



*Heart
to
Heart*

St. Tammany
PARISH HOSPITAL

Road to Relief

Acid Reflux
Treatment Available
Exclusively at STPH



1202 S.Tyler St.
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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RICK OLIVIER PHOTOGRAPHY
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FORE! Our Health

St. Tammany Hospital Foundation held its third annual Get Lucky! Golf Tournament on Sept. 19 and raised more than \$45,000 to benefit St. Tammany Parish Hospital. Highlights of the event held at Tchefuncta Country Club included delicious food and specialty drink stops along the course from local vendors, unique tournament gifts and goody bags for all golfers, lunch and massages, exciting hole-in-one competitions, including a chance to win a new car from Honda of Covington, a silent auction and more. For more information on this year's tournament to be held in April, contact Nicole Suhre at 985-898-4171 or visit sthfoundation.org/golf.



ANGELS OF LIGHT: An Evening of Light, Music & Memories

The main lobby of St. Tammany Parish Hospital filled with light and music Dec. 11 during the 2014 Angels of Light ceremony to benefit St. Tammany Hospital Hospice.

The Gallagher family dedicated this year's Hospice Tree for Life in memory of Muriel Gautreaux Gallagher, Hubert Shields "Coach" Gallagher Sr. and their son, Hubert Shields "Hubie" Gallagher Jr.

The Gautreaux and Gallagher families' long relationship with St. Tammany Parish Hospital began with Muriel's father, Dr. Henry E. Gautreaux, who was its first chief of staff. Muriel was a member of the STPH Guild, and she and her husband were lifelong Covington residents and deeply involved in the community. Members of the Gallagher family have benefited greatly from hospice care.

The event is the main fundraiser for hospice, which provides care and comfort to terminally ill patients and their families through a range of services.

The Tree for Life was decorated with Tribute Angels, each representing a special person, whether living or deceased, who was honored or memorialized by a friend or family member. Every light on the tree symbolized the extraordinary care and comfort that is provided to all hospice patients.

The St. Scholastica Academy concert choir and harpist Jessica Metz provided the sounds of the evening as guests enjoyed refreshments and a program of tribute and remembrance as each of the more than 400 angel names were read aloud.

The Dunavant family sponsored this year's angels in memory of Harold Kibodeaux.



1202 S. Tyler St.
Covington, LA 70433

Telephone 985-898-4141
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Email: foundation@stph.org
www.sthfoundation.org

Our Mission

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

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PARTNERS IN HEALTH

St. Tammany Parish Hospital, Ochsner Forge Partnership to Expand, Improve Healthcare Access on Northshore



St. Tammany Parish Hospital and Ochsner Health System announced the formation of a long-term, strategic partnership to increase local access to care, improve quality and reduce the cost of healthcare.

Together, the two entities serve as the most comprehensive, integrated health system in western St. Tammany Parish.

“Our partnership represents an entirely new business model for this region,” said STPH President and CEO Patti Elish. “The joint operating agreement strengthens our ability to deliver on our promise of not-for-profit community health and wellness. It is a proactive step to improve quality and decrease costs while offering access to higher acuity healthcare closer to home.”

The partnership provides benefits for both organizations, physicians and, most importantly, patients, who will have the convenience of being

treated close to home at western St. Tammany’s preferred hospital, while gaining better access to the depth and breadth of care for which Ochsner is nationally recognized. The alignment, both clinically and financially, will create greater opportunity for physician recruitment, joint investments in new programs and the expansion of patient services and resources in the region.

“Two of the highest quality organizations in our region are coming together around a common goal – our patients – to build upon our unique strengths and deliver far more to the people of western St. Tammany Parish together than we can individually,” said Ochsner Health System President and CEO Warner Thomas.

The two organizations will initially focus on several programs for which growth and development in western St. Tammany is a priority, including pediatric subspecialty care, comprehensive neurosciences care, such as stroke care and neurosurgery, and expanding cardiovascular and thoracic programs.

The agreement is an equal partnership representative of the joint commitment to the communities each health system serves. Under the agreement, each organization will retain its name, assets and employees to allow them to continue doing the great work that has brought them to this point. The partnership does not change the governance, employees or medical staff relationships of St. Tammany Parish Hospital Service District #1 or of Ochsner Health System.

Collaboration rather than competition will result in the sharing of best practices, reduction of unnecessary costs, development of innovative care solutions through technology and clinical teamwork, and a relentless focus on quality and value.

“As the most comprehensive network in western St. Tammany, providers from Ochsner Clinic Foundation, the St. Tammany Physician’s Network along with independent, community physicians will have the opportunity to increase clinical collaboration, implement advanced, patient-centered technology and expand services in the region,” said Patrick Torcson MD, vice president and chief integration officer at St. Tammany Parish Hospital.

STPH Joins Peoples Health Network

St. Tammany Parish Hospital is proud to announce it now accepts insurance from Metairie-based Medicare Advantage company Peoples Health.

“St. Tammany Parish Hospital is excited to join the Peoples Health network so we can provide even more members in our community with quality

healthcare,” said Patti Elish, St. Tammany Parish Hospital president and CEO. “As our community continues to grow, we are working to offer as many options for care as possible.”

For more information about Peoples Health, go to peopleshealth.com or call (800) 631-8443.



Reflux Relief

New Procedure Treats GERD, Esophageal Damage

Like nearly 20 million Americans, Suzanna Anglin suffered with a heavy, burning feeling in her chest after eating some of her favorite foods, such as red meat and tomatoes.

Her discomfort was caused by gastroesophageal reflux disease, or GERD, in which the acidic contents of her stomach splashes up into her esophagus when the ring of muscles in her lower esophagus sphincter did not close all the way.

More commonly known as acid reflux, GERD is more than just uncomfortable. Those acidic contents can damage the esophageal lining when the body’s barrier from harsh digestive acids does not function properly.

Over-the-counter medication such as Nexium worked well for the school-bus driver for more than a year. Then, in the summer of 2014, Anglin learned that the medication could be inhibiting her body’s absorption of Vitamin B-12, which plays a key role in the function of the brain and nervous system and the formation of blood.

“I didn’t want to take anything that might have a potential impact on my B-12 levels,” said the Bush resident and mother of two teenagers.

Anglin went to see her gastroenterologist, Phillips Jenkins MD, who thought she could be a good candidate for a minimally invasive,

outpatient procedure to restore the function of the lower esophageal sphincter.

Identifying GERD

Gastroesophageal Reflux Disease occurs when the muscles in the lower esophageal sphincter do not close all the way and the acidic contents of the stomach splash back into the esophagus, causing what many people refer to as “acid reflux.”

Symptoms can include:

- Persistent heartburn
- Difficulty swallowing
 - Regurgitation
- Asthma/chronic cough
 - Chest pain
 - Laryngitis

The procedure involves inserting a catheter through the mouth into the patient’s esophagus to deliver bursts of low-power radiofrequency energy to the lower esophagus during a nearly 60-minute outpatient treatment called Stretta.

“The energy induces the muscle to become thicker and stronger,” Dr. Jenkins said, adding that St. Tammany Parish Hospital is the only Northshore hospital to offer the treatment.

Studies show the FDA-approved procedure is highly effective in treating GERD, with its benefits typically lasting eight to 10 years, Dr. Jenkins said.

Anglin underwent the Stretta procedure this summer. Dr. Jenkins recommended, as with other Stretta patients, Anglin continue to take medication to control her GERD for

at least four months while the lower esophageal muscle continued to regain function.

Anglin said she experienced mild discomfort the day of the procedure, but is back to enjoying her favorite foods with no discomfort.

“I’m also looking forward to no longer having to take medication,” Anglin said.

CLEAR THE AIR

Living Tobacco Free Program

Effective, Free Resource to Stop Tobacco Use for Good



Sonia LeBoeuf

Joy Derise liked to relax on her porch with a glass of wine and a cigarette after work. But when this 30-year smoker quit last spring, she decided the porch was off-limits because of its association with her evening ritual.

“I avoided the porch for some time because I knew it was a trigger,” said Derise, an administrative assistant at STPH.

Like Derise, Sonia LeBoeuf of Covington wasn’t planning on a 30-year addiction when she started smoking as an 18-year-old college student.

“Then, before you know it, nicotine has you and you can’t stop,” LeBoeuf said.

Derise and LeBoeuf stopped smoking many times over the years, but never for long. It took completing tobacco-cessation classes at STPH – LeBoeuf in July 2013 and Derise in March 2014 – to quit for good.

“This time, quitting was different,” LeBoeuf said.

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital sponsors the nine-week Living Tobacco Free tobacco-cessation program. It is open to the public and offered five times a year during weekly daytime and evening sessions at STPH.

Certified tobacco treatment specialists lead the sessions, which cover topics such as emotional triggers for smoking, coping with withdrawal symptoms and nicotine-replacement medications. Participants also learn strategies for coping with the temptation to use tobacco.

Derise learned to steer clear of her porch and spend more time exercising.



Joy Denise

2015 CLASSES

Planning to quit smoking? Then let the Certified Tobacco Treatment Specialists at St. Tammany Parish Hospital help you reach your goal.

The 2015 classes, which run from noon to 1 p.m. or from 5:30-6:30 p.m. in the STPH Conference Center at 1202 S. Tyler St., will be offered:

January 7–March 4

March 18–May 13

May 27–July 22

August 5–Sept. 30

October 14–December 9

To register or for more information, call
985-898-4468

“There is a recognition that you need to replace both nicotine and the habit of smoking with something else,” she said.

Class participants are also encouraged to consult with their physician about FDA-approved nicotine-replacement medications as part of their smoking-cessation strategy. LeBoeuf, for example, relied on a combination of nicotine patches and Wellbutrin.

In Louisiana, the Smoking Cessation Trust covers smoking-cessation medication costs for smokers age 35 or older who meet additional eligibility criteria.

Another important element of Living Tobacco Free’s evidence-based approach is helping participants understand why they smoke, said STPH respiratory therapist Darla Steadman, a certified tobacco treatment specialist.

LeBoeuf stopped smoking in her car and tracked how many cigarettes she smoked. Doing so helped her reduce the number of cigarettes she smoked each day from 20 to 10 by her chosen quit date, she said.

“The class sets you up to succeed,” LeBoeuf said.

TRAINING SPECIALISTS TO HELP YOU LIVE TOBACCO FREE

St. Tammany Parish Hospital continues to expand tobacco-cessation initiatives to reach more patients during hospital stays and improve the health of more Northshore residents.

To do that, five STPH respiratory therapists have become certified tobacco treatment specialists since 2013 thanks to a Pfizer medical-education grant that offers in-depth training on evidence-based strategies to reduce tobacco use.

Based on Joint Commission guidelines, all patients admitted to STPH are asked if they smoke and, if they do, their willingness to quit. Treatment specialists then make one-on-one bedside visits with patients to discuss the health impacts of smoking.

The specialists also play a key role in improving patient outcomes and providing nicotine-replacement options to patients who are smokers during hospitalization at the smoke-free campus.

Patients interested in quitting are supported during their stay and referred to STPH’s Living Tobacco Free smoking-cessation program after they are released.

“There is now a continuum that actively connects interested patients to a free, evidence-based program in the community after they leave the hospital,” said Lisa Kinler, head of respiratory services. “Helping patients who want to quit access the support and tools they need to do that has become a part of our (hospital) culture.”

The approach is interdisciplinary and includes physicians, nurses and other members of the STPH healthcare team. The Pfizer grant has also provided tobacco-cessation education for STPH hospitalists and nurses, Kinler said.

“We see how smoking affects our patients’ daily lives, so we want to do all we can to help them overcome this powerful addiction,” she said.



Turning a Corner

Emergency Patient Satisfaction in Top 10% Amid Expansion

St. Tammany Parish Hospital's Emergency Department expansion is well underway. Scheduled for final completion in 2016, the project is a series of phases that enable the parish's largest acute care medical center to renovate and expand without sacrificing capacity at any phase of the project. This winter, the project crossed a major milestone, temporarily relocating the entrance.

All emergency visitors now enter next to the new ambulance entrance at the top of the ramp off 11th Avenue. The former parking lot immediately outside the ED is closed, and all visitors park in the larger, more accessible lot across 11th Avenue on Harrison Street.

The temporary entrance will be in use until early 2016, when the new, permanent entrance opens to reveal the new expanded ED, with pediatric and geriatric treatment areas.

In the meantime, the hospital expanded valet-parking service to better accommodate emergency visitors. Visitors who arrive at the new ED canopy can simply let the valet park for them in the ED lot across 11th Avenue.

"It's the same valet service we provide outside the main lobby, now available to emergency visitors as well," said Randy Willett, STPH project manager.

Another recent notable change for hospital visitors: All non-emergency visitors must now use the main front-lobby entrance to enter the main hospital.

The emergency entrance changes represent one of many recently

completed elements in the multiphase project. The ED now boasts 14 new patient exam rooms, including three large trauma rooms that focus on stroke and chest-pain patients.

The new trauma rooms provide enhanced privacy to patients and are always stocked with specialized medical supplies so doctors and nurses can treat patients with maximum speed and efficiency.

"Everything our trauma team needs is at their fingertips at all times," said Teresa Krutzfeldt RN, director of critical care services. "We have to move especially fast with (trauma) patients, and we have everything in the new trauma areas that allows us to do that."

The third main phase of the Emergency Department expansion

will ramp up in coming weeks and will be in full swing through much of 2015. Work will focus on the new pediatric treatment area, permanent entrance and permanent waiting area, Willett said.

Work this winter will focus on leveling the construction site, with steel beams slated to go up in the spring, Willett said.

Providing the best medical care to patients remains a focus throughout construction. Patient-satisfaction scores were right near the 90th percentile for national benchmarks between January and September, Krutzfeldt said.

Still-rising scores reflect improvements in patient wait times and pain management.

"Our goal is to continue to improve, even during construction," Krutzfeldt said.

3 NORTH PROGRESS REPORT

The new 3 North patient unit, a separate but simultaneous element of the expansion, is on track for a first quarter 2015 opening. The unit will have 21 new all-private rooms based upon the principles of the Healing Arts and Evidence Based Design, much like the 4 South unit that opened in April 2008.

Called to Serve

Foundation Welcomes 2 New Board Members

A Northshore internal-medicine specialist and a local entrepreneur have joined the St. Tammany Hospital Foundation's board of trustees.

New Orleans-native Glen Kesler MD is a primary-care physician with St. Tammany Physicians Network in the Covington office.

Dr. Kesler's focus is helping patients stay healthy by preventing health problems before they arise. The board-certified internal medicine physician graduated from the University of New Orleans. A fan of the New Orleans Saints, Dr. Kesler also enjoys boating and regional festivals.

He studied medicine at Louisiana State University School of Medicine in New Orleans and serves on the STPN board of directors.

"This is an excellent hospital, and I'd like to do what I can to help assure its future success," Dr. Kesler said.

In recent years, Jenny Mutter, founder and owner of Hestia Luxury in Linens in Covington, has supported the foundation's Heart of Fashion fundraiser by donating gifts for guests and decorations for the event that supports pediatric services at STPH.

The Mandeville native is especially excited about the addition of a pediatric treatment area in the hospital's Emergency Department, which is undergoing a nearly \$22 million expansion to better meet the needs of the growing community. (See related article on page 8.)

"It's important to be able to get your children emergency care right here in the community," she said.

In addition to her involvement with several Northshore charitable organizations, she and her family enjoy biking, spending time outdoors and exploring New Orleans.

Meet the Board

Learn more about the St. Tammany Hospital Foundation's board of trustees at sthfoundation.org/boardoftrustees

Both new board members are longtime supporters of the foundation, said Charley Strickland, STH Foundation executive director.

"We are genuinely pleased to welcome both these valuable community leaders to the foundation's board of trustees," Strickland said.



National Doctors' Day Program

National Doctors' Day is a time to honor the outstanding men and women who protect the health and lives of our families and community.

First observed more than 75 years ago, the practice swept the nation and March 30 was proclaimed National Doctor's Day in 1990. Held every year on that day, it is a day to celebrate the contribution of physicians who serve our community by caring for its residents.

St. Tammany Hospital Foundation's Doctors' Day program provides an opportunity to make a donation to the foundation in honor of a physician of your choosing.

Your gift is a meaningful way to say "Thank You" for the exceptional, compassionate care provided by your physician.

A personal acknowledgment will be sent to your physician(s) informing them of your gift. Their name also will be added to our Book of Tributes located in the lobby of St. Tammany Parish Hospital.

Contact Dee Middleton at 985-898-4110 or dmiddleton@sth.org to make your Doctors' Day donation today.



IT WAS A GRAVEYARD SMASH!

2014 Monster Mash Festival Supports STPH Parenting Center

Gorgeous weather and festive new events punctuated the 26th annual Monster Mash in Covington's Bogue Falaya Park on Oct. 18.

Presented by Capital One Bank, the 2014 fundraiser for the St. Tammany Parish Hospital Parenting Center combined favorite features such as the Trick-or-Treat Village and new elements like the Princess & Pirate Tea Party, which was sponsored by Cupcake Concept.

This festival-style Northshore gathering also featured live music by Bag of Donuts, a silent auction, a scavenger hunt, games, food and more.

Hundreds of volunteers also donated their time from setting up to handing out candy, running games to serving food, to ensure a good time for all.

Get in on the Fun

Want to volunteer at or sponsor a part of the 2015 Monster Mash? Contact Foundation Specialist Nicole Suhre at 985-898-4171 or nsuhre@stph.org to find out how to support the St. Tammany Hospital Foundation and the STPH Parenting Center.



Repairing Varicose Veins: More than Cosmetic

New Therapy Can Improve Blood Flow in Legs



Twisting, bulging varicose veins are frequently misunderstood as a purely cosmetic concern. But painful varicose veins can also be a sign of chronic venous insufficiency, a serious and often-undiagnosed medical condition related to impaired blood flow in the legs.

Relief is now available.

Cardiovascular specialists at Covington Cardiovascular Clinic at St. Tammany Parish Hospital are now using a state-of-the-art procedure to eliminate varicose veins. Doing so can relieve leg pain, skin discoloration, swelling and other symptoms in patients with CVI, which is the result of damaged valves inside veins in the legs.

Healthy veins push deoxygenated blood back up the legs toward the heart against the flow of gravity. CVI, meanwhile, erodes the function of the tiny valves, allowing blood to pool in the legs and cause superficial veins to expand and take on a lumpy, cordlike appearance.

A number of factors can cause vein disease, and visible varicose veins under the surface of the skin may be a symptom of CVI. Age, obesity, multiple pregnancies and family history are risk factors, as are occupations that require a lot of standing.

A lack of exercise exacerbates the condition, which is diagnosed through ultrasound.

"It can have a huge impact on quality of life," said cardiologist Sohail

A number of factors can cause vein disease, and visible varicose veins under the surface of the skin may be a symptom of CVI. Age, obesity, multiple pregnancies and family history are risk factors, as are occupations that require a lot of standing.

Khan MD, who started performing the procedure in the fall of 2014.

Compression stockings that support blood flow in the legs are usually the first line of treatment for patients diagnosed with varicose veins or CVI. But the newly available endovenous therapy at Covington Cardiovascular Care provides a new alternative.

The Venefit Targeted Endovenous Therapy procedure is a minimally invasive, roughly 45-minute procedure where heat generated by a delicate, flexible catheter inserted into the leg seals off the faulty valve

inside the damaged vein, thereby rerouting the flow of blood to healthy veins deeper inside the leg.

Patients are given a mild sedative but remain awake during the in-office procedure. They typically can return home about an hour after treatment. Leg pain and other

symptoms of CVI can start to ease within two days of treatment.

Endovenous therapy offers a number of benefits, including less pain than surgically removing damaged veins, said Covington Cardiovascular Care Cardiologist Hamid Salam MD.

Patients also are less likely to develop inflammation or bruising compared to other traditional treatments, Dr. Salam said.

"It is important to see your doctor and get checked out if you experience pain or swelling in your legs," Dr. Salam said. "Those symptoms could indicate a serious medical condition."

STPH CALENDAR HIGHLIGHTS

As the Northshore's community health network, St. Tammany Parish Hospital hosts events, meetings and opportunities for you to improve and maintain your physical and emotional well-being. We've provided a short sample of the many upcoming events below, and please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

For New Parents

New Family Center Tours

1st and 3rd Saturdays

10 a.m. to noon

STPH New Family Center | Free

Learn about our private birthing suites, rooming in, skin-to-skin program and more.

985-898-4436

Lamaze Class

Saturday, Jan. 24 and March 21

9 a.m. to 4 p.m.

STPH Conference Room | \$50

Learn Lamaze techniques in addition to all aspects of the birthing process and methods of delivery. Relaxation and pain control techniques are practiced. 985-898-4083

Boot Camp for New Dads

Saturday, March 7 | 10 a.m. to noon

STPH Conference Room | Free

New dads learn from veteran dads about the realities of fatherhood, including caring for baby and mom.

ksupan@stph.org or 985-898-4435

Baby Chat For Siblings

Monday, Nov. 3 and 17 | 6:30-8:30 p.m.

STPH Parenting Center | Free

Siblings of newborns understand the changes that occur when mom and dad bring home a new baby. 985-898-4435

Art of Breastfeeding

Monday, March 9 and 16 | 6:30-8:30 p.m.

STPH Parenting Center | Free

Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful experience. 985-898-4083

Prepared Childbirth

Tuesdays, March 17 and 24 | 7-9 p.m.

STPH Conference Room | Free

Learn physical and emotional changes, how your baby develops, signs and stages of labor, what to expect in childbirth, and breathing and relaxation techniques used during labor. 985-898-4083

For the Kids

Play and Learn

Tuesdays, Jan. 13, 20 and 27;

Feb. 3, 10 and 24;

March 10, 17 and 24 | 9:30-10:15 a.m.

STPH Parenting Center | \$15/members, \$24/nonmembers

Parents and their children, 16 months to 4 years, play and learn together through music and movement, arts and crafts, and storytime. ksupan@stph.org or 985-898-4435

Baby Sign Language

Wednesday, Feb. 4

10:30-11:30 a.m.

STPH Parenting Center | Free

Learn starter sign language to use with your child. ksupan@stph.org or 985-898-4435

Ballet

Wednesdays, Feb. 4, 11 and 25;

March 11, 18 and 25 | 9:15-10 a.m.

STPH Parenting Center

\$21/members, \$30/nonmembers

Kristen Zornman teaches ballet for motor skills in young children ages 2 and up. ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays, Jan. 15, 22 and 29;

Feb. 5, 12 and 26;

March 12, 19 and 26 | 10:30-11 a.m.

STPH Parenting Center

\$6/members, \$12/nonmembers

Learning and support opportunity for parents and social time for babies with songs, stories and playtime. ksupan@stph.org or 985-898-4435

Dental Health

Thursday, Feb. 19 | 10:30-11 a.m.

(Toddlers 1 & older);

11:15-11:45 a.m. (Birth to 11 months)

STPH Parenting Center

1 canned good for Covington Food Bank

Learn the importance of proper at-home oral health practices and regular dental visits. ksupan@stph.org or 985-898-4435

For the Grown-Ups

Yoga

Every Friday | 10-11 a.m.

Paul D. Cordes Outpatient Pavilion | Free

Wendy McKee, Certified Yoga Instructor, incorporates yoga techniques appropriate for anyone going through a cancer experience regardless of physical strength or abilities. Registration and a medical release are required. 985-789-0793

Living Tobacco Free

Wednesdays, Jan. 7-March 4

noon to 1 pm. and 5:30-6:30 p.m.

STPH Conference Room | Free

Gain the tools and resources you need to quit smoking for good. 985-898-4468

Co-Parenting Classes

Mondays, Jan. 19 and 26;

Feb. 9 and 23;

March 23 and 30 | 6-8 p.m.

STPH Parenting Center

\$30/members, \$35/nonmembers

For divorcing parents to learn methods and communication skills that help keep children out of a divorce. Children's version available to help them as parents go through divorce. ksupan@stph.org or 985-898-4435

Active Parenting

Wednesdays, Jan. 28-March 11 | 6-8 p.m.

STPH Conference Room

\$50/members;

\$75/nonmembers

Learn how to communicate effectively with your child, develop positive discipline skills and enhance family relationships ksupan@stph.org or 985-898-4435

Breast Cancer Support Group

Tuesday, Feb. 3 | 7-8 p.m.

Mary Bird Perkins Cancer Center

at St. Tammany Parish Hospital | Free

jfreudenberger@marybird.com or 985-276-6832