

Heart to Heart

St. Tammany
PARISH HOSPITAL



New Life Amid Harrowing Times

NORTHSHORE MOTHER FACES PREGNANCY,
UNIQUE CANCER TREATMENT CLOSE TO HOME



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

Our Mission

A full-service acute care facility committed to providing world-class healthcare and the latest technology, St. Tammany Parish Hospital delivers today's life-improving procedures with the utmost care to area residents with emphasis on wellness, preventive care and disease management close to home. STPH is a self-supporting not-for-profit community hospital; it receives no tax funding. STPH.org

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THE PROMISE of Nursing Excellence

STPH to Pursue Prestigious Nursing Distinction

A positive nursing environment isn't just good for nurses. It's also vital to patient health and safety.

A 2012 study in the Journal of Nursing Scholarship added new evidence on that point, concluding that nurses in positive environments are more likely to identify and prevent medication errors before patients are potentially harmed.

It's a finding that resonates with the commitment to nursing excellence at St. Tammany Parish Hospital, which is working to attain designation as a Pathway to Excellence hospital from the American Nurses Credentialing Center.

Just more than 100 of the nearly 5,000 hospitals in the United States are designated as Pathway to Excellence facilities. STPH will apply for the designation in 2014.

To apply, hospitals must submit detailed documentation that shows they meet 12 standards considered crucial to an ideal nursing environment. The standards include providing nurses with opportunities for professional development and visible nursing leadership.

Shared governance is another pillar of nursing at hospitals that achieve the Pathway to Excellence designation. It also lies at the heart of STPH nursing.

The term refers to the role nurses play in shaping patient care. Under STPH's shared-governance model, nurses representing four divisions of the hospital meet regularly to analyze and improve bedside care.

Nurses and other members of the clinical staff are encouraged to research emerging best practices and report back to the

shared-governance team, said Lacylynn McGehee RN, a surgery nurse and champion of the Pathway to Excellence process. The team then decides whether STPH should adopt the practice as a clinical protocol.

The idea is to provide an organized way for nurses to shape the care they provide while ensuring that care is backed by research, said Kerry Milton RN MHA, chief nursing officer.

"It brings value to nursing to know that what you do has evidence behind it," Milton said. It also means "nurses drive care," added Diana Brovold RN MSN, director of women and children's services.

The application process requires months of carefully documenting hospital procedures. However, the rigorous process has validated STPH's existing practices in determining they are in step with ANCC standards, Brovold said.

Taking a close look at every aspect of the nursing environment provides another opportunity for further discussion and improvement, Milton said.

The Pathway to Excellence recognition will also provide STPH with another chance to celebrate its nurses.

"We know we're great, and we want the community to know that, too," Brovold said.

Angels, Lights & Music

ANGELS OF LIGHT CELEBRATES THE LIVES OF LOVED ONES

The main lobby of St. Tammany Parish Hospital filled with light and music Dec. 12 for the Angels of Light ceremony to benefit St. Tammany Hospital Hospice.

The 2013 Hospice Tree for Life was dedicated in loving memory of Covington native Margaret Menetre McLachlan by the Menetre and McLachlan families.

The St. Scholastica Academy handbell and concert choirs and harpist Jessica Meltz provided the evening's music, which was sponsored by McMath Construction in memory of Mrs. McLachlan.

The Dunavant family honored the memory of Kathleen Dunavant as the Angel Sponsor. Refreshment sponsors were Midge Collett, Cathy Collett Williams and Ned Collett Jr. in memory of Ned and Mya Jean Collett and Jack Ford.

Information on the 2014 Angels of Light and other opportunities to support the St. Tammany Hospital Foundation are available by visiting sthfoundation.org/angels or by contacting Nicole Suhre at (985) 898-4171 or nsuhre@stph.org.



ST. TAMMANY HOSPITAL
FOUNDATION

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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.

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Emergency Services Expansion Underway



The new year marks the point of visible construction on campus.

St. Tammany Parish Hospital has a mission to deliver the healthcare our population needs in western St. Tammany Parish, and the hospital's latest expansion plans further that mission, particularly with regard to emergency services.

The \$21-million expansion of emergency services and private patient rooms has been in planning and regulatory stages for its first year. The new year marks the point of visible construction on campus.

The project, the hospital's largest expansion in more than a decade, expands the emergency department by about 8,600 square feet on 11th Avenue and creates new space devoted to emergency and trauma care for adults and children. STPH's overall emergency-services capacity will expand to 28,000 square feet, increasing the number of treatment rooms in the emergency department from 20 to 30.

The project will also boost the number of private patient rooms by 10 beds in the first year of the 2.5-year construction period. Twenty-one new private medical/surgical rooms will be added to the hospital's third floor as 11 first-floor patient rooms are eliminated to make room for the larger emergency department.

At the same time the hospital is embarking upon its emergency services and inpatient expansion, the State of Louisiana Department of Transportation and Development (DOTD) plans to expand Tyler Street (Highway 21) from Flower Estates to 11th Avenue, the hospital's emergency entrance. These coinciding projects will have the overall benefit of improving west St. Tammany residents' access to world-class healthcare close to home in Covington. Both projects are expected to take up to three years.



New Life Amid Harrowing Times

NORTHSHORE MOTHER
FACES PREGNANCY,
UNIQUE CANCER TREATMENT
CLOSE TO HOME

Stacey Moore has a family history of breast cancer. When the 29-year-old noticed a lump in her breast, her first thought was that she might be pregnant. She dismissed the lump as nothing more than a swollen milk duct, and, soon after, Stacey and her husband, David, learned they were expecting their second child. The Moores celebrated the news and resumed planning a 500-square-foot addition to their home, where Stacey operates her sewing business.

"They were so optimistic and trusted their doctor and each other. Other patients marveled at them."

-Jane Freudenberger

Fifteen weeks into her pregnancy, Stacey noticed the lump had become painful. She returned to her doctor, where an ultrasound revealed unusual characteristics in the mass. A biopsy confirmed her fears: She had breast cancer. "You tell yourself, "This can't be," she said.

Resolve quickly replaced despair. Stacey was referred to Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital, where oncologist Dr. James Carinder oversaw treatment, which started just days after diagnosis.

Treating cancer during pregnancy is complex. Stacey's treatment included chemotherapy drugs designed not to cross the placenta, but other procedures such as PET scans remained off limits out of concern for the baby.

Breast cancer is the most common form of cancer during pregnancy, affecting about one in 3,000 pregnancies. Detection often is delayed because symptoms such as breast lumps often can be confused with normal bodily changes during pregnancy.

Their positive attitude was a source of strength from the start. David, a pilot for American Eagle, rearranged his work schedule to accompany Stacey for treatment on what he called "mini dates." The couple described Stacey's illness as "Mommy's ouchy" to their 2-year-old daughter, Raegan, who sometimes tagged along to the infusion suite. The family joked and took photographs as David shaved Stacey's head when her hair started to fall out.

"They were so optimistic and trusted their doctor and each other," said Jane Freudenberger, a social worker at the Cancer Center. "Other patients marveled at them."

And there were a few unexpected blessings throughout the experience. Moving forward with their home addition provided a healthy distraction, Stacey said. The couple also was able to see multiple ultrasounds of their baby because of the treatment.

"I held on to those images," Stacey said.

They shared cupcakes with pink candies inside with the Cancer Center staff to announce the baby was a girl.

Madison Gloria Moore was born at STPH on Sept. 12 at 36 weeks gestation. Four days later, Stacey underwent a lumpectomy, and further tests showed she did not need radiation or additional chemotherapy. Because of her genetic risk, Stacey will undergo a double mastectomy this year. The young family is thriving, and the humor that sustained them during what David calls their "cancer adventure" is firmly in place.

"You have to laugh when the worst is handed to you," David said, with Stacey adding, "We make a good team."

Surgeons Collaborate to Remove Brain Tumor

In the summer of 2013, surgeons at St. Tammany Parish Hospital performed a minimally invasive endoscopic surgery to remove pituitary tumors that avoids cutting through the face or skull.



The pituitary gland, a pea-size gland located at the base of the brain, is part of the endocrine system and excretes hormones which regulate the body's internal functions.

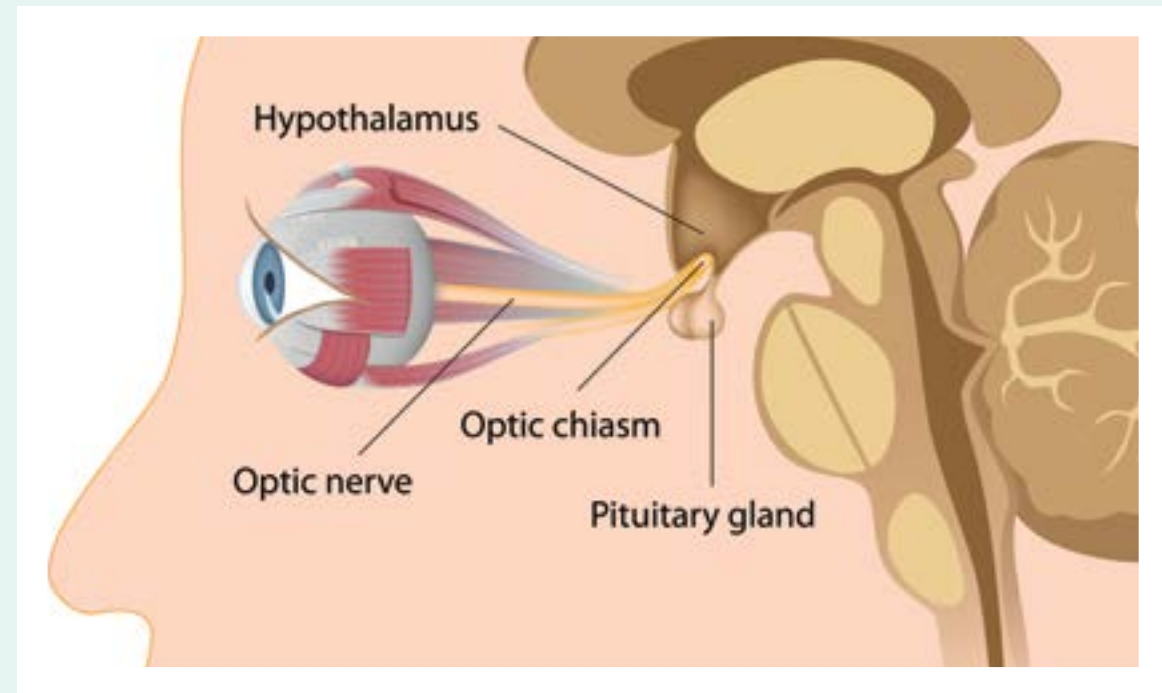
Pituitary adenomas are benign tumors that develop in the pea-size pituitary gland in a small groove in the base of the brain.

Historically, the tumors often were removed by surgery that involved tunneling through the inside of the mouth and septum of the nose to reach the tumor, behind the sinuses and adjacent to the brain.

The approach is effective, but can also cause considerable post-surgery swelling because it involves pushing back the patient's face over the nose to reach the tumor.

In the summer of 2013, surgeons at St. Tammany Parish Hospital performed a minimally invasive endoscopic surgery to remove pituitary tumors that avoids cutting through the face or skull.

"There is far less trauma to the patient," said Dr. Kevin McLaughlin ENT, who



Most pituitary tumors are detected after they start to cause vision problems when the tumors press against the nearby optic nerve, said Dr. Stanger.

worked with neurosurgeon Dr. Richard Stanger during the delicate process.

The result is less pain and swelling of the face, no visible scarring and a faster recovery time for patients, said Dr. McLaughlin, an ear, nose and throat specialist on the Northshore and assistant professor at Louisiana State University medical school.

Minimal use of internal bandaging — or "packing" — is another advantage to patients. Endoscopy is also more likely to preserve the function of the pituitary gland than the traditional surgical approach, Dr. McLaughlin said.

Most pituitary tumors are benign, but patients with cancerous growths can begin radiation treatment almost immediately because they do not have to wait for incisions to heal.

Pituitary tumors are not uncommon. By some estimates, as many as 10 percent of people will develop a pituitary tumor over the course of their lifetime. Most go undiscovered because they do not cause any health problems.

Some pituitary tumors secrete excess hormones that cause

symptoms from hormonal imbalances. But most are detected after they start to cause vision problems when the tumors press against the nearby optic nerve, Dr. Stanger said.

The endoscopic procedure's minimally invasive impact is the result of technology that is both delicate and powerful. An endoscope is a straw-like lighted telescope equipped with a high-resolution camera, Dr. McLaughlin said.

"We are always looking for state of the art technology and equipment to help our surgeons provide more minimally invasive procedures," said Nancy Ledet RN, director of surgical services. "With this procedure, the surgeons used our navigation system for endoscopic guidance to enhance the precise resection of the adenoma."

Drs. McLaughlin and Stanger work as a team during the procedure. Dr. McLaughlin inserts the endoscope into a patient's nostril and through the sinus to reach the adenoma. Dr. Stanger then removes the tumor.

Most patients can expect to stay overnight in the hospital after the surgery.



STELLAR LEADERSHIP FOR HOSPITAL FOUNDATION

Seven Local Community Leaders Join Foundation Board of Trustees

New members of the St. Tammany Hospital Foundation Board of Trustees include experts in finance, medicine, business and more.

“Each member of this stellar group brings their individual skills, talents and energy to our board, and I look forward to working with them as we make a difference in healthcare in our Northshore community,” said Laurie McCants, board chairman.

Eric Dunavant is a certified financial planner and president of Dunavant Wealth Strategies in Mandeville. He graduated from Texas A&M University with a degree in agribusiness.

Dunavant and his wife, Angel, have three children.

The Dunavants have been the Angels Sponsor for Angels of Light for three years. He is also a member and donor to the foundation’s Business Leaders Council.

Rob Fauchoux MD is secretary/treasurer of the St. Tammany Parish Hospital Medical Executive Committee.

A graduate of Louisiana State University School of Medicine, he is a board-certified pediatrician at Northlake Pediatrics and a champion for the pediatric emergency room and a Monster Mash supporter.

Dr. Fauchoux and his wife, Julie, have two children, Allison and Robert.

Anne Munn Jacobson is office manager for Synergy Facility Furnishings and a marketing and human resources consultant.

Jacobson graduated from Eastern Michigan University and holds both a bachelor’s degree in psychology from Mary Baldwin College and a master’s degree in business administration from Tulane University.

She counsels business owners as a SCORE volunteer.

“Each member of this stellar group brings their individual skills, talents and energy to our board, and I look forward to working with them as we make a difference in healthcare in our Northshore community.”

—Laurie McCants

Mary Lee, a former nurse clinician, is the Chief Operations Officer at Lee Financial Partners, LLC. She completed a bachelor’s degree in nursing and psychology from the University of Southwestern Louisiana and a master’s degree in biology from the University of New Orleans.

Lee, who recently was appointed to the Louisiana State Arts Council, is chairman of the foundation’s Healing Arts Initiative and is joined by her husband, Jim, in supporting this innovative movement.

Darci Senner, CPA is a self-employed accountant and works part-time for Lois Rothwell, CPA. Senner earned a degree in accounting from LSU in 1983 and became a certified public accountant in 1984.

She has been a volunteer with the Junior League of Greater Covington, Christ Episcopal School, Art at the Park, St. Scholastica Academy and Christ Episcopal School.

Senner and her husband, Michael, have two daughters.

Tillman S. Stogner Jr. and his wife, Jill, have long ties to Washington Parish. The Bogalusa resident is president of Double D Meat, a family-owned firm that sells meats throughout the United States. Double D is a sponsor of the St. Tammany Cancer Fund Goodyear Memorial Golf Tournament.

He is a director of Citizens Savings Bank.

Will Trist is a Senior Vice President of Wealth Management with Merrill Lynch in Mandeville. He is a graduate of LSU and worked in the banking industry prior to joining Merrill Lynch in 1996.

Trist is a graduate of Leadership St. Tammany and has served on the board of the Northshore Community Foundation. He also is an active member of the ForeKids Foundation. He lives in Mandeville with his wife, Allison, and their two daughters, Sophie and Georgia.

Celebrate National Doctors’ Day

March 30 Tradition Honors
Physicians Everywhere

St. Tammany Parish Hospital will honor the care and comfort physicians provide to patients everywhere by observing National Doctors’ Day on March 30.

The tradition recognizes the contributions of physicians throughout the country to improve the lives of patients and their families through compassionate medical care.

National Doctors’ Day dates back to March 30, 1842, when a Georgia physician administered the first ether anesthesia on a surgery patient.

President George H. W. Bush signed legislation in 1990 designating March 30 as National Doctors’ Day.

STPH encourages Northshore residents to honor their physicians with a contribution to the St. Tammany Hospital Foundation in their doctors’ names.

Information on National Doctors’ Day tributes and other opportunities to support St. Tammany Parish Hospital is available by contacting Dee Middleton of the St. Tammany Hospital Foundation at (985) 898-4110 or dmiddleton@stph.org.



LOVING HIS HEART

Covington Great-Grandfather Changed His Lifestyle for Good Heart Health

During a recent vacation to New York City, Gene Cooper did something unusual for a 76-year-old great-grandfather on a pleasure trip with his wife.

He included the workout room of his hotel among not-to-be-missed sights that included Broadway shows and subway rides throughout the city to favorite eateries with his wife, Karen.

“If I stick to my exercise, I feel great,” said Cooper, whose workouts at home in Covington include weights and a 30-minute cardiovascular circuit at the West St. Tammany YMCA.

Cooper credits Covington interventional cardiologist Dr. Hamid Salam MD for saving his life and encouraging him to adopt a heart-healthy way of life. In 2009, Dr. Salam placed three stents in Cooper’s heart after discovering blockages in his arteries.

Dr. Salam, part of the multi-specialty team of cardiovascular experts at Covington Cardiovascular Care at St. Tammany Parish

Hospital, also discovered a leakage in Cooper’s heart valve. Two months after placing the stents, Dr. Salam implanted a defibrillator in Cooper’s chest.

“I’ve completely changed the way I live in the past few years,” said the now-retired Cooper, who formerly ran a medical-software firm. “I feel like a new person.”

Dr. Salam and other heart experts say lifestyle changes are critical to support the benefit of treatment to reduce the risk of heart disease and slow its progression. Even modest lifestyle changes, such as reducing dietary fat and sodium and walking several times each week, can reduce the risk of heart disease and support the benefits of treatment, experts say.

Cooper’s lifestyle changes focus on diet and exercise. A few years ago, he treated himself to ice cream each night as his day wound down. Now he opts for protein shakes and limits his intake of other sweets. The Coopers also eat more fish and lean meats than in the past. Cooper avoids certain dark, leafy vegetables that can potentially affect the composition of his blood, he said. “My wife is quite the dietician,” he said of Karen, a longtime STPH employee who he married in February 2012. “I’m not hungry because I eat good foods.”

Cooper closely follows his regimen of heart medications and checks in regularly with Dr. Salam.

Construction of a new location for Covington Cardiovascular Care’s team of experts will begin in February at 1006 S. Harrison St., across 11th Avenue from the Emergency Department entrance. It is expected to open this summer.

It’s a place Cooper will be certain to visit.

“I tell him (Dr. Salam) he saved an old man’s life,” Cooper said, “because that’s what he did.”

World-Class Elder Care:

NICHE Designation Reflects EXCELLENCE in Geriatric Nursing

St. Tammany Parish Hospital’s embrace of an evidence-based model of nursing care for elderly patients has earned it a distinction shared by some of the nation’s best-known hospitals, including the Mayo Clinic.

STPH has earned NICHE designation from the Hartford Institute for Geriatric Nursing at New York University’s College of Nursing.

NICHE, which stands for Nurses Improving Care for Health System Elders, is the only national geriatric nursing program that addresses the needs of patients 65 and older.

STPH is one of seven Louisiana hospitals to achieve the designation and the only such facility on the Northshore. Hospitals that earn NICHE designation undergo rigorous assessment of their clinical practices.

Elderly patients are at a higher risk of danger from falls to over medication. They are also the fastest-growing segment of the U.S. patient population. At STPH, they made up 51 percent of inpatient admissions in the first quarter of 2013.

“They are often the eyes and ears of doctors and patients’ families.”

“The patient population is changing, so how we practice nursing is changing with it,” said Ellie Lomzenski RN, an STPH clinical educator.

NICHE protocols are proven to reduce hospital readmissions and shorten inpatient stays among older patients. The larger goal, however, is to improve the health of elderly patients so they can return home — and remain there — after an inpatient stay.

“This is about increasing independence,” said Louise Dill CRRN, NICHE coordinator at STPH.

Five STPH nurses also participated in NICHE leadership training, another requirement of the process and one funded by the St. Tammany Hospital Foundation.

A NICHE designation also gives STPH access to the latest, research-driven geriatric protocols. The hospital is using those findings as part of ongoing assessment of its nursing protocols, from how to best prevent bladder infections among older patients to helping them regain mobility.



NICHE designation also is enhancing the skills of STPH nursing assistants, with 44 nursing assistants becoming NICHE-certified Geriatric Patient Care Associates in 2013.

“They are often the eyes and ears of doctors and patients’ families,” said Karen Seal RN, an STPH clinical educator.

Information on supporting STPH, including education initiatives, is available by contacting Charley Strickland of the St. Tammany Hospital Foundation at (985) 898-4141 or cstrickland@stph.org

STPH Calendar Highlights

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

Tai Chi/Mindful Meditation

Jan. 9, 15, 23, 30; Feb. 6, 13, 20, 27; March 6, 13, 20, 27 (Every Thursday) 9-10 a.m. (Tai Chi); 10-11 a.m. (Meditation)

Paul D. Cordes Outpatient Pavilion

Mary Bird Perkins Cancer Center at St.

Tammany Parish Hospital will offer free Tai Chi classes, led by Erlinda R. Nye, and Mindful Meditation classes, led by Ellen LaRocca LMT, to help the public learn to use the power of movement to boost their immune system and meet the challenges an illness brings. For more information, call 985-898-4581.

New Family Center Open House

Jan. 4, 18; Feb. 1, 15; March 1, 15 (First and Third Saturdays, contingent upon holidays) 10 a.m. to noon

St. Tammany Parish Hospital

Expecting families are invited to tour the St. Tammany Parish Hospital New Family Center to learn all about the private birthing suites, rooming in, heart-to-heart program and more. The cost is free, and participants should meet in the third floor lobby. For more information, contact ksupan@stph.org or 985-898-4083.

Baby Care Basics

Jan. 15 and 22; March 19 and 26 7-9 p.m.

STPH Conference Center

Learn helpful hints and what to expect when caring for your new baby. This program is free. For more information, call 985-898-4083.

Survive Dat!

Jan. 16; Feb. 20; March 20 (Third Thursdays, contingent on holidays) 7 p.m.

Mary Bird Perkins Cancer Center at

St. Tammany Parish Hospital

This support groups is for young survivors regardless of where they received treatment. For more information, contact jfreudenberger@marybird.com or 985-276-6832.

Boot Camp for New Dads

Jan. 18; March 15 9 a.m. to noon

STPH Conference Center

A class for new dads, taught by veteran dads, who orient rookies on the realities of fatherhood. Caring for baby, caring for new mom and learning what comes with the new fatherhood role. Cost: \$10. 985-898-4435

Baby Chat for Siblings

Jan. 18; March 15 10 a.m. to noon

STPH Conference Center

A fun class for the siblings of newborns to help them understand the changes that occur when mom and dad bring home the new baby. Girls and boys are welcome, ages three and up.

A parent is required to stay with the child. FREE. 985-898-4435

Breast and Skin Cancer Screening

Jan. 24 9-11 a.m. and noon to 2 p.m. (breast); 12:30-3:30 p.m. (skin)

Covington Food Bank, 840 N. Columbia St., Covington

Free clinical breast exams, mammograms and skin cancer screenings from Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. Schedule your appointment by calling 888-616-4687.

Prepared Childbirth

Jan. 28 and Feb. 4; March 11 and 18 7-9 p.m.

STPH Conference Center

Learn the physical and emotional changes that occur and how your baby develops throughout your pregnancy. Learn the signs of labor, stages of labor and what to expect during childbirth. Breathing and relaxation techniques demonstrated for use during labor. Anesthesia options will be discussed. This series of two classes is free. For more information, call 985-898-4083.

Breast Cancer Survivor Support Group

Feb. 4, March 4 (First Tuesday, contingent on holidays) 7 p.m.

Mary Bird Perkins Cancer Center at

St. Tammany Parish Hospital

This free support group is open to anyone receiving treatment or who has completed treatment for breast cancer. For more information, contact jfreudenberger@marybird.com or 985-276-6832.

Living Tobacco Free

March 19-May 14 noon to 1 p.m. or 5:30-6:30 p.m.

STPH Conference Center

As part of the Living Tobacco Free program, we'll provide the tools and resources you need to quit smoking permanently. Classes are held every Wednesday for nine weeks. This free program requires reservations, which can be made by calling 985-898-4468. Refreshments also will be provided.

Art of Breastfeeding

Jan. 6 and 13; March 10 and 17 6:30-8:30 p.m.

STPH Parenting Center

The benefits of breastfeeding your infant will be discussed, as well as common concerns of the early breastfeeding period. Parents will learn how to establish a breastfeeding routine that will enable them to use their breastfeeding skills with confidence, facilitating a positive and successful breastfeeding experience. This series of two classes is free. For more information, call 985-898-4083.

Breast and Colorectal Cancer Screening March 14

9-11 a.m. and noon to 2 p.m.

Locations in Washington Parish

Free clinical breast exams, mammograms and colorectal cancer screenings from Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. Schedule your appointment by calling 1-888-616-4687.

SILENCE HELPS HEALING

We teach our children to recognize the symbol of an index finger to the lips as "Shhhh!" That's just what St. Tammany Parish Hospital employees' children are saying to their parents and grandparents throughout the hospital.

To encourage a quiet, healing environment, St. Tammany Parish Hospital has launched a quietness campaign, Silence Helps Healing, inside the main hospital building. Children and grandchildren of STPH employees posed for posters to remind all staff that a quiet environment is a healing environment.

