



*Heart  
to  
Heart*

*St. Tammany*  
PARISH HOSPITAL

---

# The Risk of Rushing

National Best Practice *is to Wait 39 Weeks*

---



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

**BOARD OF COMMISSIONERS**

John A. Evans  
*Chairman*  
James L. Core  
*Vice Chairman*  
Thomas D. Davis  
*Secretary/Treasurer*  
Greg Lemons  
Sue Osbon PhD  
Vesey J. Richardson  
John P. Romano  
Katherine Williams MD

**EXECUTIVE TEAM**  
Patti Elish FACHE

*President/Chief Executive Officer*  
Sharon Toups FACHE  
*Sr. Vice President/Chief Operating Officer*  
Kerry Milton BSN RN MSHA  
*Sr. Vice President/Chief Nursing Officer*  
Robert Capitelli MD  
*Sr. Vice President/Chief Medical Officer*  
Tim Lessing MBA  
*Sr. Vice President/Chief Financial Officer*  
Judy Gracia RN  
*Vice President/Human Resources*  
Margaret Collett RN JD  
*Vice President of Legal Affairs*  
Chief Corporate Compliance Officer



St. Tammany Parish Hospital  
Communication Department  
commdept@stph.org

RICK OLIVIER PHOTOGRAPHY  
THINKA DESIGN & BRANDING

# Understanding Allergies

By Arlette Delcham MD, *St. Tammany Physicians Network*

Allergies occur when one's immune system is hypersensitive and reacts to a foreign substance that is generally not harmful to the human body. The immune system makes antibodies against a particular substance called an allergen. This overreaction triggers the release of inflammatory cells and chemicals which are responsible for the disabling symptoms we experience.

The severity of allergies varies from person to person and can range from minor irritation to anaphylaxis, a life threatening emergency. Depending on the particular allergy, symptoms can involve the airways, sinuses, nasal passage, skin and digestive system.



**Allergy Symptoms include:**

- > Congestion, itchy/runny nose, itchy/watery/swollen eyes
- > Itchy, scaly/dry skin, Hives
- > Tingling mouth, swelling of lips/tongue/face/throat, nausea/vomiting, and cramps
- > Cough, chest tightness, shortness of breath, wheezing
- > Localized or generalized swelling leading to anaphylactic shock and death from cardiopulmonary arrest.

**Certain products are known allergens**

- > Airborne allergens and pollen, animal dander, dust mites, mold, cigarette smoke, perfume/lotion
- > Certain foods and peanuts, tree nuts, wheat, soy, seafood, eggs, milk
- > Insect stings, bee stings, wasp stings
- > Medications, Penicillin, sulfa drugs
- > Latex and other substances that can be touched

Allergic reactions can occur immediately or weeks to months after exposure to a particular allergen. The reaction may occur with first or subsequent exposures. It is well known that some patients taking ACE inhibitors for blood pressure develop severe swelling of the tongue, lips or throat many years after starting the medication. That's why it is important for everyone to know about symptoms of an allergic reaction. Even though most people with allergies suffered from asthma, eczema or hay fever in childhood, certain individuals develop allergies as adults.

Even though allergies cannot be cured, they can be controlled. Eliminate as many allergens as possible from your environment. Keep your home free of clutter, dust, carpets, rugs, drapes or curtains. Use plastic covers for box springs, mattresses and pillows. Wash pillow cases and sheets as often as possible. Use plastic or wood chairs as opposed to stuffed furniture. Vacuum and mop all rooms at least weekly. While cleaning, use a filtered face mask to prevent inhalation. Keep doors and windows closed during the high pollen seasons of spring and fall. Remove all pets from the house except for the fish tank. Use an air purifying unit in the heating and air conditioner systems (HEPA Filters). Avoid mowing lawns if possible.

If all fails, medication can be used.

**Antihistamines**

Claritin, Zyrtec, Allegra – Naphern/eye drops – Patanase, astelin nose sprays

**Anti-inflammatories corticosteroids**

ex: Prednisone, Celestone injections, Flonase nasal spray

**Decongestants**

pseudoephedrine, phenylephrine

**Desensitization injections**

are given year round for known allergens

**Epinephrine** is used as a pen for injection under the skin or intravenously for the most severe reactions.

If you have allergies and are considering medical treatment, you should contact a physician to make sure the treatment is safe or appropriate for your conditions and to learn potential side effects of medications.

To discuss your allergies with Dr. Delcham or her associates in the St. Tammany Physicians Network, call 985-773-1600 in Madisonville, 985-871-5900 in Covington or 985-626-1717 in Mandeville.



Visit Drs. Delcham and Miles in the new Madisonville location!

## Ella Chance Remembers the Foundation in her Will

*"I want my charitable bequests to be used to help a multitude of people not just a few. My sister, husband and mother received such compassionate care at St. Tammany."*

—Ella Chance



To recognize the excellent care that her family received at St. Tammany Parish Hospital, Ella Chance named Hospice, Cardiac Rehabilitation and Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital recipients of a bequest in her will.

"I want my charitable bequests to be used to help a multitude of people not just a few," she explained. "My sister Hazel Smith and my husband Perry Chance as well as my mother Bessie Smith received such compassionate care at St. Tammany."

Born and raised in Lewisburg, Mrs. Chance is a graduate of Mandeville High School and Nicholls State University in Thibodaux. A lifelong educator in St. Tammany Parish, she taught third grade for 30 years in Mandeville and Madisonville.

"With a will, you can support charitable causes that have special meaning to you in your lifetime," said Charley Strickland, foundation executive director. "Mrs. Chance's bequest through St. Tammany Hospital Foundation represents an unparalleled opportunity for the foundation to foster the growth and excellence of our hospital. She is making a direct impact on the future of healthcare in our community."

A bequest is an easy way for an individual to transfer ownership of specific assets, and a will is the document through which to accomplish the transfer. Mrs. Chance credits her investment advisor Paul R. Morris and attorney Julia M. Pearce with guiding her, drawing up the will and incorporating the appropriate language to accomplish her wishes.

Bequests are a type of planned gift. They are gifts made now that will be realized in the future by the charitable beneficiary. All planned gift donors to the foundation are recognized as members of the Legacy of Caring Society.

For more information on how you can become a member of the Legacy of Caring Society at St. Tammany Hospital Foundation, call Charley Strickland at 985-898-4141 or email cstrickland@stph.org.



ST. TAMMANY HOSPITAL  
FOUNDATION

1202 South Tyler Street  
Covington, LA 70433

Telephone (985) 898-4174  
Fax (985) 871-5744  
Email: foundation@stph.org  
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.

**BOARD OF TRUSTEES**

Lori G. Murphy  
*Chairman*  
Laurie M. McCants  
*Vice Chairman*  
Richard F. Knight  
*Secretary - Treasurer*  
Scott Ballard  
Robert J. Barousse, Jr.  
David A. Briggs, Jr.  
Annette Dowdle  
John W. Greene  
L. Stephen Holzhalb  
Richard P. Kelley  
Kenneth E. Latham  
F. Pierre Livaudais  
Blanche E. McCloskey  
Leverie Montgomery, Jr.  
Ashton Noel  
Julia M. Pearce  
Greg Pellegrini  
Larry M. Rase, Sr.  
Jennifer S. Rice  
John "Pizzie" Romano  
Allyson M. Sanderson  
Ellen "Deedee" Suthon  
Harry A. Warner  
Diane Winston

**ADVISORY BOARD**

Adrian B. Cairns, Jr., MD  
*Chairman Emeritus*  
Anne J. Bailey  
Sam Camp  
Robert H. Crosby III  
Johnny Green  
Rick Kessenich  
A.J. Kreller, DDS  
Gene W. Lafitte  
Joanna R. Miller, MD  
Henry J. Miltenberger, Jr.  
Clinton J. Romig, Sr.  
H. W. "Wally" Rosenblum  
James R. Willis, MD

Charles Ann Strickland  
EXECUTIVE DIRECTOR



## So, what's THE POINT?

**Make Something Happen.** That's "The Point" of the St. Tammany Hospital Foundation Business Leader's Council's newest initiative.

The Point seeks local businesses to annually fund programs, equipment or opportunities that would greatly benefit the community's healthcare needs but fall outside the St. Tammany Parish Hospital capital budget.

"Joining The Point makes you a member of an elite giving club of exceptional businesspeople in our community who desire to go above and beyond in their support of quality healthcare close to home," said Larry Rase, Business Leaders Council chairman.

Members enjoy exclusive benefits and can choose among Investor (\$1,000), Visionary (\$1,500) and Cornerstone (\$2,500) giving levels.

"St. Tammany Parish Hospital is at the cutting edge of healthcare and a shining gem in our community," Eric Dunavant, owner of Dunavant Wealth Management, the first business to join The Point at the Investor level, said. "My wife and I have experienced the benefits of their work both personally and professionally, and I know of no better way to show our support than to make this commitment."

For more information on how you can Make Something Happen by joining The Point, visit [stph.org/blc](http://stph.org/blc) or contact Nicole Suhre at 985-898-4171.

## St. Tammany Hospital Foundation Gets Lucky!

"This first-ever event certainly proved to be lucky, raising nearly \$53,000 for pediatric advancement at the hospital."



In April the STH Foundation hosted the Get Lucky! Golf Tournament presented by Canteen Vending Services.

Taking place on Lucky Friday the 13th at Tchefuncta Country Club, "this first-ever event certainly proved to be lucky," said Nicole Suhre, foundation specialist, "raising nearly \$53,000 for pediatric advancement at the hospital."



Golfers enjoyed beautiful weather, food and beverages from local vendors and chances to win amazing prizes including one of two new vehicles from Honda of Covington and VIP passes to Jazz Fest.



"It means we provide the most efficient, best care to patients experiencing chest pain."

—Teresa Krutzfeldt,  
STPH director of critical care nursing



## A PROVEN TRACK RECORD in Heart Health

*Accreditation Reflects Best Cardiac Care Practices*

St. Tammany Parish Hospital this spring received full accreditation from the Society of Chest Pain Centers in recognition of the quality of its spectrum of cardiac care.

STPH is one of a handful of Louisiana hospitals that does a large enough volume of angioplasties (percutaneous coronary intervention PCI) to qualify for the society's additional recognition for expertise in use of balloon angioplasty to rapidly clear the coronary arteries of patients experiencing a heart attack.

"It means we provide the most efficient and best care to patients experiencing chest pain," says Teresa Krutzfeldt, STPH director of critical care nursing. "It means we meet guidelines for excellence and that we have a big volume of cardiac patients."

The accreditation process encompassed reviewing the full array of STPH cardiac care, from the quality of surgical facilities and investment in technology to its relationship with the region's best cardiologists. Other factors assessed by the society included the quality of STPH outpatient services to keep heart patients healthy, including its Coumadin clinic and nationally certified cardiac-rehabilitation program.

"It takes into account all aspects of our cardiac care," says Shannon Holley, STPH cath lab supervisor, where angioplasties are performed.

The accreditation also reflects STPH's ability to respond to cardiac emergencies, whether they occur in the community or on an inpatient unit of the hospital.

Its preparation to meet rigorous accreditation standards included installation of a new communication system between STPH doctors and nurses and local emergency responders to ensure optimal speed and effectiveness of life-saving angioplasties.

Technology deployed in the STPH emergency department since 2011 allows emergency crews to send results of an EKG done in the field to emergency department staff. If the EKG shows the patient is having a heart attack, the STPH team readies the hospital's cath lab and notifies the on-call cardiologist and the angioplasty team that the patient is en route to the hospital.

The new procedures are in place 24/7 because angioplasty's effectiveness depends upon speed. Under society guidelines, the goal is to inflate the tiny balloon that clears the patient's artery during the procedure within 90 minutes of his or her arrival at the hospital. STPH's average time from "door to dilation" is 53 minutes so far in 2012.

### SIGNS OF A HEART ATTACK

- ! Pain or tightness in chest
- ! Pain in the arms, shoulders, neck, back or jaw
- ! Indigestion, nausea and/or vomiting
- ! Abdominal pain
- ! Shortness of breath
- ! Sweating, weakness or fainting

"Everybody works together in a seamless fashion," says Kerry Milton, STPH chief nursing officer.

"We are ready whenever or wherever a cardiac emergency occurs, and the society's accreditation is simply the seal of approval that we personify this national best practice."



# The Risk of Rushing

National Best Practice is to Wait 39 Weeks

Livington obstetrician-gynecologist Rachael Cresap MD doesn't push hard to change the mind of patients who ask about inducing delivery before the 39th week of pregnancy. She doesn't have to. Her patients' interest fizzles when Dr. Cresap explains the risks to the baby of inducing labor before the 39th week. Those risks include a higher rate of admissions to the neonatal intensive care unit, increased need for ventilator support, a higher rate of respiratory distress and greater likelihood of newborn feeding problems.

"As soon as I tell them about the risks to the baby they want to wait," Dr. Cresap says. "I don't have to work hard to convince them to change their minds."

Kerry Milton RN MHA, chief nursing officer at St. Tammany Parish Hospital, adds, "More women are recognizing that it's just safer for baby to come on his own."

A growing body of medical research shows that the best birth outcomes occur when babies are born after 39 to 40 weeks in the womb. The American Congress of Obstetricians and Gynecologists since 1979 has advised against inductions before 39 weeks unless there is a medical condition impacting the mother or baby. Nevertheless, over time a growing number of patients and physicians began opting to induce for convenience or other non-medical considerations, believing that there was no harm in delivering the baby at 36, 37 or 38 weeks gestation.

**"As soon as I tell them about the risks to the baby they want to wait," Dr. Cresap says.**

But a 2009 *New England Journal of Medicine* study injected new urgency into the issue, associating elective C-section at 37-to-39-weeks gestational age with higher risk of respiratory distress, hypoglycemia, hyperbilirubinemia, sepsis, feeding problems and longer hospital stays for the infant.

St. Tammany Parish Hospital is taking a number of steps to reduce elective inductions before 39 weeks, explains Diana Brovold RN MSN, director of maternal child services. Much of the effort at STPH focuses on making sure moms know the real risks involved. For instance, the hospital's birthing-education classes for expectant parents include a section on dangers of induction before 39 weeks.



"The goal is improving birth outcomes through education," says Becky Patton RN, head of labor and delivery. "It was once considered okay to induce at 36 or 37 weeks, so now we're going back to the table to let people know that it's not."

STPH policies are likewise designed to ensure that physician decisions reflect national best practices. When physicians' offices call to schedule an induction, STPH staff checks each patient record to ensure that she will have completed the 39th week by the requested date. Where indicated, the staff calls the physician's office to inquire about medical necessity.

STPH is participating in both statewide and national initiatives to reduce early elective inductions. Indeed, Louisiana in 2011 became the first state to target elective deliveries before 39 weeks. STPH and statewide efforts are in step with a nationwide push by high-profile healthcare institutions from the Institute of Healthcare Improvement and March of Dimes to private health insurers, all of whom are launching awareness campaigns or deploying policies to limit such births.

Dr. Cresap says patients most likely to ask about early induction are those coping with common discomforts associated with the last weeks of pregnancy—back pain and on-again, off-again contractions, for instance. Other moms-to-be are keen on timing the birth to better suit a spouse's travel or work schedule—or simply eager to meet the newest member of their family as soon as they can.

"A lot of patients assume there is not a lot of difference when the baby is delivered after 37 weeks, so they are surprised to learn how important it is to wait," Dr. Cresap says.

It's a message that is being heard by more Northshore moms.

"We're seeing fewer requests," says Patton. "There are more women who understand the risks, and how important it is to wait."



# The BEST of the BEST in Local Healthcare

## STPH AND CARE PROVIDERS ARE FAVORITES AMONG LOCAL READERS

Primary care physician Jennifer Miles MD likes the diversity of her pediatrics and internal medicine practice.

“I see patients from newborns to 100-plus years old,” says Dr. Miles, who is relocating to St. Tammany Physicians Network’s new Madisonville location this month after 13 years at its Mandeville office.

Dr. Miles and three other members of the St. Tammany Parish Hospital medical team—along with STPH itself—were recently highlighted in regional publications for excellence in medical care.

Readers of *Sophisticated Woman* magazine named Dr. Miles the region’s Best Physician in The Northshore’s Best list, and for seven years running, STPH as Best Hospital. *New Orleans CityBusiness* also recognized STPH care providers in their listing of 50 Healthcare Heroes.

Pediatrics nurse practitioner Melinda Cox NP says she was humbled by her recognition in

the nursing category—and has no idea who might have nominated her. Cox, who works on STPH’s pediatrics unit, has been with the hospital for 20 years.

Internal medicine physician Ralph Millet MD was likewise pleasantly surprised. Dr. Millet and radiologist Daniel Rupley MD, medical director of the STPH Women’s Pavilion, were recognized in the Healthcare Heroes physician category.

Dr. Millet has worked for St. Tammany Physicians Network since 1994. Like Dr. Miles, he says he enjoys the challenge of caring for a diverse patient population. Dr. Rupley, who has been with STPH since 2006, was similarly gratified by the recognition.

“You want patients to feel that they are getting good medical care and also that they are personally cared for, so it’s nice to know that a patient felt I’d done both of those things to a level that deserved anonymous recognition,” says Rupley.



“You want patients to feel that they are getting good medical care and also that they are personally cared for, so it’s nice to know that a patient felt I’d done both of those things to a level that deserved anonymous recognition,” says Rupley.

## Catching Cancer EARLY

### STPH Provides Free Screenings for Common Cancers

Routine cancer screenings boost the likelihood of detecting disease in its earliest, most treatable stage.

“Cancers that are caught early are much more treatable,” says Chryl Corizzo, director of Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital.

Throughout the year, STPH offers free screening opportunities in Northshore communities for five common cancers: breast cancer, prostate cancer, colorectal cancer, skin cancer and oral cancer.

Upcoming community cancer screenings in 2012 are:

#### **Breast Cancer:**

July 24, Franklinton  
July 27 Covington  
August 29, Covington  
October 16, Washington Parish  
October 29, Covington  
November 29, Mandeville

#### **Prostate Cancer:**

September 22, Covington

#### **Colorectal Cancer:**

September 22, Covington

#### **Skin Cancer:**

September 12, Franklinton

Appointments are required for most screenings. More information and appointments are available by calling 888-616-4687.



## Leading the Northshore in Cancer Care Cancer Center Offers Full Range of Treatment and Care

### One Place for Every Aspect of Cancer Care



- Radiation therapy
- Medical oncology
- Infusion services
- Surgery
- Patient navigation
- Palliative care
- Survivorship
- Nutrition support
- Patient education
- Early detection screenings
- Outreach and education
- Clinical research trials
- Social services
- Support groups

St. Tammany Parish Hospital’s partnership with Mary Bird Perkins Cancer Center hit two milestones in recent weeks.

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital celebrated launch of this comprehensive, integrated center that brings care to one location, and the center enrolled its first clinical trials patient for emerging cancer therapies, delivering on the promise of world-class cancer care close to home.

“We are doing advanced research in our community, including clinical trials, for the first time,” says Sharon Toups, STPH chief operating officer. “We are now truly one-stop for cancer excellence.”

Services provided in the state-of-the-art 20,000-square-foot center at 1203 S. Tyler St. include the full range of treatment modalities and critical patient support. A third-floor skybridge connects the center with the main hospital. STPH relocated its chemotherapy and related services into the first floor of the center this spring.

The partnership’s integrated approach is designed to enhance care and ease patient anxiety. It means patients can come to one place to meet with their physician and receive treatment in a facility designed to maximize comfort. The center’s new and expanded infusion suites, for instance, include open, spacious bays with window views and added privacy for patients who desire it.

The center’s array of support services is likewise designed to enhance well-being at every stage of diagnosis and treatment. Newly diagnosed patients are paired with a nurse to review their treatment plan. New patients also meet with a social worker and financial counselor to help them navigate the emotional and financial aspects of care.

The STPH Cancer Resource Center, palliative care and nutrition support are also integrated into the center. Other elements of care include the STPH wig shop, medical oncologists’ offices, a cancer library and a place for support groups to meet.

“Everything has been streamlined to enhance the patient’s experience, and there is ongoing patient navigation throughout treatment,” says Chryl Corizzo, director of Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. “Patients can now truly come to one place for national best practices for every aspect of care without traveling far from home.”

# WORLD-CLASS DONOR PASS

Especially recognized were donors whose cumulative giving resulted in a plaque on the Donor Wall of Honor or whose generous donations enabled donors to reach the next plateau of giving.



On Wednesday, May 23, the St. Tammany Hospital Foundation acknowledged 2011 donors of \$1,000 or more along with special friends of the foundation at an “around the world” recognition celebration at Tchefuncta Country Club in Covington. Especially recognized were donors whose cumulative giving resulted in a plaque on the Donor Wall of Honor or whose generous donations enabled donors to reach the next plateau of giving.

The evening’s program featured special recognition to Capital One Bank for achieving the Partner level on the donor wall, to Carolyn and David Briggs for reaching the Investor Level and a nod to local artists whose talent and generosity have given a successful start to the Healing Arts Initiative in the hospital. Randy Waesche, treasurer of the Mary Bird Perkins Cancer Center Board of Directors, shared his thoughts on the new and innovative partnership with St. Tammany Parish Hospital. “Called Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital, this partnership gathers together in one place on the Northshore, all vital services cancer patients and family members need.”

H2O Salon was awarded “The Adrian” spotlight award for their generous in-kind contributions to the Foundation since 2009, and all donors were applauded for supporting the foundation with over \$8 million in donation since inception. H2O’s role in the Heart, Night and Look of Fashion events has helped raise over \$505,000 in support of St. Tammany Parish Hospital. Salon owner Heather Mahoney and manager Phoebe Sheldon accepted the award which is named for Dr. Adrian Cairns, Foundation Chairman Emeritus.

## A Commitment to Keeping St. Tammany Healthy

STPH Wellness Opportunities Bring Good Health to You

St. Tammany Physicians Network’s July opening of its newest location in Madisonville is the latest example of St. Tammany Parish Hospital’s commitment to bring health and wellness opportunities to the neighborhoods where its patients live.

**That commitment is a core element of STPH’s mission for good reason: Better access to primary care and key health screenings makes for a healthier community.**

It’s a commitment that shapes STPH offerings as diverse as free health screenings to workplace wellness programs to this summer’s expansion of primary care services in fast-growing Madisonville.

“People are absolutely more likely to get the care they need if it is convenient and close to them,” says Dionne Williams, STPN practice manager. “Bringing care to people in the community is part of our mission.”

The new Madisonville office, focused on family medicine, pediatrics and internal medicine, augments existing primary care facilities in Covington, Mandeville and Franklinton with board-certified physicians to suit every need. In line with the mission, STPH primary and diagnostics locations offer same-day appointments to ensure patients quick access to care.

Outpatient diagnostics at the Paul D. Cordes Pavilion and Mandeville Diagnostic Center include laboratory services, MRI, 64-slice CT, X-ray, fluoroscopy, ultrasound, mammography, bone density, wound care and outpatient cardiology.

The STPH Women’s Pavilion in Covington provides the broad spectrum of women’s diagnostics in a soothing, spa-like setting enhanced by the hospital’s Healing Arts initiative.

Free health screenings and community health fairs are additional ways STPH promotes good health on the Northshore. The annual fall health fair—this year on Saturday, September 22—includes free screenings for stroke, vascular health and other conditions.

Through Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital, STPH provides free screenings in the service area to promote early detection of breast cancer, prostate cancer, colorectal cancer and skin cancer.

Additionally, STPH supports employers’ efforts to keep their workforce healthy. STPH WellnessWorks is an occupational health and wellness program that is free to employers. The program allows Northshore businesses to offer onsite blood tests, flu shots, health screenings and wellness classes on topics such as stress management, back safety, ergonomics and nutrition, as benefits to their employees.

“STPH WellnessWorks is a tangible benefit employers can offer their employees to help them choose good health for a lifetime,” says Erin Strain, corporate health consultant with STPH WellnessWorks.

Added Melonie Lagalante, director of outpatient diagnostics, “We’re meeting our mission by making sure patients, families and employers know they have exceptional quality care in their neighborhood, close to home.”

STPH Health Fair  
Offers Vital Screenings  
—for free

September 22, Cordes Pavilion, Covington

St. Tammany Parish Hospital will hold its third Fall Health Fair on September 22 at the Paul D. Cordes Outpatient Pavilion. This free community event will offer diagnostic screenings and information on STPH health and wellness opportunities.

Screenings include peripheral artery disease (PAD), chronic obstructive pulmonary disease (COPD) and body mass index (BMI) readings.

Other offerings during the 8 a.m. to 11:30 a.m. event include sleep apnea, flexibility, colorectal cancer and blood-pressure assessments.

Screenings will be offered on a first-come, first-served basis. Appointments are not necessary, and most screenings will provide immediate results. Screenings are free to attendees, regardless of health-insurance status.

“This is an opportunity for Northshore residents to be proactive about their health,” says Melonie Lagalante, STPH outpatient diagnostics director. “We want the community to be healthier, and this is one way we can live our mission.”

“Many of the tests ordinarily cost hundreds of dollars. Providing free access to them at the fair is STPH delivering on the promise of world-class healthcare close to home.”

More information is available by calling 985-871-6080.

# 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.

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	31				
AUGUST						
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	31	
SEPTEMBER						
26	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						

## Bereavement Counseling

**Wednesdays; 10 am**

*STPH Hospice*

Counseling for those who have suffered loss.

Walk-ins are welcome. 985-871-5746

## New Family Center Tours

**1st & 3rd Saturdays, monthly;  
10 am to noon**

*STPH New Family Center*

Thirty-minute tours for prospective parents.

Preregister for your birth plan. 985-898-4536

## Alzheimer's Support Group

**Last Wednesday, monthly;  
noon to 1:30 pm**

*STPH Cordes Outpatient Pavilion*

Support for family and caregivers of individuals afflicted with dementia or Alzheimer's. 985-871-5746

## Free Child Safety Seat Inspections

**2nd Thursdays, monthly; 9 am to noon**

*STPH Parenting Center*

Inspections of child safety seats by appointment. 985-898-4435

## Breastfeeding Support Group

**July 5, Aug. 2 & Sep. 6; noon to 1 pm**

*STPH Parenting Center*

Support for new and expectant moms from a certified lactation consultant. 985-898-4435

## Using Lamaze Techniques

**July 7-August 18 & Sept. 8-Oct. 20;  
4 pm to 7 pm**

*STPH Conference Center*

Relaxation and pain control techniques practiced weekly over a series of 6 classes to assist in childbirth. 985-898-4083

## Community Memorial Service

**July 8; 2 pm to 3 pm**

*Faith Presbyterian Church, Covington*

Celebration of life honoring memories of loved ones hosted by STPH Home Health & Hospice. RSVP 985-871-5745

## Ballet

**July 9, 16 & 23; 10:30 am to 11:15 am**

*STPH Parenting Center*

Three-week series for young ballerinas ages 2-4 years. 985-898-4435

## 12-Lead EKG Course

**July 13; 8 am to 4:30 pm**

*STPH Conference Center*

One-day class for identification of AMI on a 12-lead EKG offering 7.5 CEUs. 985-898-4083

## Safe Sitter

**July 17-18; 9 am to 4 pm**

*STPH Conference Center*

Two-day program for students ages 11-13 interested in developing good babysitting skills. 985-898-4435

## Boot Camp for New Dads

**July 21 & Sept. 15; 9 am to noon**

*STPH Conference Center*

Class for new dads on taking care of mom and baby after delivery. 985-898-4083

## Potty Training

**July 25; 10 am to 11 am**

*STPH Parenting Center*

Session that spotlights this developmental milestone presented by Erin St. Pierre M.Ed. 985-898-4435

## First AID/CPR/AED

**August 1; 10 am to 3 pm**

*STPH Parenting Center*

Certified course for young people ages 12-17 years on lifesaving skills. 985-898-4435

## Basic EKG Course

**August 10 & 17; 8 am to 4:30 pm**

*STPH Conference Center*

Two-day class on heart rhythm interpretation. 985-898-4083

## Taming Your Test Anxiety

**August 21; 6 pm to 7:30 pm**

*STPH Parenting Center*

Workshop for parents and their children in 3rd-6th grade presented by Kim Walker M.Ed. 985-898-4435

## Recognizing Children In Crisis

**August 22; 6:30 pm to 7:00 pm**

*STPH Parenting Center*

Guidance for parents of adolescents on suicide prevention provided by Bruce Sossman. 985-898-4435

## 1, 2, 3, 4 Parents

**August 28, September 4 & 11;  
6 pm to 8 pm**

*STPH Parenting Center*

Three-part workshop for parents on raising children during the first 4 years. 985-898-4435

## Baby Care Basics

**Sept. 11 & 18; 7 pm to 9 pm**

*STPH Conference Center*

Series of 2 classes on taking care of your baby. 985-898-4083

## Homework: A Parent's Survival Guide

**September 12; 6 pm to 7 pm**

*STPH Parenting Center*

Workshop led by Melissa Rittler M.Ed., Managing Director of Education, Huntington Learning Center. 985-898-4435

## Free Fall Health Fair

**Sept. 22; 8 am to 11:30 am**

*STPH Cordes Outpatient Pavilion*

Complimentary health education and diagnostic screenings offered to the community. 985-871-6080

## Temper Tantrums

**September 19; 10 am to 11:30 am**

*STPH Parenting Center*

Information on handling tantrums presented by InGyu Jang LCSW of Early Childhood Support and Services. 985-898-4435