

Heart to Heart



Car accident survivor
shares her recovery story



1202 South Tyler Street
Covington, LA 70433
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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 patient and outpatient care, all of which help to ensure continued good health.

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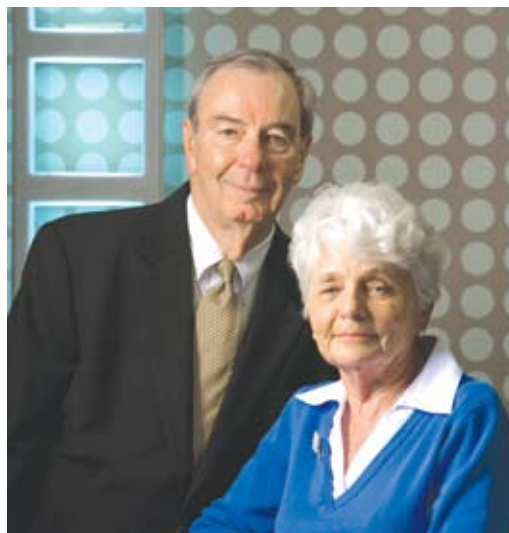
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Gene Lafitte, Donor and Patient

Gene Lafitte has a unique perspective on St. Tammany Parish Hospital. The Mandeville attorney is a member of the board of trustees for the St. Tammany Hospital Foundation, a position that has allowed him to get to know many staff members on a personal basis.

He also can talk about STPH from a patient's viewpoint. Lafitte had a hernia repair at STPH, an experience that gave him a chance to check out for himself the hospital's reputation for excellence in care.

"I was not disappointed," says Lafitte. "It is a remarkable place that makes a huge contribution to the quality of life in Northshore communities."



It's more than a hospital—it's a medical center that brings us world-class healthcare."

Lafitte, along with his wife, Jackie, gave stock to the foundation to fund a charitable gift annuity, which provides them an income for life. Their gift offers a number of tax advantages, but Lafitte also says it makes his job on the foundation board easier, "since a big part of that job is asking people to support the hospital."

As CD rates are declining, gift annuity rates are holding steady. Established by the American Council on Gift Annuities, rates are based on the donor's age on the date the gift is given. A donor aged 75 receives an annuity for life based on a rate of 7.1%. The rates are capped at aged 90 at 11.3%.

Lafitte, who is semi-retired, encourages other members of the community to consider giving. "I think it's an important thing for people of my age, and really of any age, to establish a relationship with a hospital that they trust. I certainly have an abiding interest in St. Tammany Parish Hospital. It's a wonderful place."

More information on giving opportunities, including charitable gift annuities, is available by contacting Charley Strickland, executive director of the St. Tammany Hospital Foundation, at 898-4141 or cstrickland@stph.org.

To run a personal calculation or to learn more about charitable gift annuities, go to www.stph.org/giftplanning.

LA Colorectal Cancer Rates above National Average

The incidence of colorectal cancer is sharply higher in Louisiana than the U.S. as a whole, with a case rate that is 16 percent higher among white males and 5 percent higher among white and black females than the national average.

Among African American men, the incidence of colorectal cancer is 7 percent higher in the state than the nation.

St. Tammany Parish Hospital offers a free, non-invasive way to screen for colon cancer through take-home kits available through the STPH Cancer Resource Center. The kits contain fecal occult blood tests that check for hidden blood in the stool, a marker for a number of potential problems in the gastrointestinal tract, from ulcers and bleeding polyps to colon cancer.

The tests include biodegradable pads that contain a solution that changes colors if blood is present after a bowel movement.

If the pad changes color, users should follow-up for additional investigation with their physician.

"They can recognize a number of problems that people may not know about," says Chryl Corizzo, director of the STPH Cancer Resource Center.

Hospital physicians recommend yearly fecal occult blood tests starting at age 40.

At age 50, people should get a colonoscopy, an examination of the intestinal tract with a tiny camera affixed to a flexible tube. The procedure should be repeated every five years after age 50, or more frequently depending on what's found during the initial exam, Corizzo says.

The free kits are available to anyone in the community. Information is available by calling 898-4581.

STPH offers colonoscopies through its Endoscopy Department, which provides tours of its facility and information sessions on the procedure. *More information is available by calling 898-4412.*

the 2008 Gurney Games

Twenty teams turned out ready for speed—and decked out for fun—during the second annual Gurney Games on March 30 in downtown Covington.

Great weather, live music and high-spirited racing through an obstacle course on Columbia Street marked an event that raised nearly \$32,000 to support the healing work of St. Tammany Parish Hospital's physicians, staff and programs.

"We are just thrilled," said Nicole Suhre, foundation specialist for the St. Tammany Hospital Foundation, the host of Gurney Games. "It exceeded our expectations."

This year's total compares to \$19,500 raised in the event's first year, Suhre noted.

Fauntleroy & Latham Architects sponsored the event, which included good-natured ribbing between teams—some featuring stuffed animals and other "faux" riders on their gurneys—from a wide range of STPH departments and corporate teams.

The winner of the day's Gurney Glory event, the obstacle-course race, went to "Gurney Geeks," a team representing STPH Information Systems. The Dynamic Décor award went to STPH Communication, while the STPH Rehab Unit took home the Fan Favorite award.



"...an event that raised nearly \$32,000 to support the healing work of St. Tammany Parish Hospital's physicians, staff and programs."



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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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Healing Arts Initiative Incorporated into New Fourth-floor Unit

Soft lighting, hallways designed to minimize noise and an ambience rich in art and architecture greet patients and visitors in 14 new private rooms on the fourth floor of St. Tammany Parish Hospital.

The quietly artistic character of the rooms, which opened in April, reflects the St. Tammany Hospital Foundation's Healing Arts program, an initiative to promote art as a core component of healthcare and the healing process. The new rooms are part of an ongoing expansion that will add a total of 98 rooms over the next two years.

"It's a soothing space, where everything is soft, pleasing and quiet," says Charley Strickland, executive director of the foundation.

The large, wood-enhanced rooms, each featuring a select piece of artwork, are designed to create a nurturing, home-like space for patients and their families. The rooms are divided into "zones" for the patient, families and staff, with curving lines and changes in flooring gently delineating each space. Above the beds, lighted panes in the ceiling display scenes of clouds or trees.

Outside the rooms, special flooring in the halls helps reduce noise so patients can get critical rest. The use of pendulum lights minimizes glare and adds to the calm and peaceful effect. Near the entrance to the unit, bubbles trickle down the sides of an illuminated glass "bubble wall" that glows with slowly changing hues.

"It's a very soothing feature," says Sharon Toups, STPH Chief Operating Officer. "All of these things are helpful to patients and families in creating a comforting, soothing place to heal."

STPH employees continue to play a critical role in the Healing Arts Initiative, including in ways that enhance the new fourth-floor unit. The employee Healing Arts committee funded the bubble wall and art-glass ceiling panes as a show of its commitment to bringing art to patients and staff alike.

The foundation encourages Northshore artists and other members of the community to join its Healing Arts committee as it looks for ways to expand the initiative to include music, performance, poetry and storytelling.

"We are eager for community input and involvement," says Strickland.

For more information on the St. Tammany Hospital Foundation Healing Arts Initiative, call 898-4141 or contact Charley Strickland at cstrickland@stph.org.



Sleep Disorders Center Helps Patients Rest Easy

Sleep disorders run the gamut from sleep apnea, which causes loud snoring, to Restless Leg Syndrome (RLS), a condition marked by an urge to move the legs that can disrupt sleep throughout the night.

The Sleep Disorders Center at St. Tammany Parish Hospital treats the full spectrum of sleep problems at its state-of-the-art facility.

"We see all types of sleep disorders," says Kathryn Goertzen, who coordinates the center's sleep laboratory.

The 3-year-old center uses overnight sleep studies to diagnose sleep problems. Patients arrive in the evening and spend a night in private suites hooked up to sensors that track sleep patterns by monitoring brain activity. The patients are continuously monitored by a technician

throughout the night. The center, which is secured for patient safety, provides vouchers for breakfast in the morning.

Medication resolves some conditions, but treatment varies by diagnosis. For patients with apnea, for instance, the solution is typically a small, portable device called a Continuous Positive Airway Pressure Machine (CPAP) that keeps the throat open during sleep to prevent snoring.

The center holds clinics every Wednesday. Dr. Lauren Davis, MD, who is board certified by the American Academy of Sleep Medicine, meets with patients to discuss their history and decide on the next step in treatment.

More information is available by calling the center at 871-5987.

Clarity to Unexplained Weight Gain for One Patient

Billie Whittington knew something wasn't right. About six years ago, Whittington inexplicably started gaining weight, despite the fact that she had made no changes in her eating or exercise habits. When Whittington visited her doctor in Baton Rouge, where she lived at the time, her physician shrugged it off as the battle of the bulge that so many young women face.

"It seemed strange to me because I had not changed anything," says Whittington, 29, a quality and patient safety manager for St. Tammany Parish Hospital.

Over the next several years, Whittington's weight increased by about 80 pounds, and she grew increasingly worried.

It wasn't until Whittington moved to Covington and made her first visit to Dr. Vicki Steen, a Northshore obstetrician-gynecologist, that she got help unraveling the mystery of her body's changes.

Dr. Steen suspected right away that Whittington might have Polycystic Ovary Syndrome, or PCOS, due to her unexplained weight gain and skin tags on her body. A subsequent blood test confirmed that Whittington had PCOS.

"It was such a relief to know what was going on," says Whittington.

PCOS is an imbalance of the sex hormones that affects as many as one in 10 women. If left untreated, it can cause a number of serious health problems, including diabetes and heart disease. Symptoms associated with PCOS include weight gain, acne and, for some, excess hair growth, says Dr. Steen. Irregular ovulation among women with PCOS also makes becoming pregnant difficult, she says.

"Irregular menstrual cycles are one of the red flags," says Dr. Steen.

Women with PCOS also may develop insulin resistance, which can cause high levels of blood sugar and lead to diabetes.

While there is no cure for PCOS, it can be controlled with medication, diet and exercise. In Whittington's case, Dr. Steen prescribed Glucophage to control insulin resistance and also referred her to Melissa Gispert, a nutritionist and registered dietician at St. Tammany Parish Hospital. Proper diet and regular exercise are cornerstones of effective treatment of PCOS because even modest weight loss—as



little as 5 percent to 10 percent—can correct the hormonal imbalance and allow women to ovulate on their own, says Dr. Steen.

Moreover, embracing a healthier lifestyle doesn't just help control weight, it's also critical for improved health in women hoping to start a family, she says.

"It's helps everything," Dr. Steen says.

Focusing on the amount and right type of carbohydrates—the complex sugars found in whole grains, fruits and vegetables and low-fat dairy products—was a critical focus of change for Whittington. Gispert recommended that she swap three large meals for six small ones to avoid eating too many carbs at one time.

"It's not about restricting what you eat but making sure you eat the right foods and balancing them throughout the day," says Gispert.

These days, Whittington also hops on her bike three to five times a week for at least 15 minutes, another lifestyle change made at Gispert's suggestion.

Whittington says the changes have been surprisingly easy—and effective at helping her lose weight. Since January, she has lost 20 pounds without feeling either hungry or deprived.

"I eat everything I ate before but I make small changes that are beneficial to me," Whittington says. "These are pleasant changes so they are easy to stick with. And Dr. Steen and Melissa have been so supportive of me at every step."



STPH patient recovers against all odds from devastating car accident

Mary Louise Booty, a soft-spoken former second-grade teacher from Fleetwood near Franklinton, is not one for bragging. But on a cold day in January, she could not resist a little showing off for the nurses and aides in St. Tammany Parish Hospital's Inpatient Rehab Unit.

The focus of her celebration? Her ability to stroll the halls of the hospital without a walker.

"It's because of the wonderful doctors and staff that I was able to regain my strength and stamina," says Booty, 65. "I wanted them to see how far I'd come with their help."

Five years ago, Booty spent 96 days at St. Tammany Parish Hospital after a devastating car accident that broke a leg and both arms and caused blood loss that required transfusions. Severe bruising all over

her body and Booty's age—she was 60 at the time—worked against Booty's chances of recovery, or even survival, says Dr. Darren Rowan, MD, a Covington general surgeon who coordinated her care during her stay at STPH.

"There were several times when we weren't sure if she would make it," says Dr. Rowan. "She was very, very sick."

Booty remained in the STPH Intensive Care Unit for weeks after the accident, slowly recovering from her injuries. She hit a major setback when her doctors discovered that her gall bladder had become gangrenous and had to be removed with surgery. Booty remembers little of the nearly three months she spent in intensive care, when she needed a feeding tube, oxygen and, at times, morphine for pain.

"They never gave up on me," she says.

Her final 17 days at STPH were spent in the Inpatient Rehab Unit, where Booty relearned how to walk, speak and breathe without a tracheostomy and to accomplish daily activities from bathing to fixing her hair.

"I was like a baby when I went in to rehab," Booty says. "The time I spent there was critical in helping me overcome long odds in my healing process. The doctors tell me I'm a miracle, and I agree."

The Inpatient Rehab Unit helps patients regain functions they had before their accident or illness by building their strength and stamina for daily activities. "It's a matter of retraining the muscles through stretching, massage and therapy to help gain strength," says Dr. Gollamudi Reddy, MD, the rehab unit's medical director and the physician who oversaw Booty's rehabilitation.

Many patients are adult and/or elderly and have experienced hip fractures or joint replacements, but the rehab unit also cares for people who have experienced stroke; spinal cord, head or brain injury; and individuals recuperating from surgery. The unit also treats patients who have undergone amputation and those with multiple fractures, as in Booty's case.

"We provide the full spectrum of care," says Louise Dill, Certified Rehab RN, nurse manager for the Inpatient Rehab Unit.

The unit was recently renovated and now offers private rooms and an activity room where patients can eat together.

Booty was very weak, and still dependent on the tracheostomy and a walker, when her physicians decided she was ready for rehabilitation. Booty's husband, Melvin, checked out several rehab units in the area before deciding STPH would provide the best care for Mary Louise.

Weaning Booty from the tracheostomy was a top priority for the rehab staff, which focused on speech therapy as Booty's pulmonologist gradually reduced the size of the tracheostomy. A valve to cover the opening in her throat allowed Booty to practice inhaling through her mouth and nose and also speaking, Dr. Reddy says. Nine days after she arrived, the tracheostomy was removed, a relief for Booty because of the constant coughing it had caused.

"The coughing stopped immediately," she says.

Booty admits her therapy was hard work, but she also recalls with fondness the walks she took with therapists who led her up and down hospital stairwells and along meandering paths on the hospital grounds. She especially enjoyed the field trip she took with other patients to a bookstore to browse magazines and purchase refreshments at the coffee shop.



"There are things that I will never be able to again, but I feel that I am God's miracle and I thank him everyday."

Such outings are not just for fun, but part of the goal of ensuring that patients are regaining skills like navigating unfamiliar places and counting correct change for purchases.

"It's all part of building up endurance to help them do what they could do before," says Dill.

Booty credits the rehab staff, along with Dr. Rowan, Dr. Reddy and the many other doctors, nurses and aides during her long stay at STPH, with not just saving her life, but also helping her regain her quality of life. She says she does many things more slowly than before the accident and has not fully regained her range of motion in one arm. But Booty sees what she estimates as an 80-percent recovery of her abilities as cause for celebration.

"You can do a lot with 80 percent," she says. "I'm proof of that."

Additional months of outpatient therapy and weekly yoga classes back home in Washington Parish also have been critical to the healing process, Booty says.

Further proof of her recovery came in June of last year, when Booty joined 11 friends for a 3-day whirlwind trip of New York City. Booty wore tennis shoes instead of heels, but kept pace with her friends the whole time.

"It is a reflection of the quality of care that I received that I could recover well enough for that," she says.

So when Melvin needed three days of inpatient rehabilitation after colon surgery at STPH earlier this year, Mary Louise didn't bother to research on other local rehab options. She says she knew from the start where to go for the best care for her husband: the STPH Inpatient Rehab Unit. Her return to the unit in January felt like a reunion of sorts, she says.

"It has been remodeled since I was there so it is nicer than ever," Booty says. "But it is the same lovely staff, giving the same wonderful care."

More information on Rehabilitation Services is available by calling 898-4642.

Eating Healthy on the Run

Eating on the run might seem like a non-starter for women looking to lose weight. But Melissa Gispert, a nutritionist and registered dietician with 20 years of experience, knows there are good options even at the fast-food counter.

“You can choose grilled chicken and a diet drink instead of a burger with cheese and fries,” says Gispert, who is also certified in adult weight management and diabetes education. “Eating well doesn’t mean depriving yourself, but tweaking your choices in ways that have great health benefits.”

That sort of practical advice is the focus of St. Tammany Parish Hospital’s new Women’s Lifestyle & Weight Management Program, coordinated by Gispert. The program offers varying levels of consultation to women looking to lose weight and improve their health through better eating and increased physical activity.

Gispert focuses on small changes that women can make through a better understanding of issues like nutrition and portion control. She also designs customized meal plans to fit the lifestyle of each

participant and help them lose weight at a healthy rate. “Losing 10 percent of body weight over six months is an ideal rate of weight loss, with tremendous health benefits,” Gispert says.

Understanding correct portion size, finding time for small amounts of physical activity during the day and avoiding the temptations of places like all-you-can-eat buffets are among Gispert’s practical tips.

“People are shocked when they see what a portion really is, versus what they are serving themselves,” she says. “I don’t tell people what they can’t eat, but we do talk about ways to control how much to eat while selecting healthier choices.”

The program cost is competitive with other weight-loss programs in the area. Participants do not need a physician’s referral to sign up. More information is available by calling 898-3774 or 898-3776.

New Program to Benefit Cancer Patients

Moderate exercise provides significant benefits to cancer patients undergoing treatment by minimizing anxiety, stress and side effects such as nausea and sleep disruption, a growing body of research shows.

Now, St. Tammany Parish Hospital’s Cancer Resource Center is bringing those benefits to members of the community with a cancer diagnosis through a unique partnership with West St. Tammany YMCA in Covington.

The Cancer Resource Center is looking for individuals to participate in its pilot CancerFit program, an eight-week exercise program for individuals receiving or recovering from cancer treatments. Implementation of the program was made possible through grant funding from the Winn-Dixie Foundation.

“It was a natural fit to team up with the Y to look for ways to offer relevant programming to the community,” says Chryl Corizzo, director of the Cancer Resource Center.

The CancerFit program begins with an evaluation of the patient by an STPH physical therapist. Results of the exam are entered into CancerFit’s Internet-based program to produce a detailed analysis of the patient’s capabilities. A trainer at the YMCA uses that report to design a personalized program for the participant, who joins other CancerFit participants for small-group, trainer-led workouts at the Y.

New equipment purchased with the Winn-Dixie grant funds and installed at both the YMCA and Cancer Resource Center allow users to sit down while getting an effective upper- and lower-body workout, says Corizzo.



“It is ideal for someone who is not yet strong enough to stand up and exercise,” she says.

CancerFit includes wellness and education components that address issues such as eating right, meditation and visual imagery to optimize wellbeing during treatment. “These are things that can be very meaningful and helpful to people with a cancer diagnosis,” says Corizzo.

The CancerFit program is open to people of all ages, regardless of their cancer diagnosis or where they receive treatment. *More information is available by calling 898-4581.*

Cancer Survivor’s Day, a Celebration of Life



If there is a walking, talking—and gently chuckling—symbol of cancer survivorship, it is 78-year-old Rufus “Upton” Lea of Covington.

After five separate diagnoses over 15 years—including mouth cancer, male breast cancer and a current diagnosis of renal carcinoma—the former owner of a Harvey Canal shipyard wakes every day with his love of life and humor firmly in place.

“Life is an adventure, and my cancer diagnoses are a part of that adventure. You don’t ask, ‘Why me?’ You ask, ‘Why are all these wonderful people being so nice to me?’ You can’t do anything but laugh.”

That resilience is a big part of what is celebrated on Cancer Survivor’s Day (CSD), which takes place the first weekend of June in communities around the country.

“There is so much to celebrate,” says Chryl Corizzo, director of St. Tammany Parish Hospital’s Cancer Resource Center. “People are living much, much longer. We now have 12 million cancer survivors in the nation—that is tremendous reason to celebrate.”

STPH will mark CSD Saturday June 21 with a full breakfast and a range of roundtable groups to address issues of interest to survivors and their families, including pain management, caring for the caregiver and dealing with the fear of cancer recurrence. This program is provided at no charge though registration is needed.

“Life is an adventure, and my cancer diagnoses are a part of that adventure. You don’t ask, ‘Why me?’ You ask, ‘Why are all these wonderful people being so nice to me?’ You can’t do anything but laugh.”

“There are a whole set of issues that come with being a survivor, from insurance issues to changes in family dynamics, so we provide support to help cope with those issues,” says Corizzo.

Lea has received a variety of support and care from STPH. He credits Corizzo for introducing him to the physical and emotional benefits of meditation, something that he says, “gives you a chance to think about where you are, in a way that is very helpful.” He has attended support group sessions “from day one” of his first diagnosis and strongly recommends them to patients and their families. He receives radiation at STPH as part of his renal carcinoma treatment. Lea even credits STPH “for taking the mystery out of insurance” for him.

“Those folks are supplying services that you just can’t believe,” Lea says.

More information on the Cancer Resource Center and Cancer Survivor’s Day is available by calling 898-4581.

Seven-year-old Donates Hair to Locks of Love

In mid-March, not long after she turned seven, Grace Ferguson of Slidell plopped into a chair at a New Orleans salon and asked for the unimaginable. Grace wanted every strand of her long, blond hair shaved from her head.

The event was the culmination of the first-grader's months-long quest to raise awareness and money for St. Baldrick's Foundation, which supports research to cure childhood cancer.

"She was determined to do it," said Grace's mother, Tracy Ferguson, who coordinates St. Tammany Parish Hospital's KidMed pediatric program in Mandeville.

Grace's hair was donated to Locks of Love, which makes hairpieces for children who have lost their hair due to a medical condition.

The girl's empathy comes from lessons close to home. Her grandmother is battling breast cancer. An older cousin had cancer as a child, and is now healthy.

In the days after her head was shaved, Grace seemed to have no regrets. "She's just thrilled," said Tracy.

Information on St. Baldrick's is available at <http://www.stbaldricks.org>.



Cancer Resource Center Support

"If you are going through treatment and overwhelmed with a lot of out-of-pocket expenses, being given a wig and not paying \$60 or \$80 is really a blessing," says Chryl Corizzo, director of the St. Tammany Parish Hospital Cancer Resource Center.

Each month, the Cancer Resource Center fits as many as 70 women with high-quality wigs, a free service that provides a big emotional boost to women going through cancer treatment. Hats, turbans and scarves are also available free of charge to anyone in the community with a cancer diagnosis, regardless of where they receive treatment.

"We serve people from all over the Northshore," says Corizzo.

The Cancer Resource Center provides a range of additional resources and support to cancer patients and their caregivers, from support groups, prostheses and classes to therapeutic exercise and genetic screening to individuals at risk for hereditary cancer.

"We don't just treat cancer, we provide support services to people as well," says Corizzo.

Each month, the Cancer Resource Center fits as many as 70 women with high-quality wigs, a free service that provides a big emotional boost to women going through cancer treatment.

The STPH Cancer Resource Center is located in the Paul D. Cordes Outpatient Pavilion on Highway 1085 in Covington. The center is open Monday through Friday, 8 a.m. to 4:30 p.m. Appointments are encouraged.

For more information, call 898-4581 or visit www.stph.org.

Immunizations for the Whole Family

Summer is in full swing, meaning the back-to-school rush of August is just around the corner. And whether your youngster is heading to college or kindergarten, this is a great time to get a jump on immunizations to safeguard your child's health.

"Everyone is panicked at the end of summer running around for backpacks and uniforms, so getting immunizations now, before the end of the summer, means you have one less thing to worry about then," said Judy Wischkaemper, director of St. Tammany Parish Hospital's Community Wellness Center (CWC).

August is National Immunization Awareness Month, a time to promote public understanding of the importance of vaccines, from birth through the senior years. The CWC offers the full range of state recommended immunizations for children, from the series that begins at six weeks to those required at age four all the way up to the child's 19th birthday. Immunizations for older adults (MMR, Tetanus, Flu, and Pneumonia) are also available.

The CWC also offers the meningococcal vaccine that many colleges require of first-year students who will be living in dormitories. The new Gardasil vaccine to protect against cervical cancer caused by human papillomavirus (HPV) is also available to qualified recipients. The CWC participates in the Louisiana Immunization Network for Kids, or LINKS program, a state-sponsored initiative that provides real advantages to busy families. At CWC, records are immediately entered into the LINKS system following the administration of immunizations, allowing parents to get free and up-to-date records in one place. Parents whose physicians do not participate in LINKS can gather their child's records and drop them off at CWC for entry into the system, provided the records are official.

The cost of immunizations is \$10, regardless of the number of injections during the visit. Information and appointments are available by calling 871-6030.



STPH Executive Chef Shares a Healthy Snack

Few things signify summertime bounty like watermelon. But watermelon isn't just delicious. It's also rich in lycopene and a tasty, low-calorie alternative to high-fat processed snacks.

On a hot day, nothing beats watermelon salsa, says Abry Crosby, executive chef for St. Tammany Parish Hospital.

"This recipe uses ingredients you probably already have in your refrigerator and gives you a great way to use fruit that is getting over ripe," Chef Abry says.

Watermelon salsa goes great with pita chips or atop grilled meats or fish. Chef Abry suggests adding peaches or other fresh fruit or more hot sauce and jalapeño for extra zing. A dollop of low-fat plain yogurt transforms the salsa into a terrific salad dressing.



Chef Abry's Watermelon Salsa

- 3 c. diced watermelon, skin and seeds removed
- 1 c. diced tomatoes
- ½ c. diced bell pepper
- ½ c. minced red onion
- 2 Tbs. chopped green onions
- 2 Tbs. finely chopped fresh cilantro
- 1 Tbs. chopped jalapeño pepper, seeded
- 2 Tbs. lime juice
- 1 Tbs. cider vinegar
- 2 Tbs. olive oil
- ¼ tsp. salt (optional)

1. Place diced watermelon into strainer for 30 minutes.
2. While watermelon drains, chop other ingredients and add to non-metallic mixing bowl.
3. Add drained watermelon to mixing bowl and incorporate with other ingredients.
4. Chill until ready to serve.

Serve with homemade pita chips. To make the chips, split pita bread in two and cut into small pieces. Bake for 12 to 15 minutes at 350 degrees. Serves ten.

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.

JUNE						
25	26	27	28	29	30	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	1	2	3	4	5

JULY						
30	31	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	1	2

AUGUST						
27	28	29	30	31	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	1

Free Breast Cancer Screening

June 13, August 28

FREE; A clinical breast exam will be provided by a physician or nurse practitioner for women 18 and older. Call for location; appointment required with Mary Bird Perkins Cancer Center Network; 1-888-616-4678

Genetic Cancer Risk Assessment and Counseling

Second Friday each month starting at 9am

Cordes Outpatient Pavilion
FREE; Confidential genetic counseling and screening; provides information to help make informed decisions about medical management options; 898-4581

Sex, Drugs, & Rock 'n' roll

June 17, 6:30pm to 8pm

STPH Parenting Center
FREE; Children are exposed to sex and drugs through the internet. Lt. West of the Covington Police Department will show parents what drugs look like, and the paraphernalia that is associated with them; 898-4435

Cancer Connection Support Group

Third Wednesday of each month starting at 7pm

Cordes Outpatient Pavilion
For individuals, family members and friends challenged by cancer diagnosis; 898-4581

New Baby Support Group

Each Thursday 11:15 am to Noon

The Parenting Center
FREE; New mothers and babies (birth to 7 mo.) discuss child development and parenting tips; 898-4435

Cuddle Buddies

Saturdays July 5 to August 23; 10:30am to 11am

Members: \$6/ Nonmember: \$12;
Monthly group is a learning and support opportunity for parents and social playtime for babies ages 8 – 15 months; 898-4435

Prepared Childbirth

July 1, 8, 15, September 2, 9, 23; 7pm to 9pm

STPH Conference Center
FREE; series of classes to help expecting mothers learn about changes during pregnancy and prepare for childbirth; 898-4083

Breastfeeding Support Group

July 3, Noon to 1pm

STPH Parenting Center
FREE; Join STPH's certified lactation consultant for questions and answers relating breastfeeding your child; 898-4435

Baby Chat For Siblings

July 5, September 6; 10am to Noon

STPH Conference Center
FREE; For children ages 3 and up to understand the changes that occur with a new baby; 898-4083

New Family Center Open House

First Saturday of each month; 10am to Noon

STPH New Family Center
FREE; Tours of New Family Center. Meet in New Family Center lobby on third floor.

Safe Sitter - Baby Sitting Training

July 7 and 9, July 28 and 30;

9am to 4pm

The Parenting Center
\$65 per student; Two-day training for 11-13 year olds interested in learning skills necessary to baby-sit. Class is limited; 898-4435

Caring For The Caregiver Support Group Meets the second Thursday of each month.

Cordes Outpatient Pavilion
Share hope and support with caregivers; 898-4414

Look Good Feel Better

July 10, September 11; 6:30pm

Cordes Outpatient Pavilion
FREE; For ladies to improve their self-image during radiation or chemotherapy. Cosmetics and skin care products provided; 898-4481

Boot Camp For New Dads

July 12, September 13; 9am to Noon

STPH Conference Center
\$10; for new dads; class taught by veteran dads who orient rookies on the realities of fatherhood; 898-4083

Using Lamaze Techniques

Saturdays July 19 to August 30 or September 20 to October 25; 4pm to 7pm

STPH Conference Center
\$50; six weekly classes to help the mother through the childbirth experience; 898-4083

Baby Care Basics

July 29 and August 5; 7pm to 9pm

STPH Conference Center
FREE; Series of two classes to learn helpful hints and what to expect when caring for your new baby; 898-4083

Art of Breastfeeding

August 19 and 28; 7pm to 9pm

STPH Conference Center
Series of two classes for parents to learn to establish a routine to facilitate a positive and successful breastfeeding experience; 898-4083

Prostate Cancer Screening

August 23

STPH Community Wellness Center
FREE; Screening includes a physical exam by a physician and PSA blood test; screenings are by reservation; 898-4581