



St. Tammany
PARISH HOSPITAL

A Healthy Number

**STPH ENCOURAGES 5210
LET'S GO PROGRAM FOR
HEALTHIER FAMILIES**





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

Our Mission

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

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COUTURE for a Cause

The 2014 Heart and Night of Fashion events raised nearly \$200,000 to support pediatric advancement at St. Tammany Parish Hospital.

The April 10 fundraisers, presented by STPH, Saks Fifth Avenue and Inside Northside Magazine at Tchefuncta Country Club, included delicious elements such as grapefruit-and-basil cocktails, live auctions and lavish giveaways.

A high-energy runaway show by Saks highlighted spring fashions in the fifth year of this popular charity event.

Heart of Fashion was sponsored by David and Carolyn Briggs, while Night of Fashion was sponsored by Honda of Covington. The 2014 event chairs were Debra Ethridge and Elizabeth Stokes.

This year's event included a special "fishbowl" fund that raised \$6,673 to support a "Books & Bears" initiative in the pediatric unit at St. Tammany Parish Hospital. The program, featured on page 9, will allow the hospital to welcome pediatric patients with a stuffed bear and a book of their choosing to take with them when they return home.

The Heart and Night of Fashion events have raised nearly \$928,000 since their inception in 2009.



Expanding the Options

New Ultrasound Machine Allows for More Sensitive Imaging of Dense Breasts

The St. Tammany Parish Hospital Women's Pavilion now has leading technology that can provide a supplementary scan for cancer in women with dense breast tissue.

Automated whole-breast ultrasound does not replace the need for screening mammography, which is a highly effective cancer-screening tool, says Eva Lizer MD, STPH breast specialist. But painless, radiation-free whole-breast ultrasound can be used in tandem with screening mammography as an additional tool to find cancer in dense breast tissue, she says.

"We want to find cancers when they are small and presumably easier to treat," Dr. Lizer says.

Breast density is determined by the amount of white that appears on a mammogram, not by the look or feel of the breast. Dense breast tissue shows up white on a mammogram. Cancer also appears white, lowering the sensitivity of mammography in women with dense breasts, Dr. Lizer explained.

Cancer is easier to detect in women with fatty breasts because masses and other signs of breast cancer will appear white against dark, fatty tissue.

Dr. Lizer encourages women to ask their physician about whether whole-breast ultrasound is right for them.



"Your doctor can help you decide if it makes sense for you to consider," she says.

The examination of both breasts with whole-breast ultrasound takes 20 to 30 minutes and does not expose a woman to radiation.

The U.S. Food and Drug Administration has approved automated whole-breast ultrasound for breast examination in conjunction with screening mammography. However, because it is considered a supplementary exam, most insurers do not cover its cost.

For more information or to schedule an appointment, call the Women's Pavilion at 985-773-1500.

What's Good About Anger?

Anger is a positive emotion, despite being a frequent disrupter of relationships at work and at home. Explosive outbursts and suppressed hostility are common expressions of anger, and both are unhealthy sources of stress.

That's why the St. Tammany Parish Hospital Parenting Center is offering a 12-week course designed to help adult participants manage their anger and use it as a springboard to improve communication with family members and others. The class is open to parents and non-parents alike.

The "What's Good About Anger?" course will explore anger triggers and help participants learn how to redirect their emotions, says Paula Jarrell, STPH Parenting Center Education Coordinator certified by The Anger Institute to teach the course.

Becoming aware of what triggers an angry response is key to managing it, Jarrell says. Your body tells you when you are

Harness Your Emotions

When: 6- 8 p.m. every Tuesday
from Aug. 26-Nov. 11.

Where: Abita Room at the STPH Conference Center, 2012 S. Tyler St. Cost: \$100 for Parenting Center members; \$150 for nonmembers.

becoming angry — clenched teeth and a racing heart are among the signs — so understanding those signs presents an opportunity to intervene and redirect that anger, she says.

Effective coping skills may include allowing a mental time-out to calm down or physically moving

away from the source of anger for a short period. Students in the upcoming class will practice calming techniques such as meditation and ways to express frustration in positive ways.

"Feeling angry isn't bad; it's how you respond to it that can be good or bad," Jarrell says.

The class will meet from 6-8 p.m. every Tuesday starting Aug. 26 in the Abita Room at the STPH Conference Center, 2012 S. Tyler St. The cost is \$100 for Parenting Center members and \$150 for nonmembers.

For more information or to register, contact Jarrell at 985-898-4435, 985-898-4609 or pjarrell@stph.org.



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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Onward & Upward

A new ambulance entrance followed by the opening of a temporary pedestrian entrance are among the milestones St. Tammany Parish Hospital expects to achieve this summer on the expansion of its Emergency Department and addition of the 3 North patient unit.

Completion of internal renovations and a shift in public parking for the Emergency Department to a lot across 11th Street from the hospital are other changes patients and visitors will see in the months ahead, says Support Services Project Manager Randy Willett.

The two-and-a-half year, \$21 million construction project that began in late 2013 will add 8,600 square feet to the Emergency Department. The work will create new, specialized areas for pediatric, mental health and geriatric emergency services and trauma care.

STPH continues to offer emergency patient care without disruption throughout the construction period and has seen patient satisfaction scores actually rise during the progress.

Driven by continuing rapid population growth on the Northshore, the hospital is also adding all-private rooms as part of a third-floor patient unit, 3 North.

A construction crane that hovered over the hospital campus throughout the spring will complete its role in installing steel beams for the 3 North unit. Work now shifts to enclosing 3 North, which is set for completion in 2015.

The new Emergency Department ambulance entrance is now open, Willett said, while the shift in public parking will coincide with the opening of the temporary walk-in entrance on the east side of the hospital this summer. Work on a permanent walk-in entrance for the Emergency Department will begin this fall.

The shift in parking is a change that will remain in place even after a new pedestrian entrance to the Emergency Department is completed in 2015, Willett says. Emergency Department patients and their families will still be able to use a patient drop-off site adjacent to the ED.

Driven by continuing rapid population growth on the Northshore, the hospital is also adding all-private rooms as part of a third-floor patient unit, 3 North. Altogether, the expansion will add 10 beds for emergency services and 21 new all-private rooms.

Partners for Life

STPH, The Blood Center Call on Each Other to Provide Lifesaving Services

St. Tammany Parish Hospital has been a saving grace for the Bennett family of Goodbee over the years.

On two occasions, traffic accidents sent Tyren Bennett, a former motorcycle officer for the St. Tammany Parish Sheriff's Office, to the STPH Emergency Department. Daughter Amelia, 13, and son, Marshall, 20, share a rare anemia that requires regular medical checkups. Marshall also receives outpatient physical therapy at STPH for an anemia-related brain hemorrhage he suffered at age 10.

But Marshall's need for blood products underscores the special role blood has played in the Bennett family's health. It also highlights the significance of STPH's deepening partnership with The Blood Center to ensure patients such as Marshall have access to life-sustaining blood and blood products when they need them.

Weekly blood platelet transfusions at The Blood Center in Covington sustained Marshall from age 6 to 10, when platelets produced by his bone marrow were dangerously low. Blood transfusions later aided his recovery after a bone-marrow transplant at the University of Minnesota. His sister, Amelia, also received a bone marrow transplant but did not need platelet transfusions.

STPH or one of its offsite locations, including Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital, transfused 7,258 units of blood and blood components in 2013. Before that, though, each unit was first processed by The Blood Center, which performs a series of tests to check its safety and may separate it in to three components: platelets, red cells and plasma.

Once the blood reaches STPH, the hospital laboratory runs additional tests to make sure it is a suitable match for the treatment of a specific patient.

The Blood Center's connections to regional and national blood centers also give STPH patients access to a large inventory of specialized blood products.



"If we don't have what a patient needs in our inventory, we will reach out to other blood centers to find it," says Amanda Chittenden, public relations manager for The Blood Center.

Over the past several years, STPH and The Blood Center in Mandeville have started to look for more ways to build their partnership as regional demand for blood has grown, says Sheri Burchard, department head of STPH's laboratory.

7,258

How many units of blood or blood components were transfused at St. Tammany Parish Hospital or one of its offsite locations, including Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital, in 2013.

Their efforts include:

- Increasing the number of STPH employees who participate in the biannual hospital-hosted blood drives;
- Encouraging local businesses, churches and community organizations with which STPH has an established relationship to host blood drives with The Blood Center; and
- Organizing blood drives for the friends and family members of STPH patients who have used large amounts of blood during their treatment at the hospital.

Ultimately, The Blood Center and STPH rely on the generosity of blood donors for their blood supply, Burchard says.

"There is no substitute for blood, and both organizations are looking for ways to ensure we have blood available for every patient when he or she needs it," she says.



A Family Affair

THREE GENERATIONS BENEFIT FROM SURGICAL EXCELLENCE AND ADVANCED TECHNOLOGY FOR SAME CONDITION

Gallbladder disease runs in both sides of 17-year-old Katelyn Capo's family. Her paternal grandmother underwent surgery to remove the small, pear-shaped organ 30 years ago. The teen's mother likewise had a cholecystectomy to remove her gallbladder a decade after that.

Katelyn received a similar diagnosis earlier this year before undergoing gallbladder surgery at St. Tammany Parish Hospital.

Her quick return to the softball field demonstrates how STPH's da Vinci Si surgical robot is making surgery faster, less painful and virtually scarless. It also highlights the role of Covington general and vascular surgeon Surendra Purohit MD in embracing technology to benefit Northshore patients.

Katelyn's grandmother's traditional open surgery three decades ago involved a single large incision, several nights in the hospital and six to eight weeks of recovery, recalls Katelyn's mother, Melynda Ard. The laparoscopic approach Dr. Purohit used 10 years later for Ard's surgery involved four small incisions and four weeks of recovery time.

Dr. Purohit reappeared in the family's life when he used STPH's latest-generation da Vinci robot for Katelyn's single-site gallbladder surgery, the first such use of the robot on the Northshore. The procedure required a tiny incision inside the navel that left no visible scar. Katelyn experienced little discomfort, and she returned to Franklinton High School within a few days. She was back to fielding softballs a week or two after that, her mother says.

"She missed very little time on the ball field," Ard says. "It's amazing to see her recovery time compared to earlier approaches."

Single-site surgery is one of the several capabilities made possible by the unmatched optics and additional precision of STPH's recently acquired da Vinci Si. Dr. Sunil Purohit MD — Dr. Surendra Purohit's son — recorded another recent Northshore first in using the new robot to remove a tumor using its "firefly" imaging for detailed visualization of vascular tissue.

After more than 30 years in practice, Dr. Purohit says he remains eager to learn new techniques that benefit patients and describes the da Vinci system as, "the future of surgery."

"IT'S AMAZING TO SEE HER RECOVERY TIME COMPARED TO EARLIER APPROACHES."

"One day it will be used for most surgeries because of the system's many advantages," he says.

Mary Krentel, STPH director of surgery, says use of the da Vinci reflects Dr. Surendra Purohit's dedication to continuously advancing his technique to benefit patients.

"He chooses it because it is good for the patient," Krentel says.

For Ard, the combination of the new da Vinci system and Dr. Purohit's expertise and gentle demeanor reassured her that Katelyn was getting the best possible care.

"I wanted the best for my child in every way, and that is what she got," Ard says.

Transforming for the Future

A Letter from our CEO, Patti Elish



The transformation of healthcare is here. Our imperative is to create a care delivery system that is patient centered while creating value to those we serve. Creating value in healthcare is our new paradigm. The value proposition, as I see it, is to provide the highest quality at an affordable price. I consider it a great opportunity for St. Tammany Parish Hospital to lead this transformation.

That's why we have shared our strategic initiatives over the past few

months to reassure you we are committed to deliver on our promise of world-class healthcare into the future.

Our announcement of the partnership with Ochsner Health System is intended to create a strategic alignment in order to expand and improve care on the Northshore. We selected this quality partner to bring value to our service district. Our mission remains committed to caring for the community and to do so without being merged, acquired or managed, and we believe that Ochsner represents our strongest opportunity to do that.

Uniting our strongly respected and well-loved brand with Ochsner's nationally recognized one will mean the largest, most comprehensive system in western St. Tammany Parish. Our plans will mean strategic benefits for both organizations, as well as for our physicians and, most importantly, you, our patients.

Equally important is the alignment with our area's most respected physicians. Introduction of the St. Tammany Quality Network and the addition of practices to our system are examples of your community hospital transforming to meet the needs of our community in the new healthcare reality.

The decades of experience the physicians of Covington Cardiovascular Care and Bone and Joint Clinic bring to St. Tammany Parish Hospital further strengthen the specialty care we provide right here on the Northshore.

Similarly, we continue to expand our outpatient services into the neighborhoods where patients live: outpatient diagnostics in Mandeville and Covington; specialty services for wound care, sleep disorders and women's breast health; and rehabilitation options throughout the district.

Even as technology moves more care to the outpatient setting, inpatient and emergency services inside the main hospital remain a central part of our mission. We're well into a nearly \$22 million project to add 21 private inpatient rooms plus 8,600 square feet of expanded emergency department. Pediatric and adult emergency capabilities plus trauma care are all improved in our new Emergency Department.

Even as the healthcare industry changes and we transform to thrive in the new healthcare reality, St. Tammany Parish Hospital remains focused on quality, safety and delivering on the value promise of world-class healthcare you know and deserve from us.

A Healthy Number

STPH ENCOURAGES 5210 LET'S GO PROGRAM FOR HEALTHIER FAMILIES



5

or more fruits and vegetables

-



2

hours or less of recreational screen time

-



1

hour or more of physical activity

-



0

sugary drinks

To encourage a healthier lifestyle among children and their parents, nearly 160 people turned out May 17 to take part in Storywalk, hosted by the St. Tammany Parish Hospital Parenting Center as part of the national 5210 Let's Go program.

Pages of "A Pony Rodeo," a book written by Parenting Center and STPH Community Wellness Center staff and illustrated by St. Scholastica Academy students, were transformed into signs laid out on the hospital's Employee Walking Trail.

Participants rode a stick pony throughout the path, stopping at each page for an activity related to the book, such as barrel racing and a balloon stampede. They also enjoyed healthy refreshments and interactive paint and sticker play with live ponies at the end of the trail.

It was all part of the 5210 Let's Go program, built on the concept of five or more fruits and vegetables; two hours or less of recreational screen time, such as TV and computer; one hour or more of physical activity; and zero sugary drinks. The 5210 idea is to get away from computer, phone and game, set down the sugar-laden drinks and trade them for active lifestyle, water and healthy food options.

"The 5210 program makes it easy to remember the steps to a healthy lifestyle," says Lori Cage, executive director of the Parenting Center. "The model is evidence based, and while its core mission is to prevent childhood obesity, it's something the entire family can follow."

While the ponies may have already left the stable, the Parenting Center will continue to offer programs to encourage families to incorporate the 5210 program into their daily routines.

The 411 on 5210

To learn more about the 5210 Let's Go program and how you can incorporate a healthier lifestyle for you and your family, visit stph.org/5210.



Your Foundation Dollars at Work

Soothing heat therapy for arthritis patients, a program that provides pediatric patients with books and stuffed bears, and a red-leather lift chair for patients undergoing cancer treatment are among new hospital equipment and programs funded by the St. Tammany Hospital Foundation.

Thanks to those dollars, St. Tammany Parish Hospital occupational therapists now provide hand therapy using newly acquired Fluidotherapy equipment. The system uses heated wood shavings to ease discomfort and aid movement in the hands of arthritis patients.

The outpatient therapy program also has acquired an adjustable-height treatment table to help therapists treat children and an upright stationary bike for orthopedic patients.

"These are all being put to good use by therapists in treating patients," says Michelle Fell, director of outpatient rehabilitation services.

In the hospital's pediatric unit, a new touchscreen system in the play area offers dozens of games for patients from infants to teens.

A first-of-its-kind "Books & Bears" program also will provide comfort and entertainment to pediatric patients. Money raised through the

How to Contribute

If you would like to donate your time or support to the Foundation, contact Executive Director Charley Strickland at 985-898-4141 or cstrickland@stph.org or visit www.sthfoundation.org.

Foundation's 2014 Heart and Night of Fashion events allow the pediatric program to purchase the books and stuffed bears placed on hospital beds to greet patients, who are invited to choose from an array of children's books. Both items will return home with the children when they are discharged.

"We realized that some of the children we see don't have a book of their own, and this is one way we can help empower them during their stay," says Nicole Norris, department head for pediatrics. "The bears give them something to hold on to for comfort."

Mary Bird Perkins cancer center at St. Tammany Parish Hospital is yet another recent beneficiary of Foundation donors with the acquisition of a red-leather lift chair in the infusion suite. The family of Joe Abrams, a longtime STPH employee and legendary football coach in Madisonville who received treatment at the cancer center, purchased the chair in his memory.

Abrams was an Arkansas football fan, and the chair's red color celebrates his passion for the team, says Chryl Corizzo, cancer program director.

"It's in use and providing comfort to patients," Corizzo said.

AN EVENING of Thanks

A night sky brightly lit with fireworks helped St. Tammany Hospital Foundation honor supporters at its 10th annual donor recognition celebration on May 15 at Tchefuncta Country Club.

The “You Light Up Our Life” event marked a year of banner giving to the Foundation, with 2013 fundraising surpassing \$1.7 million, says Charley Strickland, the Foundation’s executive director.

Highlights of the evening included:

Special recognition of Baptist Community Ministries for its continued support of the Nurse Family Partnership, including a three-year grant to fund mental-health services

Presentation of The Adrian Award to Christwood Retirement Community for years of hospitality and support

Since its inception, the Foundation has raised more than \$11 million to support programs at St. Tammany Parish Hospital.

About the Foundation

Founded in 2003, the Foundation is a 501(c)3 nonprofit governed by a volunteer board of community leaders committed to the development of relationships and financial resources to support the healthcare programs, projects and services of STPH which is a self-supporting not-for-profit community hospital that receives no tax funding.

The full 100 percent of each gift is used to fund programs, equipment and facilities at STPH.



Back on Their Feet

WellnessWorks Teams Up with Local Employers to Keep their Workforce Healthy

Al Courouleau says he just couldn’t shake the feeling of being thirsty all the time. His wife urged him to see a doctor, but it was difficult for the 65-year-old certified building official for the city of Covington to find the time. Besides, the avid cyclist, workout enthusiast and backyard vegetable-gardener otherwise “felt great,” he recalls.

Still, Courouleau’s thirst was on his mind last November when he underwent a biometric blood screening at a city-sponsored employee health fair organized by St. Tammany Parish Hospital’s Wellness Works program.

Two hours later, Courouleau received a call from Tara Miller RN, assistant nursing supervisor at the STPH Community Wellness Center, saying his blood sugar far exceeded the normal range, recommending he see a doctor — immediately.

“They asked if they could call my doctor and make an appointment for me,” Courouleau said. “They wanted to make sure I got the care I needed without delay.”

STPH WellnessWorks provides occupational-medicine services for about 200 Northshore employers. Its team performs pre-employment screenings for members, handles the process of getting injured workers safely back on the job and helps employees understand their healthcare benefits. There is no cost to enroll in the program.

Courouleau’s experience underscores another element of the program’s mission: Improving the health of members’ employees by connecting them to critical preventive health services at their place of work.

That aspect of the program sells itself, as more employers recognize the cost advantage of keeping employees healthy, says Erin Strain, WellnessWorks program director.

“Providing these services is a way to show employees that they are valuable to their employers,” Strain says.

The Community Wellness Center collaborates with WellnessWorks to offer business health fairs and provide flu shots, blood pressure screenings, blood tests and other tests designed to catch potential health problems at an earlier, more treatable stage.

“People are too busy to make the time to take care of themselves,” says Sandy Matthews, department head for the Community Wellness Center, which works closely with WellnessWorks. “This brings health services to the place where employees spend much of their time.”

Improving employee understanding of health-related topics is another component of the program. WellnessWorks taps the expertise of other STPH staff for worksite presentations on subjects such as smoking cessation, heart disease, healthy eating



and even the role of good posture in preventing injury.

Strain can customize workshops based on the specific needs of employers and employees, as when she made an early morning presentation on avoiding heatstroke to Covington Public Works employees.

“That speaks volumes to how the program responds to specific health concerns,” says Cheryl Andrus, human resources director for the city of Covington.

Ken Salzer, chief of emergency medical services for St. Tammany Fire District 4 in Mandeville, says WellnessWorks connects his firefighters to St. Tammany Physicians Network doctors who understand the special physical demands of their line of work.

“Experts who understand this type of work handle the return-to-work process,” Salzer says.

WellnessWorks also can help employees establish primary care.

After his diagnosis with diabetes, Courouleau felt overwhelmed and uncertain about his health — and unable to get adequate time to discuss his concerns with his physician. Strain encouraged him to make an appointment with Dr. Joseph Bobrowski, an internal medicine specialist at the STPN Covington office who spent an hour with Courouleau during his first office visit, adjusted his medication and suggested changes in diet to help him improve his health.

“I never had a doctor spend an hour with me before,” Courouleau says.

Melonie Lagalante, director of outpatient services at STPH, says

WellnessWorks furthers the hospital’s mission of bringing healthcare to Northshore residents who might not otherwise receive such care.

“By making connections with employers in our community, in some cases we’re reaching people who may not have been to the doctor in years,” Lagalante says.

Let Wellness Works Help You!

St. Tammany Parish Hospital WellnessWorks program is designed to work hand-in-hand helping local employers with their many employee health needs.

To schedule an appointment or for more information, please contact Erin Strain, corporate health consultant for WellnessWorks, at 985-871-6083 or estrain@stph.org.

STPH Calendar Highlights

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

New Family Center Open House

**July 19; Aug. 2, 16; Sept. 6, 20 (First and Third Saturdays, contingent upon holidays)
10 a.m. to noon**

St. Tammany Parish Hospital

Expecting families are invited to tour the St. Tammany Parish Hospital New Family Center to learn all about the private birthing suites, rooming in, skin-to-skin program and more. The cost is free, and participants should meet in the third floor lobby. For more information, contact ksupan@stph.org or 985-898-4436.

Co-Parenting Classes

**July 21, 28; Aug. 18, 25; Sept. 22, 29
6-8 p.m.**

St. Tammany Parish Hospital Parenting Center

A two-part series for divorcing parents who want to keep their children from becoming children in the middle. Learn methods and communication skills that help keep children out of the divorcing parents' issues. There's also a children's version for ages 6-12 years, held at the same time, to provide children help with issues they may confront as their parents go through a divorce. Register no later than 1 p.m. on the Friday prior to the first session. For more information, please contact ksupan@stph.org or 985-898-4435.

Yoga

**July 25; Aug. 1, 8, 15, 22, 29; Sept. 5, 12, 19, 26 (every Friday)
10-11 a.m.**

Paul D. Cordes Outpatient Pavilion

Free yoga classes will be led by Wendy McKee, Certified Yoga Instructor, to teach you how to incorporate yoga techniques appropriate for anyone going through a cancer experience regardless of physical strength or abilities. Registration and a medical release are required. To register or for more information, call 985-789-0793.

Healthy Eating

**July 30; Aug. 27; Sept. 24
10:30-11:30 a.m.**

Mary Bird Perkins Cancer Center at STPH

Learn about the power of nutrition in health and healing at Fighting With Your Fork, a free program led by Hailey Story MS RD LDN, dietitian for Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. This class, which is open to individuals with a cancer diagnosis and their caregivers, offers simple and tasty recipes made with nourishing ingredients, demonstrations of easy cooking techniques and lessons on how to easily incorporate healthy eating habits into your life. For more info, call 985-276-6831.

Breast Cancer Survivor Support Group

Aug. 5; Sept. 2, Oct. 7 (First Tuesday, contingent on holidays) 7 p.m.

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital

This free support group is open to anyone receiving treatment or who has completed treatment for breast cancer. For more information, contact jfreudenberger@marybird.com or 985-276-6832.

Bereavement Support

Aug. 6; Sept. 3; Oct. 1 (3-4 p.m.)

STPH Conference Center

Aug. 7; Sept. 4; Oct. 2 (6:30-8:30 p.m.)

STPH Hospice

A Bereavement Support Group open to anyone in the community who has experienced a loss of a loved one is free and open to the community. For more information, contact Ada Marion at 985-871-5974 or amarion@stph.org.

Living Tobacco Free

Aug. 6-Oct. 1

Noon to 1 p.m. or 5:30-6:30 p.m.

STPH Conference Center

We'll provide you with the tools and resources you need to quit smoking for good. Classes held every Wednesday for nine weeks. This free program requires reservations, which can be made by calling 985-898-4468. Refreshments will be provided.

Play And Learn

Aug. 12, 19, 26 (Farm Animals)

Sept. 9, 16, 23 (Stars and the Moon)

Oct. 7, 28 (Falling into Autumn)

9:30-10:15 a.m.

STPH Parenting Center

Parents and their children, 16 months to 4 years, are invited to play and learn together through music and movement, arts and crafts, and story time. Class size is limited. Your payment in full reserves your place for these monthly series. For more information, please contact ksupan@stph.org or 985-898-4435.

Ballet

Aug. 12, 19, 26; Sept. 9, 16, 23;

Oct. 7, 28, 10:30-11:15 a.m.

STPH Parenting Center

Do you have an aspiring dancer in your family? If so, then join Kristen Zornman for a three-week ballet series for young ballerinas at the St. Tammany Parish Hospital Parenting Center, 1505 N. Florida St., Suite B, Covington. The class is for ages 2 and up, and costs \$21 for members, \$30 for nonmembers. For more information, contact ksupan@stph.org or 985-898-4435.

Cardiac Education

**Aug. 14; Sept. 11; Oct. 9 (Part I)
July 31; Aug. 28; Sept. 25 (Part II)
8:30-10:30 a.m.**

Paul D. Cordes Outpatient Pavilion

St. Tammany Parish Hospital will hold its Cardiac Education Program, Parts I and II to discuss an array of topics. Each part consists of three free classes that discuss everything from introduction to cardiac anatomy and nutrition for a healthy life to pharmacology and benefits of exercise stress management. For more information, please call 985-898-3780.

Pediatric Dental Health

Aug. 28

11-11:30 a.m.

Nicole Molligan from the Children's Dental Cottage will lead a presentation on pediatric dental health that includes the cause and prevention of cavities, diet and nutrition and it related to oral health and an overview of a pediatric dental visit. For more information, please contact ksupan@stph.org or 985-898-4435.

Free Fall Health Fair

Saturday, Aug. 23, 8:30 a.m. to Noon

St. Tammany Parish Hospital will hold its fifth Fall Health Fair Sept. 7 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), body mass index (BMI) readings and ultrasound of the carotid artery. Other offerings during the 8:30 a.m. to noon event include sleep apnea, cancer support education and blood-pressure assessments.

Screenings will be offered on a first-come, first-served basis; appointments are not necessary. Screenings are free to attendees, regardless of health-insurance status.

"This is an opportunity to be proactive about your health," said Melonie Lagalante, STPH outpatient diagnostics director. "Some tests ordinarily cost hundreds of dollars. Providing free access to screenings at the fair this is one way we can live our mission."

For details, visit stph.org or call 985-871-6080.