience at the Paul D. Cordes Outpatient Pavilion.

Rather than using a service or staff member, the registered MRI/CT technologist that will perform the test calls the day before to confirm all aspects of the test, particularly those that can derail a successful exam.

"What we've found is this kind of personalized attention improves everything," Raiford says. "Our patients feel personally cared for, which gives them the confidence to comply, which delivers reliable results for physicians."

Burleson adds, "No more incomplete tests due to incorrect preparation or exiting the facility before completing the test due to fears, time or other factors."

The technologists work closely with ordering physicians to ensure correct exams and to accommodate emergency exams, especially with the center's expanded CT and MRI hours (weekdays 7 a.m. to 5 p.m.).

For information on services available at the Cordes Pavilion, call 871-6080.

Cutting-Edge Therapy to Save the Brain

Cooling protocol prevents neurological damage after cardiac arrest

One night last April, 77-year-old Dale Ford of Angie began coughing. His chest started to ache. By midnight, Ford's family was rushing him from Washington Parish to the emergency department at St. Tammany Parish Hospital.

Shortly after his arrival, Ford's heart stopped. The emergency team quickly started it beating again with a defibrillator, and physicians in the STPH Cardiac Cath Lab inserted a stent and put him on a balloon pump to reduce stress on his heart.

Ford continued to exhibit signs of possible brain dysfunction after moving to the intensive care unit. His lack of a gag reflex and fixed pupils signaled potentially devastating oxygen deficit to the brain.

"There was a very big possibility of permanent brain damage," said Teresa Krutzfeldt, STPH head of critical care.

State-of-the-art treatment in STPH intensive care protected against neurological damage from cardiac arrest. Post-arrest Induced Hypothermia Protocol (PIHP) involves cooling the patient's body temperature from 98.6F to 89-92F and keeping it at the lower temperature for 24 hours. The protocol is used to prevent brain injury in cardiac-arrest patients who show signs of poor neurological function. Three hours after cardiac arrest, nurses began to lower Ford's body temperature.

Patients are sedated and on a ventilator during the process, which must begin within six hours of arrest. A highly specialized medical equipment blanket filled with cold water is wrapped around the patient's head, chest and legs. A nasal tube delivers chilled water to the stomach. Ice packs and cold saline fluid given intravenously can speed the cooling process, explained Susan Titman, STPH critical care coordinator.

Medication prevents the patient from shivering—the body's natural impulse to try to warm itself.

"Cooling decreases both the body's and the brain's need for oxygen," Titman said.

In Ford's case, the protocol was a critical step in a recovery that involved a 40-night stay at STPH. Ford began physical therapy at the hospital, and continues to regain strength and appetite back home in Angie, where for years he operated a popular eatery. These days he relies on a hickory walking stick he carved a year before any hint of heart trouble.

"I didn't know I would be using it," Ford quipped.

This summer, as he prepared for insertion of three more stents, he was sharp as ever.

"His thinking is clear," said Ford's wife, Shirley. "He's getting stronger and we're thankful for that."

STPH Calendar Highlights

As your community hospital, STPH hosts events, meetings and opportunities to improve and maintain physical and emotional wellbeing. A short sample of upcoming events is provided below, but please check www.stph.org and local newspapers for additional learning opportunities for individuals of all ages.

OCTOBER						
				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

NOVEMBER						
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

DECEMBER						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Vaccines for Children Program Daily (by appointment only); 8 am to 4 pm

STPH Community Wellness Center
Required vaccinations for school attendance.
Monday through Friday, at little to no cost.
985-871-6030

New Baby Support Group Thursdays (except holidays); 11:15 am to noon

STPH Parenting Center
Join other mothers and their little ones
for weekly information and support.
985-898-4435

Restorative Yoga in Cancer Care Fridays (except holidays); 10 am to 11 am

STPH Paul Cordes Outpatient Pavilion
Cancer Resource Center and Leonard C.
Thomas HOS Foundation offer weekly yoga
classes to those diagnosed with cancer and
caregivers. 504-975-4430

Scan Screen Save this Fall

Breast Cancer Awareness Month specials
on women's health screenings. See p. 6
for details.

New Family Center Tours

Oct. 2, Nov. 6, Dec. 4; 10 am to noon
STPH New Family Center
Tour the New Family Center and preregister
a birth plan. 985-898-4536

Belly Dancing 101 for Cancer Survivors

Oct. 7 thru Nov. 11; 3 pm to 4 pm
STPH Paul Cordes Outpatient Pavilion
Weekly Tuesday class introduces basic belly
dancing to women seeking physical and emotional
healing after a cancer diagnosis. Co-sponsored
by the Leonard C. Thomas HOS Foundation.
985-898-4581

Breastfeeding Support Group

Oct. 7, Nov. 4, Dec. 2; noon to 1 pm
STPH Parenting Center
Join our certified lactation consultant each
month for questions and answers relating to
breastfeeding your child.
985-898-4435

12-Lead EKG Course

Oct. 7; 8 am to 4:30 pm
STPH Conference Center
This is a one-day course offering 7.5 CEUs
to nurses, medical and nursing students,
paramedics, EMTs, telemetry techs and other
allied health personnel on the knowledge and
skills essential for identification of AMI on
a 12-lead EKG. 985-898-4083

Northshore Blood Cancer Support Group

Oct. 9, Nov. 13, Dec. 11; 10 am
STPH Conference Center
Monthly meetings for Northshore individuals
with leukemia, lymphoma, myeloma and
myelodysplastic syndrome and their caregivers.
985-898-4581

NFL Know Your Stats

Oct. 13; 6 pm
STPH Conference Center
FREE Men's Prostate Health Awareness
Event with Sunil Purohit, MD, Urologist.
985-898-4083

Cancer Connection

Oct. 20, Nov. 17, Dec. 15; 7 pm
STPH Paul Cordes Outpatient Pavilion
Monthly support for individuals, family members
and friends challenged by a cancer diagnosis,
with focus on sharing experiences and quality
of life. 985-898-4581

No Pills, No Pain: Getting Rid of GERD

Oct. 21 & Nov. 10; 6 pm to 7 pm
STPH Conference Center
Attend this free seminar to learn about
Esophyx, a new incisionless solution to reflux
disease. 985-898-4083

Monster Mash

Oct. 23; 10 am to 4 pm
Bogue Falaya Park, 213 Park Drive, Covington
Monster Mash presented by Capital One is
fun for the whole family. See p. 2 for details.
985-898-4435

Anticoagulation Therapy Support Group

**Oct. 27, Nov. 24, Dec. 22;
2:30 pm to 3:30 pm**
STPH Paul Cordes Outpatient Pavilion
St. Tammany Parish Hospital is now offering
a monthly support group for individuals on
anticoagulation therapy and taking medications
such as Coumadin or Warfarin. 985-898-3750

Fall Community Health Fair

Oct. 30; 8:30 am to noon
STPH Paul Cordes Outpatient Pavilion
Schedule your free screenings. See p. 8 for
details. 985-898-6080

Living Wills & End-of-Life Decisions Nov. 2; 2 pm to 3 pm

STPH Conference Center
St. Tammany Parish Hospital and Mary Bird
Perkins Cancer Center are hosting a free panel
discussion about the importance of making
end-of-life healthcare decisions before a health
crisis arises. 985-898-4581

Baby Chat for Siblings Nov. 6; 10 am to noon

STPH Conference Center
This is a fun class for siblings of newborns to
help them understand the changes that occur
when mom and dad bring home the new baby.
Girls and boys ages 3 and up welcomed! A
parent is required to stay with the child.
985-898-4083

Breast Cancer Screening Dec. 4; 10 am to 1 pm

Mandeville, Call for location
Free clinical breast exams will be provided by
a physician or nurse practitioner for women
18 and older. Screening mammograms
are available for women 40 and older who
have not had a mammogram in the past 12
months. Co-sponsored by St. Tammany Parish
Hospital, Mary Bird Perkins Cancer Center
and Woman's Hospital. 888-616-4687