



*St. Tammany*  
PARISH HOSPITAL

# Growing to Meet St. Tammany's Needs

The Hospital's Largest  
Expansion in More  
than a Decade



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

**Our Mission**

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

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St. Tammany Parish Hospital  
Communication Department  
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RICK OLIVIER PHOTOGRAPHY  
THINKA DESIGN & BRANDING

# Heart of Fashion HITS THE RUNWAY

## Lively Events Benefit Pediatric Care at STPH

Couture for a Cause returns to the Northshore Thursday, April 10 with the 2014 Heart and Night of Fashion events at the Tchefuncta Country Club in Covington.

Save the date for these high-energy afternoon and evening fundraisers to be held in the spring for the first time in 2014.

Both the daytime and evening programs will be highlighted by Saks Fifth Avenue runway shows, a cocktail luncheon and dinner, live and silent auctions and surprise gifts and giveaways.

Event proceeds will support the advancement of pediatric care at St. Tammany Parish Hospital.



Now in its fifth year, STPH will partner with Inside Northside Magazine and Saks in presenting the Heart of Fashion and Night of Fashion, which boast an impressive track record for fun and fundraising alike. The 2012 Heart and Night of Fashion raised in a single day more than \$224,000 for the advancement of pediatric care.

"It's a huge community event because everyone on the Northshore benefits from excellence in pediatric care," said Elizabeth Stokes, co-chair of the 2014 fundraiser.

Event co-chair Debra Ethridge pointed to planned separate pediatric space in STPH's expanded emergency department as reflective of the hospital's focus on providing world-class care to its smallest patients in a safe, comforting setting.

"This community supports health care for children that is second to none," said Ethridge. "Everyone wants great care for children right here in the community, whether they are a parent, a grandparent or a local business."

Tables for the 2014 events are expected to sell out by late 2013.

Reserve your table today by calling the St. Tammany Hospital Foundation at 985-898-4171 or by visiting [sthfoundation.org/HOF](http://sthfoundation.org/HOF).



# 610 STOMPERS & STPH:

## All in for the Pink Glove Dance

We Need Your Help!  
Vote daily for the STPH Pink Glove Video  
Oct. 25–Nov. 8

St. Tammany Parish Hospital employees showed their spirit and dedication to raise awareness and funds for breast cancer research, and New Orleans' own Ordinary Men with Extraordinary Moves, the 610 Stompers, led the escapade. The hospital submitted a Pink Glove Dance video into the annual competition from Medline Industries, manufacturers of the gloves and producer of the original Pink Glove Dance video in 2009.

"Of patients diagnosed at Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital 91 percent stay with us for treatment" Sarah Ferro, STPH employee and volunteer leader of the Pink Glove Dance project, said. "We are the leading hospital for oncology care on the Northshore, and this national awareness campaign is a wonderful way for us to show our support for the search for a cure, to raise awareness locally, and to have some fun together as a team."

The hospital video is one of multitudes submitted this year, and we need your help to make it win. Public voting will be open midnight-to-midnight, Oct. 25 to Nov. 8. There is a limit of one vote per email address per day, so please vote for us daily throughout the voting period.

Visit [stph.org](http://stph.org) for an easy link to the voting, or go directly to [pinkglovedance.com](http://pinkglovedance.com).



ST. TAMMANY HOSPITAL  
FOUNDATION

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Covington, LA 70433

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[www.sthfoundation.org](http://www.sthfoundation.org)

**Our Mission**

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

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# A Tribute to Life

Tree for Life Memorializes  
Angel on Earth



The family of Margaret Menetre McLachlan, a native and lifelong resident of Covington, dedicated this year's Hospice Tree for Life to her loving memory.

Margaret's work on behalf of St. Tammany Parish Hospital began in the late '50s as a "pink lady" who visited patients and helped them order from the hospital menu. All told, she logged more than 1,000 hours as an STPH volunteer over 40-plus years of service.

She devoted her life to her family, church, friends and community. Margaret was blessed with an innate ability to help others and she shared this from generation to generation. The love in her heart and comforting arms reached those far and near. She did whatever she could with a generous smile and spirit, with a presence that invited others into her world, which she shared with everyone. Family members describe Margaret as truly an angel on earth.

Margaret's brother Ralph N. Menetre, himself a longtime STPH volunteer and early supporter of hospice care in St. Tammany Parish, recalled his older sister's eagerness to help anyone in need. The care she received from St. Tammany Hospital Hospice in the final months of her life reinforced his support for its work.

"The whole idea is to give care and comfort to the patient and the family at the end of life," Menetre said. "You don't know how much that helps families until you are in the position of needing that help."

Holiday lights, live music and a tribute to the lives of family and friends will highlight the 2013 Angels of Light celebration Thursday, Dec. 12, 5:30-6:30 p.m. in the front lobby of St. Tammany Parish Hospital.

**She did whatever she could with a generous smile and spirit, with a presence that invited others into her world, which she shared with everyone. Family members describe Margaret as truly an angel on earth.**

The evening includes the lighting of the Tree for Life that symbolizes the exceptional care and comfort provided to all hospice patients. Tribute Angels that adorn the light-covered tree will celebrate the lives of special friends and family members.

The evening will include harp music and a performance by the STPH Employee and Volunteer Choir.

Proceeds from Angels of Light benefit St. Tammany Hospital Hospice. Purchase Tribute Angels by contacting Nicole Suhre, St. Tammany Hospital Foundation, 985-898-4171 or by visiting [sthfoundation.org/angels](http://sthfoundation.org/angels).

# Growing to Meet the Mission



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

The \$21-million expansion of emergency services and private patient rooms, originally announced in January, continues to progress, as architects', engineers' and leadership team's plans and specifications become reality. With the contractor selected this fall, construction is scheduled to begin before the end of the year.

The project, the hospital's largest expansion in more than a decade, expands the emergency department by about 8,600 square feet on 11th Avenue and creates new space devoted to emergency and trauma care for adults and children. STPH's overall emergency-services capacity will expand to 28,000 square feet, increasing the number of treatment rooms in the emergency department from 14 to 25.

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

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



The coinciding projects of the state widening Tyler Street while the hospital expands services, will benefit residents' access to care.

# WORLD CLASS HEART CARE

Expert Care,  
and a Focus on Prevention

St. Tammany Parish Hospital has created a first-of-its-kind partnership with physician specialists, expanding the hospital system's ability to provide medical and interventional treatment of complex heart disease on the Northshore.

Covington Cardiovascular Care joins St. Tammany Parish Hospital to bring together board-certified cardiologists with distinct areas of specialization in the diagnosis and treatment of conditions affecting the heart and circulatory system.

The partnership broadens St. Tammany Parish Hospital's scope of cardiovascular care while providing patients seamless access to heart specialists within the hospital system.

Ensuring optimal access to the best cardiovascular care close to home continues to be a key priority for the parish's largest health system, said Dionne Williams, administrator of the St. Tammany Physicians Network.

"This benefits communication between care providers, including access to medical records, and that benefits patients," said Williams.

Covington Cardiovascular Care at St. Tammany Parish Hospital creates a team of cardiologists with advanced cardiovascular training that is unique on the Northshore:

- ♥ Dr. Hamid Salam MD, interventional cardiologist with a focus on catheter-based treatment of structural heart, coronary artery and peripheral vascular disease
- ♥ Dr. Paul F. Stahls III MD, electrophysiologist specializing in diagnosis and treatment of arrhythmias and other abnormalities linked to the heart's electrical function
- ♥ Dr. Bekir Melek MD, expert in cardiac and vascular imaging used to noninvasively assess the structure, blood flow and function of the heart and vascular structures
- ♥ Mary Scheyd APRN, nurse practitioner focused on the ongoing care of patients in the practice

Noninvasive procedures by Covington Cardiovascular Care at STPH include electrocardiograms, echocardiograms, cardiac CT scans, carotid ultrasounds, lower extremity arterial ultrasounds, abdominal aortic ultrasounds, Holter monitoring, event monitoring and stress testing (all modalities). Invasive procedures include coronary artery angioplasty and stenting, peripheral vascular angioplasty and stenting, structural heart therapies, device (pacemaker, defibrillator and cardiac resynchronization) implantation and ablative, intra-cardiac procedures for arrhythmia management.

The spectrum of treatment modalities is enhanced by a focus on helping patients take steps to improve their own heart health. For some patients, heart disease is the result of genetics or congenital risk factors that are beyond their control. But many risk factors for heart disease are lifestyle-driven—and can be minimized through positive lifestyle changes.

"Lifestyle changes go hand in hand with treatment," said Dr. Melek. Added Dr. Salam: "Patients are in control of many risk factors when it comes to their heart health."

The focal points of positive lifestyle changes are diet and exercise.

Abundant medical research shows that exercise reduces the risk of heart disease and premature death. Studies show that people with heart disease can slow its progression through exercise, supporting the benefits of treatment and medication. The STPH Cardiac Rehabilitation program works on these goals with patients in three phases of care.

Dr. Stahls said that even modest exercise can make a meaningful difference in cardiovascular health. "Going from zero activity to exercise three times a week can be of significant benefit," said Dr. Stahls.



"Lifestyle changes go hand in hand with treatment. Patients are in control of many risk factors when it comes to their heart health."

-Dr. Melek and Dr. Salem

In fact, the American Heart Association recommends moderate exercise (150 minutes per week), but patients are encouraged to exercise every day. Dr. Salam noted that regular exercise promotes healthy blood sugar levels and benefits high density lipoprotein levels (HDL, or "good" cholesterol), which as a protective benefit against developing atherosclerosis and reduces risk for heart attack.

Stopping smoking and controlling cholesterol levels, high blood pressure and diabetes are fundamental steps to caring for your heart, since each condition elevates the risk of heart disease

Obesity is also a major risk factor for heart disease, so achieving and maintaining a healthy weight is another core element of prevention.

As with exercise, making positive changes in diet is part of the first line of defense against heart disease. Dr. Melek said he tries to keep it simple for patients who may feel overwhelmed with lifestyle changes. He encourages patients to look for ways to reduce salt, fat and empty carbohydrates, such as swapping low-fat yogurt for ice cream. "Even small steps can be of benefit if you them consistently," Dr. Melek said.

Taking those small, positive steps is important for all cardiac patients, said nurse practitioner Mary Scheyd APRN.

"The body has an amazing ability to repair itself, and when it comes to lessening your chances of a heart attack or heart disease, it's never too late to start making positive changes," Scheyd said.

The professional caregivers at Covington Cardiovascular Care add their expertise to the certified cardiac rehab, accredited chest pain center and leading center for cardiac intervention on the Northshore at St. Tammany Parish Hospital.



# Little Grant... BIG Impact!

The St. Tammany Hospital Foundation awarded \$112,187 to the winners of the 2013 St. Tammany Parish Hospital Department Grant Competition. Thirty five projects benefiting 29 STPH departments were funded.

“On a regular basis, the foundation issues calls-for-funding, utilizing unrestricted dollars that are donated by individuals, businesses and private foundations in our community,” explained Executive Director Charley Strickland. “With a recommendation from the Grants Review committee, the Board of Trustees voted to award grants of \$5,000 or less to those departments seeking to make an impact on patient care, staff satisfaction and collaborative endeavors.”

## Winning Departments

- + Education Development and Training
- + Emergency Department
- + Environmental Services
- + Food Services
- + Grounds
- + Home Health
- + ICU / CCU
- + Infection Prevention / Employee Health
- + Infusion
- + Inpatient Physical Therapy
- + Laboratory
- + Lactation Education
- + Medical Staff
- + New Family Center
- + NICU
- + Outpatient Pavilion
- + Outpatient Physical Therapy, Pediatric
- + Outpatient Occupational Therapy
- + Outpatient Physical Therapy
- + Parenting Center
- + Pediatrics
- + PICC / Midline Department
- + Project Management
- + Pulmonary and Cardiac Rehabilitation
- + Respiratory
- + Respiratory and Pulmonary – Tobacco Treatment Program
- + Security
- + Sleep Disorders Center
- + Wound Care and Hyperbaric Medicine



## St. Tammany Hospital Foundation

# Raises the Roof

*Wins Charity Competition to Benefit Pediatrics on the Northshore*

St. Tammany Hospital Foundation received \$82,500 for pediatric advancement as the top seller of raffle tickets for the 2013 St. Tammany Home Builders Association’s “Raising the Roof for Charity” Raffle House fundraiser. The association raised a record-setting total of nearly \$260,000 for four local charities through this year’s event.

St. Tammany Parish Hospital employees, volunteers and foundation board members together sold 892 raffle tickets, which was 335 more than the next-highest charity partner. More than 200 STPH employees purchased \$100 raffle tickets for the drawing. Foundation board member Rock Kendrick was the top seller on the hospital foundation’s board of trustees, and the STPH Gift Shop was the top outlet on the Northshore for retail ticket sales.

Tara Hunter of Slidell was the winner of the 2013 Raffle House in the Maison Du Lac subdivision in Covington.

This was the hospital foundation’s first time as a charity partner in the St. Tammany Home Builders Association’s longstanding community fundraiser.

Ticket sales for 2013 totaled 6,309 compared to 5,183 in 2012, translating into an additional \$112,000 raised, noted Lori Murphy, chairman of the STH Foundation Board of Trustees and publisher of Inside Northside Magazine.

“We really enjoyed collaborating and competing with the other community charities in an event that benefits everyone in the community,” Murphy said.

“It was a wonderful partnership that supports the hospital and other groups that touch every life in our community,” Murphy said. “We’re hoping this will be the beginning of a longstanding partnership where everybody wins.”

Information on the HBA Raffle House is available at [www.raisingtheroof.net](http://www.raisingtheroof.net).

## The Patient as Consumer New Resources for Health Care Shopping

Online resources are giving patients the opportunity to select a hospital in much the same way that consumers shop for cars: By researching their options to make an informed choice about the best fit for their needs.

Much of the data on hospital quality is free and readily available for such comparison-shopping, as hospitals across the U.S. must publicly report data on core patient outcomes, including hospitalizations for heart attack, pneumonia and heart failure.

The Medicare-run website [medicare.gov/hospitalcompare](http://medicare.gov/hospitalcompare) assembles that data in a user-friendly format. The site also permits consumers to do a customized search that shows how often St. Tammany Parish Hospital and other Medicare-certified hospitals across the country meet national standards of care in the treatment of heart attack, pneumonia and other conditions.

Prospective patients also can use the website to view results of the Hospital Consumer Assessment of Healthcare Providers and Systems Survey, or HCAHPS. The standardized, 27-question survey measures patient perceptions on everything from the communication skills of doctors and nurses during their hospital stay to how responsive the staff is to patient needs, including pain management. Again, the survey allows users to make such comparisons across hospitals locally, regionally and nationally.

Improved public access to such data is good for patients, said Sharon Toups, STPH chief operating officer. But it also provides new opportunities for STPH to monitor its own performance as it looks for ways to continuously improve patient care and safety, said Toups. For instance, STPH voluntarily uses national benchmarks published by the Leapfrog Group to shape its safety initiatives. STPH will replace patient monitoring systems in all patient rooms over the next three years in accordance with the voluntary best practices published by Leapfrog, Toups noted.

But the work of looking for ways to further improve safety and care never ends, she said. “No matter how strong your scores are for any measure, you need to strive to improve,” said Toups. “It’s all about continuous improvement.”

## SUPERIOR TECHNOLOGY FOR DIAGNOSTICS

New diagnostics equipment at St. Tammany Parish Hospital gives its physicians unparalleled image quality to help them interpret scan results while reducing the time needed for critical procedures.

The hospital's new technology includes a 128-slice, 3-D scanner that will play a special role in the care of pediatric emergency patients when STPH's emergency-department expansion is complete.

That's because the much faster equipment will be especially beneficial to frightened, squirmy youngsters in need of scans that require them to be still, explained Bryan Burleson, outpatient radiology supervisor at STPH. The equipment captures 128 images of the target area with each spin of the scanner tube, he said.

*"Kids are scared and they move around, so the dramatically faster image time will help them tremendously," Burleson explained. "There will be a huge reduction in the amount of time of the scan."*

Added Sharon Toups, STPH's chief operating officer: "This equipment supports the entire hospital, but also our emergency room of the future, which will have dedicated space for pediatric patients."

The new equipment will allow STPH to do additional imaging procedures, including complex brain-perfusion studies in cases of possible stroke. It includes dose-reducing features that minimize radiation without sacrificing image quality.

New Internet-based software enhances STPH radiologists' ability to interpret detailed scan results, including from a remote location, Burleson said.

As with all STPH diagnostics sites, the hospital's imaging technologists are certified by the American Registry of Radiologic Technology (ARRT).

Its outpatient diagnostic locations at the Mandeville Diagnostic Center, Women's Pavilion and Paul D. Cordes Outpatient Pavilion likewise offer leading equipment that uses the lowest dose of radiation and the highest quality patient images.



## Finding the Right Physician

Researching and selecting a physician can be frustrating for Northshore residents, unsure where to find the best care. Some 400 physicians practice at St. Tammany Parish Hospital, and understanding their specialties, reputations and strengths can take some research.

"It's important to be an informed consumer," CEO Patti Elish says. "As patients, we need to understand our own health needs, what resources we have, such as health plans or benefits. With that, we can then choose a physician who can help steer our overall care."

The Internet has made finding and researching physicians easier, but a simple Google search can net thousands of links.

"When you don't have a specific physician's name to enter," Elish says, "the results can be as confusing as the old paper phone book."

As an example, entering a search for a specialist, even if you limit the search to a town such as Covington, La., can produce tens of thousands of results in less than a second. The online resources vary in helpfulness too. From the online version of the phone book (yellowpages.com) to highly specialized physician rating databases such as HealthGrades (healthgrades.com), patients can research their options and make informed decisions about who provides their care.

Add to these resources the single most trusted resource for finding a physician—word-of-mouth from a trusted friend, loved one or acquaintance—and the search can be much more fruitful.

Visit [stph.org](http://stph.org) or [healthgrades.com](http://healthgrades.com) to find your St. Tammany Parish Hospital physician today.



## Hands-on Learning for New Dads: Boot Camp Builds Confidence for Dads-To-Be

Shane Hodgson, active PTA parent and father of two, said he suspects dads-to-be share many of the same worries as first-time expectant moms. But there is a big difference in how they cope with those concerns, said the father of a 13-year-old girl and an 11-year-old boy. "Women talk about what they are worried about, but most men don't," the Madisonville IT professional said.

The Parenting Center at St. Tammany Parish Hospital offers expectant dads the opportunity to gain confidence and skills in an all-male setting as they anticipate the milestone event of a baby's arrival.

The center's Boot Camp for New Dads is a three-hour class that recognizes the different learning styles of many men and women, including special concerns men may have as they await the birth of a child.

The boot camp setting is informal and conversational. Facilitators raise key topics of discussion, including safety, car seats, coping with a crying infant, postpartum depression and shaken baby syndrome.

But other new dads shape much of the conversation. Veteran dads who have completed the class previously are invited to return to later sessions with their infants in tow to share what they learned in their first weeks of fatherhood. Much of the learning takes place when the veterans and rookie dads-to-be break into small groups where rookies are encouraged to ask questions.

"Having the chance to ask questions of somebody who has been in your same situation eases your mind at a time that can be stressful and uncertain," said Eric Suhre, father of a 20-month-old boy and advertising creative professional.

Common questions include what to pack in a diaper bag and how to handle sleepless nights after the baby comes home from the hospital, said Paxton Fellers, a banker in Covington and father of a toddler son.

But rookie dads also get the chance to hold an infant and sometimes change a diaper—sometimes for the first time.

Fellers said, "I was anxious and nervous about the idea of holding such a delicate life in my arms, but the moment I did, all the fear melted away."

He did not have the chance to complete the class before his son's birth, but decided to undergo training as a facilitator after realizing how helpful it would have been to him. "Just having a chance for the rookies to have conversations like this and ask whatever they want to is an opportunity every dad should have," he said.

*"Having the chance to ask questions of somebody who has been in your same situation eases your mind at a time that can be stressful and uncertain."*

*-Eric Suhre, Boot Camp Coach*

Simply watching the veteran dads care for their infants presents another critical opportunity for learning. "I absolutely felt more confident after completing the class," Suhre said. "You get a chance to watch the dads interact with the babies."

That view is backed by research that shows that fathers-to-be who complete the camp feel the experience helps them bond more quickly with their infants. The class is based on a national curriculum endorsed by numerous parenting groups, including Prevent Child Abuse America and Postpartum International.

Mele Printing representative Jason St. Cyr decided to become a boot-camp facilitator to help other Northshore dads-to-be enjoy the important role they will play in their child's life. He said he has enjoyed watching rookie dads begin camp sessions with folded arms and worried expressions, then steadily relax as they watch veteran dads care for their infants. "Witnessing that communication between veterans and rookies is amazing," St. Cyr, father of 2- and 4-year-old boys, said.

The STPH Parenting Center offers the Saturday-morning classes every other month for a \$10 fee. The next camp will be held at the STPH Conference Center Nov. 16. More information is available by calling the STPH Parenting Center at 985-898-4435.

# STPH Calendar Highlights

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

## OCTOBER

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		

## NOVEMBER

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	30

## DECEMBER

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

### New Family Center Open House 1st and 3rd Saturdays, monthly, 10 am to noon

STPH, New Family Center (third floor)

Come tour the New Family Center and meet the staff. Guests will visit a labor, delivery, recovery and postpartum care suite and the neonatal intensive care unit. Tours are free and open to the public.

### Cancer Connection Support Group Second Wednesday of the month

Mary Bird Perkins Cancer Center  
at St. Tammany Parish Hospital

This support group focuses on sharing experience and quality of life needs following a cancer diagnosis. Individuals, family members and friends challenged by a cancer diagnosis are invited to attend. 985-276-6832

### Storyteach

#### October 23, November 6, December 4, 10 to 10:30 am

STPH Parenting Center

Interactive stories are a great way to teach your children (pre-k to age 8) about themselves, their feelings, values and social skills. 985-898-4435

### Free Child Safety Seat Inspections 2nd Thursday of the month, 9 am to 11 am

STPH Parenting Center

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital is hosting a free skin cancer screening. During the screening, a visual skin exam will be performed by a doctor. 888-616-4687

### Crazy Hair Day

#### Wednesday, October 30, 10:30 to 11 am

STPH Parenting Center

Wear a crazy wig or style your own silly hairdo and join us at The Parenting Center for a Crazy Hair Day story. 985-898-4435

### Ballet

#### Tuesdays, October 1, 8 and 29 and November 5, 12 and 19, 11:15 a.m. to noon

STPH Parenting Center

Young ballerinas ages 2 and up will dance their way through this three-week series. 985-898-4435

### Tai Chi: Healing In Motion

#### Weekly on Thursdays, 9 to 10 a.m.

Paul D. Cordes Outpatient Pavilion

For those focused on those with a cancer diagnosis and their caregivers, people interested in health and wellness and health care professionals, Tai Chi is meditation in motion based on martial arts movements. 985-898-4581

### Safe Sitter - Baby Sitter Training Monday, November 25 and Tuesday, November 26, 9 a.m. to 4 p.m.

STPH Parenting Center

This two-day program for students ages 11 years and up offers CPR, injury management, safety for the sitter, baby-sitting as a business, child care basics and more. 985-898-4435

### Free Breast Cancer Screening Saturday, December 7

Covington

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital is hosting a free breast cancer screening. Free clinical breast exams will be provided by a physician or nurse practitioner for women 18 and older. Screening mammograms are available for women 40 and older who have not had a mammogram in the past 12 months. 1-888-616-4687

### A Cajun Christmas Breakfast

#### Saturday, December 7, 11 am to noon

STPH Conference Center

Join the Parenting Center family for donuts and chocolate milk, a visit with Santa and Mrs. Claus and a Christmas craft. Have the little ones bring their wish lists to mail in Santa's special mail box. Bring your camera for a picture of your child with Santa. 985-898-4435

### Angels of Light Celebration

#### Thursday, December 12, 5:30 p.m. to 6:30 p.m.

STPH Front Lobby

Holiday lights, live music and a tribute to family and friends, including dedication of the Hospice Tree for Life to the loving memory of Margaret Menetre McLachlan by her family. 985-898-4171

### Creative Kids In The Kitchen

#### Wednesday, December 18, 11 am to noon

STPH Conference Center

Gather to make holiday Christmas treats that family and friends will enjoy. 985-898-4435

## MONSTER MASH

Saturday, October 19  
10 a.m. to 3 p.m.



The St. Tammany Parish Hospital Parenting Center will host its 25th annual Monster Mash presented by Capital One Bank, Oct. 19, 10 a.m. to 3 p.m., in Covington's Bogue Falaya Park. The festival is the Parenting Center's annual fundraiser, and 100 percent of the center's services are provided to the community at little to no cost.

The fundraiser will feature festival favorites like Trick-or-Treat Village, cookie decorating, games midway, prizes scavenger hunt, live music, interactive entertainment, Shopping Village, silent auction and delicious food by local vendors. New silver anniversary activities include a craft booth by The Home Depot, haunted house, Zorb Roller, flash mobs and more surprises.

Tickets include admission, games and activities. Advance purchase is \$15 per child and \$5 per adult; gate purchase is \$20 per child and \$10 per adult. Tickets are on sale now and may be purchased at St. Tammany Parish Hospital's Guild Gift Shoppe and Parenting Center or Northshore Capital One Bank locations. For more information call 985-898-4435 or visit [stph.org/monstermash](http://stph.org/monstermash).