

Heart to Heart

St. Tammany
PARISH HOSPITAL



Caring Hearts,
Caring Hands
STPH Physician, Nurses
Act Fast for Family in Need



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

Our Mission

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

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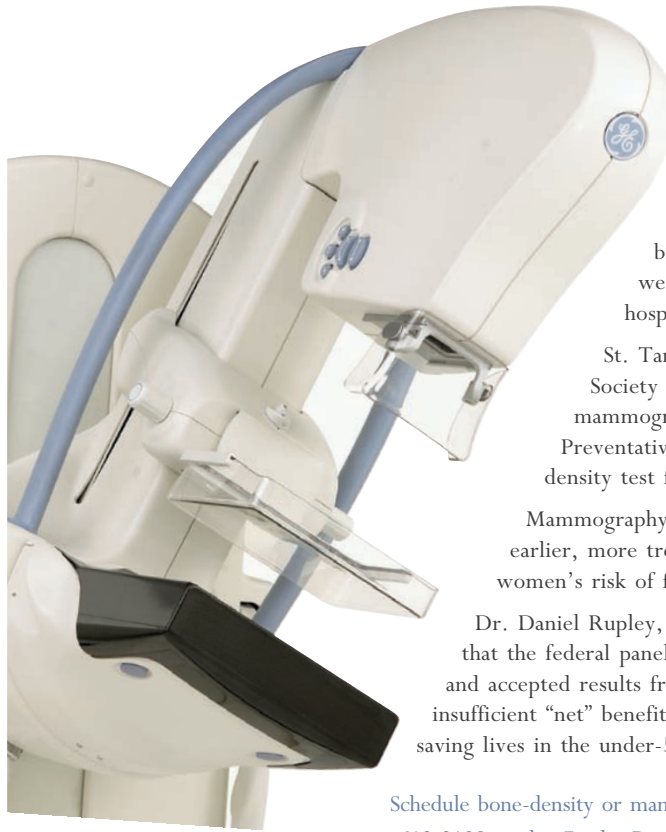
PHOTOGRAPHY:

Rick Olivier

DESIGN & ART DIRECTION:

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Mammograms *Should Still* Start at 40, *Experts Say*



In 2009, a federal panel caused widespread confusion by recommending women begin regular mammograms at age 50 and only repeat the test every other year. In fact, nearly 23 percent of women diagnosed with breast cancer at STPH between 2000 and 2009 were under 50, according to a report by the hospital's tumor registry.

St. Tammany Parish Hospital and the American Cancer Society continue to recommend women obtain annual mammograms beginning at age 40. STPH and the U.S. Preventative Services Task Force recommend a bone density test for women beginning at age 65.

Mammography is proven effective in diagnosing cancer at earlier, more treatable stages, and bone-density scans examine women's risk of fracture due to thinning bones.

Dr. Daniel Rupley, STPH Breast Center medical director, noted that the federal panel excluded breast cancer experts and accepted results from previously refuted research to conclude insufficient "net" benefit. "Mammography is of unequivocal benefit in saving lives in the under-50 age group," Dr. Rupley added.

Schedule bone-density or mammography screenings by calling The Breast Center at 612-2100 or the Cordes Pavilion at 871-5665.

Digital Technology Enhances Mammography at STPH

More than 184,450 U.S. women will be diagnosed with breast cancer this year.

St. Tammany Parish Hospital advanced the fight against this pervasive disease with new digital mammography systems at The Breast Center in Mandeville and the Paul D. Cordes Outpatient Pavilion in Covington.

STPH offers screening mammography and the equally important bone density screening in both Mandeville and Covington to increase convenience, STPH Chief Operating Officer Sharon Toups said. "The idea is to offer these services in the community where people live."

Cordes Pavilion Director Melonie Lagalante added, "Making the tests convenient encourages women to work these important screenings into their busy lives."

The new equipment delivers high-resolution digital images in seconds, enabling radiologists to view

detailed images of breast tissue, particularly near the skin line and chest wall, even in diverse tissue types. Radiologists can enlarge the digital images to better study suspicious areas, Pat Maltese, head of STPH radiology, said.

"Coupled with the dedicated specialists at STPH, the new digital resources will elevate early detection and breast healthcare on the Northshore," Maltese said. "These all-digital resources in both Mandeville and Covington mean fast, comfortable diagnostic testing for our patients and exceptionally high resolution images for our physicians."

STPH is home to two of the New Orleans region's leading radiologists, Drs. Daniel Rupley and William Wells, with practices completely dedicated to women's imaging. These specialists have advanced training in breast imaging and image-guided interventional procedures. They are onsite daily, offering the complete spectrum of breast healthcare.



CAPITAL ONE BANK

becomes 2010 Monster Mash Title Sponsor

The St. Tammany Hospital Foundation is pleased to announce that Capital One Bank is the official presenting sponsor of 2010 Monster Mash, the St. Tammany Parish Hospital Parenting Center's only fundraiser.

"Capital One is a true partner of the foundation," Nicole Suhre, foundation specialist for events, said. "The bank's first sponsorship of Monster Mash was at the Candy Corn level in 2005. In the past two years, Capital One Bank has been instrumental in the presentation of a variety of other foundation events as well, including Gurney Games and Angels of Light. We welcome them as the 2010 title sponsor of Monster Mash."

Denis Schexnaydre, Capital One Bank vice president and Northshore district manager, remarked, "As I look at our organizations—Capital One Bank, St. Tammany Parish Hospital and St. Tammany Hospital

Foundation—I see several similarities. I see dedicated associates who are active volunteers in the area. I see a commitment to financial and physical health. And I see a passion to improve the community in which we work and live.

"Capital One Bank is pleased to be a part of this event," he continued. "As a local bank, we are committed to investing in Louisiana to help our community grow and thrive. We recognize that helping to build strong and healthy communities—good places to work, good places to do business and good places to raise families—benefits everyone."

This year's Monster Mash marks the 22nd year of family fun to benefit The Parenting Center. The large-scale festival provides Northshore and greater New Orleans families a truly unique opportunity to enjoy a safe and fun holiday event with live music, trick-or-treating, inflatables, games, prizes, food, beverages and more.

Join in the fun Sat., Oct. 23, 10 a.m. to 4 p.m., in Covington's Bogue Falaya Park. To learn more about the 2010 Monster Mash, visit www.stph.org/monstermash.

Capital One Bank moves up to the Vanguard Level on the Foundation Donor Wall of Honor. Celebrating at the Annual Donor Recognition event are David and Laurie Blasini, Angela Avant and Denis Schexnaydre.



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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Connecting Through



Social Media

To better interact with patients, employees and the community, St. Tammany Parish Hospital and the St. Tammany Hospital Foundation have added social media to their web sites.

STPH.org features links to the STPH and STH Foundation Facebook fan pages and the hospital's Twitter, LinkedIn and YouTube accounts.

"Social media allow us to quickly share information directly with people and gather feedback," Melissa Hodgson, STPH communication director said. "Social media is more than simply talking at people. It's about building relationships by listening and interacting."

STPH will use social media to learn what is important to people about the hospital itself and healthcare in general, and what their expectations are for receiving care, charitable giving and working at the hospital.

To become our fan, follow us and join us, click the links from stph.org.



Fashion with a Heart *Saks Fifth Avenue awarded for fundraising generosity*

Saks Fifth Avenue New Orleans is this year's recipient of "The Adrian" award in recognition of generosity and support of the St. Tammany Hospital Foundation in 2009.

Saks Canal Place produced a New York style runway fashion show at Tchefuncta Country Club in September 2009 to benefit STPH community-outreach programs, including the Community Wellness Center, the Cancer Resource Center, Hospice and The Parenting Center.

The annual award, now in its third year, is named for Adrian B. Cairns Jr. MD, the foundation's first chairman and longtime STPH medical staff member.

"The Adrian" is awarded to exceptional friends of STH Foundation who have

supported its mission through time, talent and generous in-kind giving.

Saks received the award in May at the foundation's annual recognition celebration, which celebrated 2009 donors and special friends.

The retailer's support for STH Foundation includes its commitment to produce another fashion show in September 2010 to raise funds to advance STPH pediatric care.

Although tickets for the Sept. 23 fashion show are already sold out, Saks will also be involved in the "Soul of Fashion" cocktail party fundraiser September 11 to benefit STPH pediatric programs.

Additional details and ticket availability for "Soul of Fashion" are available by calling 898-4171.



Top: (l-r) Lori Murphy, Adrian Cairns MD, Carolyn Elder, Larry Dauterieve, Colleen Bolling and Ken Latham • Above Left: (l-r) Steve and Julie Holzhalb with Glyn and Anne Bailey • Above Middle: (l-r) Lynn Abide, Sue Capitelli, Debbie Evans • Above Right: (l-r) Sisters Beverly and Mary Brent Brown

Back on Her Feet

da Vinci Robotic Surgery Transforms Patient's Experience

Katharine Hebert says her biggest surprise in the hours after her hysterectomy was this: She felt great.

The Covington retiree was walking the hall outside her room at St. Tammany Parish Hospital within hours of leaving the recovery room. By the next day, she was at home and trying to remind herself that she had undergone abdominal surgery the day before.

"I didn't have a moment's pain," said Hebert of the March 29 robotic surgery that included removal of a large, painful fibroid outside her uterus.

Hebert's experience underscores the benefits to patients of da Vinci robotic surgery over traditional open surgery for hysterectomies and other common procedures. The smaller incisions and precise movements of the less-invasive procedure translate into less pain, a shorter recovery and less blood loss, said Dr. Patricia Braly, M.D., the Northshore oncologist and gynecologist who performed Hebert's hysterectomy and uses the da Vinci system for 60 percent to 70 percent of her pelvic surgery cases.

Dr. Braly said robotic surgery offers a range of benefits to her, too, including clear, 3-D images of the interior of the body and optimal control of surgical instruments. Although she works at a control panel during the procedure, her view of the patient's organs is actually better than during open surgery, Dr. Braly said.

For patients, a faster rebound is another core advantage. A traditional hysterectomy usually means a recovery time of four to six weeks. By comparison, da Vinci hysterectomy patients are sometimes back at work within a week or so, and often need little if any narcotic pain medication during the much shorter recovery time.

In fact, Hebert's feel-good results are typical.

"We have to remind patients not to do too much because they feel so good," Dr. Braly said. Added Kerry Milton, chief nursing officer at STPH: "There is so little discomfort that we really need to caution them not to take on too much."

Hebert said she embraced her down time after the surgery, even though she felt like "super woman."

"I felt like I'd had a 'faux hysterectomy' because I felt so good," she joked.

STPH is the only Northshore facility to offer da Vinci robotic surgery, whose uses are growing. Robotic surgery is most often used for hysterectomies and urologic surgeries, but it is playing an expanding role in general abdominal surgeries, Milton said.

That's good news for patients, she said.

"It's a tremendous improvement in terms of post-operative pain," Milton said. "They just feel better."





Caring Hearts, Caring Hands

STPH Physician, Nurses Act Fast for Family in Need

Dr. Eduardo Hernandez MD has long experience caring for sick children. The pediatric pulmonologist is on the staff of St. Tammany Parish Hospital, where he provides critical care to its youngest patients.

The Miami-born Hernandez is also fluent in Spanish, the native language of his Cuban-born parents, who raised him in Puerto Rico.

This spring, his medical expertise and language skills coalesced in an unprecedented way when a sick two-year-old boy from Mexico, his 9-year-old sibling and their Spanish-speaking godfather were abandoned at a Northshore gas station while en route to North Carolina.

Over two days, Dr. Hernandez played a central role in the child's care and in ensuring that the family safely reached their destination for a reunion with the children's parents.

"This came down to a physician going the extra mile for a family who clearly needed help," Dr. Bob Capitelli, STPH chief medical officer, said.

The family's ordeal began after the boy became sick on a Saturday afternoon in mid-April, possibly from an accidental overdose of over-the-counter cold medicine, said Dr. Hernandez.

The driver of the van in which the family was riding dumped the trio at a Covington gas station after the boy became ill. They ended up in the STPH Emergency Department after a gas station attendant recognized the urgency of the situation and called 911.

The STPH medical staff quickly stabilized the child, who was admitted to the pediatric unit. They also contacted Dr. Hernandez, who was on call that evening.

At the hospital, Dr. Hernandez provided care to the child while translating for the nurses and the godfather, who produced papers showing that he had temporary custody to transport the children and make decisions over their care.

The family remained with the toddler overnight. That evening, toys and snacks supplied by the nurses helped calm the children, Dr. Hernandez recalled.

On the Cover: Dr. Eduardo Hernandez with case manager Donna Turgeau and nurse Bridget LeBlanc

“The nurses did a wonderful job for a family that found itself in a desperate situation,” he said.

Susan H. May, STPH case management director, said Dr. Hernandez played a special role in providing comfort to the children and the godfather who were “scared to death.”

“He showed such compassion to this family,” May added.

By the following morning, the boy was much better, but the STPH staff faced a new quandary: The family had no money and no place to go, complicating STPH’s ability to safely discharge the boy once he was well.

That Sunday involved another flurry of telephone calls and conversations involving Dr. Hernandez and the boy’s parents, the godfather and other members of the STPH staff searching for a solution.

Dr. Hernandez soon proposed one: He would purchase train tickets for the family. He located a train leaving early Monday morning from Slidell for the 20-plus-hour journey east.

By 6 a.m. Monday morning, the family had been safely delivered to the Slidell station by Dr. Hernandez’s assistant and equipped with a care package of snacks and sandwiches from STPH. Dr. Hernandez also gave the godfather cash for the trip.

Donna Turgeau, STPH social worker and the family’s case manager, said Dr. Hernandez played a central part from beginning to end in resolving a dire situation.

“We had a family that could not provide for itself, and Dr. Hernandez took the lead in making sure they got the help they needed,” Turgeau said. “We’re very proud of Dr. Hernandez and the pediatric staff.”

Dr. Hernandez was matter-of-fact about his role, saying, “The godfather was a hard-working, concerned person who found himself in desperate need of help, and that was something we could provide.”



A Charitable Gift Annuity Equals an Income for Life for You

If you'd like to support the mission of St. Tammany Hospital Foundation and receive steady payments during your retirement years, a charitable gift annuity may be just right for you.

How It Works

Through a simple contract, you agree to make a donation of cash, stocks or other assets to the STH Foundation. In return, the foundation agrees to pay you (and someone else, if you choose) a fixed amount each year for the rest of your life.

Is This Gift Right for You?

A charitable gift annuity works for St. Tammany Hospital Foundation supporters who would like to make a gift and receive steady payments in return.

Your Benefits

In addition to providing a gift to St. Tammany Hospital Foundation and receiving fixed payments for life, you also receive these benefits:

- Your initial gift is partially income tax-deductible.

- Your charitable gift annuity payments are partially income tax-free throughout your life expectancy.
- Your payments are not affected by ups and downs in the economy.
- The annuity can be for one or two people, so your spouse or another loved one can also receive payments for life.
- If you use appreciated stock to make a gift, you can usually eliminate capital gains tax on a portion of the gift and spread the rest of the gain over your life expectancy.

Example

For a 72-year-old donor who creates a \$10,000 charitable gift annuity, the annual income for life is \$600 with \$414 being tax free. The charitable tax deduction is \$4,290.

Contact Charley Strickland at 985-898-4141 or cstrickland@stph.org with any questions about setting up a charitable gift annuity with St. Tammany Hospital Foundation. We're happy to help, without obligation.



Berry-Lime Power Smoothie

This homemade smoothie was created at St. Tammany Parish Hospital and is among the treats STPH patients and visitors request most.

The delicious smoothie is also an excellent mask over the strong flavors of dietary supplements such as fiber packets or protein powder that physicians sometimes prescribe for patients.

Ingredients include blueberries, which are naturally high in antioxidants, fiber and vitamin C; and yogurt, which aids digestion and is a tasty source of calcium.

STPH Executive Chef Abry Crosby calls it "an anytime healthful treat" that is fast and easy to make.

Ingredients:

- 1 1/2 cups ice
- 8 fl. oz. berry-flavored nutritional drink (such as Ensure)
- 2 oz. fresh blueberries
- 6 fl. oz. blueberry yogurt
- 1 fl. oz. fresh lime juice
- 1/2 oz. protein powder or fiber packet (if needed)

Place all ingredients in a blender. Puree until ice chunks are no longer visible. Serve immediately.

Leftovers can be frozen in small cups for delicious and nutritious popsicles. Keeps in the freezer up to two weeks.

Makes three 8-oz. servings.

Northshore Resident Honors Wife with Named Tribute

Dedicated room on new unit features art, light in nurturing space

A room in St. Tammany Parish Hospital's 4South nursing unit of private patient rooms has been named in memory of Marjorie Reed, a longtime Northshore resident who passed away in 2009. This is the first room on this new unit to be dedicated by a donor in memory of a loved one.

Gerald E. Reed, longtime supporter of the St. Tammany Hospital Foundation, said his wife of 57 years received excellent care at STPH during her illness. The Reeds met and married on the Northshore, where they raised five children and ran a furniture and appliance business.

Harry Warner, a member of the STH Foundation's executive committee who met the Reeds in the 1950s, said the couple's love for each other "was evident in our early school years."

"The room dedication is a further reflection of the Reed family's commitment to the Northshore community," Warner said. "The STH Foundation Board of Trustees wishes to thank the Reed family for their generosity in dedicating one of the new rooms to a great wife and mother, Margie Reed."

Private rooms in the 4South unit feature a series of soothing and quietly artistic amenities, including indirect lighting and soft flooring, designed to reduce hallway noise.

"In designing these healing rooms, Fauntleroy & Latham used an evidence-based design concept. These rooms were constructed based on the best available evidence for promoting safety, health, wellness, healing and inspiration for the patient and the patient's family," Ken Latham, chairman of the STH Foundation Board of Trustees, said.

More information on room dedications and other giving opportunities at STPH are available at 898-4141 or cstrickland@stph.org.



Margie and Jerry Reed at the St. Tammany Hospital Foundation annual leadership celebration in May 2008

Safety First and Foremost

STPH Keeps Focus on Patient Safety

Recognizing the potential for medical mistakes—and implementing the best practices and procedures to avoid them—is a core element of St. Tammany Parish Hospital's longstanding commitment to patient safety.

A recent training initiative reinforced the hospital's commitment to promoting a culture of safety and highlighted the role of staff, physicians, volunteers and patients in the safety initiatives.

The "Safety First and Foremost" initiative included classroom education for more than 1,200 employees. In sessions led by the hospital's executive team, training reinforced the message that everyone plays a critical role in ensuring a safe hospital environment.

A newly established internal reporting extension, S-A-F-E, also allows hospital staff to quickly communicate safety concerns.

"We recognize that mistakes in hospitals can actually do real harm to real people, and we strive to ensure that 'never events' don't happen here," said Patti Elish, STPH president and CEO. "We are proud of our safety record and strive to live out the promise to safely care for our patients every day."

STPH encourages employees, volunteers, patients and their families to voice any safety concerns they may have. "Patients play an important role in safety," Midge Collett, STPH vice president for legal affairs, said. "It is important that patients ask questions if they do not understand something or speak up if they have any concerns."

SAFETY
1ST
and
FOREMOST



Medical Office Building on the Rise

Expanded Covington Surgery Center to Open this Fall



Construction of a new medical office building on the St. Tammany Parish Hospital campus is nearing completion, with the building's state-of-the-art outpatient surgery facility on pace for a late fall opening.

The 60,000-square-foot building's exterior, landscaping and 200-space parking lot are nearing completion. Construction of the interior continues this summer and fall.

The new location of STPH Covington Surgery Center will be the first element of the building to be completed when it opens on the third floor.

The move from the center's existing site to the new building will more than triple its size to 20,000 square feet. Expanded resources at the new location include the addition of a third operating room and enhanced capacity to offer gynecological, orthopedic, cosmetic and general outpatient procedures.

"This will allow us to expand the type and the number of procedures we can do," said Sharon Toups, STPH chief operating officer.

Added Lauren Horridge, head of the center, "This will be an easily accessible and efficient facility where we will be able to do virtually any outpatient procedure."

Completion of the first and second floors is targeted for early 2011. The first floor will house STPH's integrated cancer program with Mary Bird Perkins Cancer Center. The second floor will comprise physicians' offices.

A planned sky bridge will connect the new building to the hospital's main structure, allowing additional convenience for patients and physicians alike.

"This will put Mary Bird Perkins right on the STPH campus," said Debby Vollmer, public relations manager for the regional radiation-treatment provider.

Local Clinics bring Pediatric Subspecialists to Northshore

St. Tammany Parish Hospital hosts clinics with pediatric specialists and sub-specialists in cardiology, orthopedics and urology as part of its mission of delivering world-class healthcare to Northshore patients.

The collaborative effort with Children's Hospital of New Orleans allows local children to see specialists close to home, said Nicole Norris, STPH head of pediatrics.

"They can schedule their children's visits during the specialists' clinic hours at our facilities," said Norris.

The appointment-only clinics allow children to see specialists for post-surgery check-ups or other needs without having to drive to New Orleans, noted Melonie Lagalante, director of STPH's Paul D. Cordes Pavilion in Covington, which hosts the weekly and monthly clinics.

"This is entirely for the convenience of patients and their families," said Lagalante. "They still need to schedule an appointment, but they can do so near home, greatly reducing the time involved in attending to their child's health needs."

Stephen Heinrich MD, pediatric orthopedic surgeon, 504-896-9569, offers monthly clinic at the Cordes Pavilion on fourth Mondays.

Joseph Ortenberg MD, pediatric urologist and genitourinary surgeon, 504-896-9233, conducts clinics two Saturdays per month at the pavilion.

Aluizio R. Stopa MD, pediatric cardiologist, 504-895-6160, holds weekly Wednesday clinics at the outpatient facility.

Appointments can be made through the physicians' offices.

Chryl Corizzo, STPH oncology services director, with Max Oalman, St. Tammany Memorial Cancer Fund board member; Teena Strand-Parker, STPH head of ambulatory care; and Sharon Landry, St. Tammany Memorial Cancer Fund executive director



Partners in Funding Northshore Cancer Care

St. Tammany Memorial Cancer Fund and St. Tammany Hospital Foundation

St. Tammany Hospital Foundation is proud to partner with local cancer fundraising powerhouse St. Tammany Memorial Cancer Fund, whose work benefits the Northshore in two distinct ways: college scholarships to local cancer survivors and funding to local organizations that care for patients.

The fund has provided more than \$100,000 in college scholarships and funded equipment, programs and services on the Northshore to support care of local cancer patients.

“The idea is to support individuals through scholarships, while also impacting as many people as possible in the community,” said Sharon Landry, the fund’s executive director.

The organization has made several contributions to the STH Foundation that benefit STPH patients, including heated massage chairs for the infusion suite and a blanket warmer for the oncology unit.

It also provided funds to allow the STPH Cancer Resource Center to expand its cancer-risk assessment and counseling services. The service helped Stephanie Swords Fredericks determine whether her personal and family history of cancer reflected a genetic syndrome.

“The information I learned not only helped me determine

what I needed to do for my future medical care, but my children and other family members as well,” said Swords Fredericks.

Charley Strickland, foundation executive director, said of the fund: “They have supported us in providing excellent care for our cancer patients.”

The fund began informally in 2002 when a group of friends of Andy Goodyear, who died of cancer, held a golf tournament to benefit the American Cancer Society. The effort formalized two years later with creation of a 501(c)(3) nonprofit organization.

Golf remains a pivotal source of fundraising. The organization’s largest event is the Goodyear Memorial Golf Tournament, whose name honors Andy Goodyear and his brother, David, who passed away in 2009. The STH Foundation is a beneficiary of the proceeds from the tournament which is held in early May at Money Hill in Abita Springs.

More information on the St. Tammany Memorial Cancer Fund is available at 674-6949 or www.stmcf.org. More information on STH Foundation is available at 898-4141 or www.sthfoundation.org.



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.

JULY						
				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	

AUGUST						
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				

SEPTEMBER						
				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	

New Family Center Tours

**July 3, 17 or Aug 7, 21 or Sept 4, 18;
10 am to noon**

New Family Center at STPH
Prospective new parents can tour the New Family Center and preregister for their birth plan on first and third Saturdays each month. Tours take approximately 30 minutes. 985-898-4536

Baby Chat for Siblings

July 3 or Sept 4; 10 am to noon

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

Creative Movement

July 5, 12 & 19; 10 am to 10:30 am

STPH Parenting Center
This 3-week program will introduce and expose you and your child, age 2 yrs and up, to movement and basic dance. This is a highly energetic and fun-filled dance class for the little ones. 985-898-4435

Safe Sitter: Babysitter Training

**July 6 and 7 or July 27 and 28;
9 am to 4 pm**

STPH Parenting Center
This 2-day program is for students ages 11 to 13 years old interested in learning to develop good babysitting skills. 985-898-4435

Breast Cancer Screenings

July 8; 10 am to 1 pm
Covington, Call for location
July 30; 9 am to 1:30 pm
Hillcrest Baptist Church, Franklinton
Aug 26 or Sept 17; 10 am to 1 pm

Mandeville, Call for location
FREE. Clinical breast exams provided by a physician or nurse practitioner for women 18 and older. Mammograms are available for women 40 and older who have not had a screening in the past 12 months. Co-sponsored by Mary Bird Perkins Cancer Center and Woman's Hospital. Appointment required. 888-616-4687.

Look Good, Feel Better

July 8 or Sept 9; 6:30 pm to 8 pm

Paul Cordes Outpatient Pavilion
FREE. Enhance your appearance and improve your self-image during cancer treatment. Cosmetics and skin care products are provided. This event is co-sponsored by the American Cancer Society. 985-898-4481

Caregiver Support Group

July 14, Aug 11, Sept 8; 2 pm to 3 pm

Inpatient Rehab at STPH
St. Tammany Parish Hospital is offering a monthly support group for individuals caring for stroke survivors and those afflicted with aphasia, as well as other debilitating conditions. 985-898-4134

Cuddle Buddies

July 15, 22 & 29; 10:30 am to 11 am

STPH Parenting Center
This monthly group is both a learning and support opportunity for parents, grandparents or caregivers and a "social" playtime for babies ages 8 to 15 months. 985-898-4435

No Pills, No Pain: Getting Rid of GERD

July 15 or Aug 12; 6 pm to 7 pm

STPH Conference Center
Attend this free seminar to learn about Esophyx, a new incisionless solution to reflux disease. 985-898-4083

Boot Camp for New Dads

July 17 or Sept 18; 9 am to noon

STPH Conference Center
Veteran dads orient rookies on the realities of fatherhood, including baby and new mom care

plus this new fatherhood role. Cost of the class is \$10.00 and includes an official "Boot Camp" T-shirt. 985-898-4083.

Prostate Cancer Screenings

July 22; 10 am to 1 pm

Mandeville, Call for location
Aug 21; 9 am to 11 am
STPH Community Wellness Center
FREE. Includes a physical exam by a physician and a PSA blood test. Recommended for men over age 50 and African American men beginning at age 45 who have not been screened in the last 12 months. Co-sponsored by Mary Bird Perkins Cancer Center. 985-898-4581.

Alzheimer's Support Group

July 28, Aug 25, Sept 29; noon to 2 pm

Paul Cordes Outpatient Pavilion
FREE. Monthly family support group for individuals who have loved ones with dementia or Alzheimer's. 985-898-4581

Nurturing Skills for Families

**July 29 thru November 18;
6 pm to 7:30 pm**

STPH Parenting Center
Nurturing Parenting is a 16-week program for parents and their children that is internationally recognized for enhancing self worth, empathy, discipline and empowerment. This program is made possible through a grant provided by the Harper Family Foundation and the Mitchiner-Gettinger Family Foundation. 985-898-4435

Skin Cancer Screening

July 30; 9 am to 1 pm

Hillcrest Baptist Church, Franklinton
FREE. Co-sponsored by Mary Bird Perkins Cancer Center. 985-898-4581.

Lymphedema Prevention Clinic

Aug 26; 8 am to 6 pm

Paul Cordes Outpatient Pavilion
FREE. One-on-one appointments for cancer survivors who have had lymph node removal and have not been diagnosed with lymphedema. Appointment necessary. 985-898-4581.

CancerFit: Where Healing Begins Exercise & Wellness

**Tuesdays/Thursdays, except holidays;
10:30 am to noon**

West St. Tammany YMCA
FREE. Personalized consultation twice per week to evaluate current physical status and set goals for what you want to accomplish. A collaborative effort with the West St. Tammany YMCA. 985-871-6092