



*Heart
to
Heart*

St. Tammany
PARISH HOSPITAL

Community Partnerships for Healthy Mothers and Children

STPH Earns National
Grant for Healthy
Foods and 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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St. Tammany Parish Hospital
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RICK OLIVIER PHOTOGRAPHY
THINKA DESIGN & BRANDING



Little Grants for a BIG DIFFERENCE in Patient Care

Rocking chairs where new mothers can snuggle with their newborns and precision-engineered grips to treat soft-tissue injuries are among the items funded with 2015 Little Grant, Big Impact grants from the St. Tammany Hospital Foundation.

Little Grant, Big Impact funding for 2015 totaled \$95,600 in 28 grants to 23 St. Tammany Parish Hospital departments.

Items funded include seven new rocking chairs for patient rooms in the New Family Center.

"This will give moms, dads and visitors a new option for bonding and holding the baby," said Becky Patton, the center's department head.

Also as a result of the grants program, physical therapists now have a complete set of HawkGrips massage tools to help patients regain mobility

after soft-tissue injury, said Michelle Fell, outpatient rehabilitation manager. "The patients love the tool because it gives them great results," Fell said.

Little Grant, Big Impact funding for 2015 totaled \$95,600 in 28 grants to 23 St. Tammany Parish Hospital departments.

Five new lift chairs in STPH Infusion Services will make it easier for patients who are elderly or too weak to stand after undergoing treatments.

"The impact on our patients is huge," said Chryl Corizzo, cancer program director.

Additional items acquired with 2015 Little Grant, Big Impact funding include a vertical garden that Food Services will use to grow herbs and vegetables and a vein finder with a stand for Pediatrics.

Little Grant, Big Impact grants for 2015 were made possible through unrestricted donations to the foundation and employee donations to the 2014 WE Care Campaign designated to the 2015 Call for Funding and matched by the foundation.

Other Departments that Received Little Grant, Big Impact Funds are:

- 2 West Nursing
- 2 South Nursing
- Cardiac Rehab
- Community Wellness Center
- Education, Development and Training
- Employee Health
- Environmental Services
- Human Resources
- Inpatient Rehab
- Materials Management
- Newborn Nursery
- Neonatal Intensive Care
- Outpatient Pavilion
- Parenting Center
- Pulmonary Rehab
- Respiratory Services
- Support Services
- Women's Pavilion



3 North Room Dedication Celebrates Ann Carey Torczon

"Naming a room for our mother, Ann Carey Torczon, was an opportunity for my siblings and me to honor a truly exceptional person and contribute to St. Tammany Parish Hospital," says Dr. Patrick Torczon, Vice President and Chief Integration Officer, St. Tammany Parish Hospital. "She was a remarkable individual who was originally from Nebraska, and the core value of her existence was to make the world a better place for those that came after her."

Ann raised five children, then went back to college and graduate school, then taught at the University of New Orleans for 20 years.

She specialized in adult literacy after spending several years teaching Vietnam veterans with learning disabilities. She pioneered the concept of "shared learning resources" for UNO that enabled students to utilize tutors and lectures on taped recordings. This is now the industry norm.

Ann was a prolific gardener and landscaper who designed and maintained the grounds of her beautiful property in Magnolia Gardens including an entire makeover after Katrina. She was a founding member and long-time president of the Magnolia Gardens-Bogue Glen Civic Association.

Upon her retirement from UNO in 1995, Ann volunteered in the Administration Department of Ochsner Clinic-Northshore and was named the first chair of the Ochsner Northshore Board of Councilors. When her dear friend Christie Trew moved on to head the Ochsner Golden Opportunities program, Ann joined her and was a tireless supporter and confidant to the members.

In addition, Ann was an active community volunteer with the Adult Literacy Program and STPH Hospice. Her interests also included St. Tammany Parish Library and the

National Alliance on Mental Illness (NAMI).

Dr. Torczon added, "Mom was a dedicated and loving grandmother to her five grandchildren Janna, Cara, Annalise, Asha and Arjuna. She was an extraordinary person for all that she accomplished in her life and it was even more amazing and inspiring to us all how, at the end of her life, she accepted her diagnosis of terminal cancer with courage, grace and dignity. Fortunately, she passed away peacefully at her own home, surrounded by her family."

The Torczon siblings selected room 3010 on 3 North to honor Ann's birthday, March 10. For information on how you can name a room in this beautiful new unit, contact Charley Strickland, 898-4141 or cstrickland@stph.org.



Representing the family, eldest daughter Laurie Torczon is pictured with the dedication plaque that reads: *This room named to honor the spirit, courage and passion for life of Ann Carey Torczon. With love from her five children.*



1202 S. Tyler St.
Covington, LA 70433

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Our Mission

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

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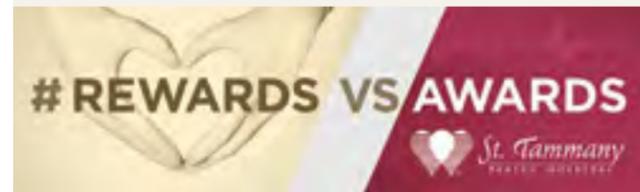
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HEALTHY FOODS, HEALTHY FAMILIES

“It’s rewarding to see restaurant owners and chefs embracing change to provide healthy food to their customers, which truly supports good health in our community...”



WIC National Grant Bolsters Access To Healthy Foods



Jillian Aymami got an eye-opening lesson on food labels during a recent trip to the grocery store.

Aymami learned that just because a loaf of bread is brown doesn’t mean it is high in whole wheat and that fruits and vegetables cost less when they are in season. The Covington mother of 3-year-old Alaina learned that some foods with a healthy reputation—fruit yogurts, for instance—may be loaded with sugar.

“I’m shopping differently these days because I need to make every dollar count and make good food choices,” Aymami said.

A recent National WIC Association grant to St. Tammany Parish Hospital’s Community Wellness Center is expanding access to healthy foods among local families. The larger goal of the Community Partnerships for Healthy Mothers and Children grant is improving health and reducing chronic disease.

The program funded by the Community Wellness Center’s first national grant has three elements:

- Educational trips to local grocery stores, called “Cooking Matters at the Store” tours, that are open to WIC recipients and the general public;
- Eat Fit Northshore, a partnership to develop healthy menu choices at local eateries that is modeled on Eat Fit NOLA; and
- Community gardens that will grow fruits and vegetables and bolster public understanding of the role these foods play in good health.

Eat Fit Northshore will begin close to home: a registered dietician and staff will do Eat Fit analysis and work with community chefs to assess nutritional content of selected menu items.

The CWC staff already work with STPH Executive Chef Abry Crosby, who grows herbs for his dishes in his herb garden adjacent to the cafeteria patio, to ensure optimal nutrition of hospital menu items.

Local chefs are responding to the call to offer healthy menu choices to meet Eat Fit Northshore criteria, said Sandy Matthews, director of the Community Wellness Center. “These chefs are passionate and creative

in recipe modification. It’s rewarding to see restaurant owners and chefs embracing change to provide healthy food to their customers, which truly supports good health in our community. It’s about giving families more healthy options when they go out to eat.”

Meanwhile, community gardens will be developed at three sites: The Community Wellness Center, the YMCA of Western St. Tammany and a community plot on Kleber Street in Mandeville.

A coalition of community stakeholders, including the mayors’ offices in Covington and Mandeville, shaped the three elements funded by the WIC grant. The Abita Springs mayor’s office supports farmer’s markets, community gardens and healthy food options.

The St. Tammany Hospital Foundation secured the grant on behalf of the Community Wellness Center.

“The Community Partnerships for Healthy Mothers and Children will improve access to healthy food environments and to prevention and disease-management services,” said Charley Strickland, foundation director.

I have never had the opportunity to see things from the patient’s perspective until recently. My mother was seen in the Emergency Department and sent home with possible bursitis. We came in again a few days later and she was admitted to 2West. My mother is almost 90 years old, suffers from dementia and has been in extreme pain from osteomyelitis. She is a retired RN herself and has her own perspective on patient care. The care she received beginning in the Emergency Department and continuing on 2West was exceptional.

All of the clinical staff, from the charge nurses to CNAs, were there to help with any needs, including emptying the trash and giving her pain medication when she needed it most. Charge nurses are willing to do bedside care whenever needed.

The rounding at shift change helped us to know who was there on the night shift. We stayed with my mom 24/7 until we realized that the night shift team was more than capable of providing the care she needed. Everything that has been implemented at the hospital has continuously improved patient care. It really hits home when it involves you or a loved one. You can never stop at improving what you have; it makes you the best in business. #RewardsVsAwards

At St. Tammany Parish Hospital, we have received numerous awards for the excellent standard of care we provide our patients. This includes Best Regional Hospitals by U.S. News and World Report, multiple Women’s Choice Awards and Pathway to Excellence. We are also now an accredited Chest Pain Center and have earned Advanced Certification for Primary Stroke Centers. However, patient care is our biggest reward.

We want to hear stories about your experiences at St. Tammany Parish Hospital. If you have a great experience, whether it’s overall or you just want to recognize an employee, use the hashtag #RewardsVsAwards when posting to social media, so we can see what you are posting about the hospital. Posts that include #RewardsVsAwards may show up on stph.org, so employees, patients and the community can see all of the great care happening at St. Tammany Parish Hospital.

We truly strive to achieve excellent patient care, from doctors and nurses to food and environmental services; we want you to have an excellent experience. We enjoy receiving awards and recognition from our peers, but the joy we get from seeing positive outcomes for our friends and neighbors is our true reward. #RewardsVsAwards

A HOMECOMING LIKE NO OTHER

Groundbreaking Benedictine Nun Returns To Northshore

Brenda Lanier was 8 when she and her 4-year-old sister went to live at St. Gertrude's convent school near Covington.

There, she forged a friendship with Sister Jane St. Amant, the Benedictine nun who cared for 40 young girls and who later became the first female teacher at St. Paul's School.

Sister Jane's history as a teacher at the now-closed St. Gertrude's helps explain why young Brenda's time there was not the least bit lonely.

"It was the time of my life," she said.

After Sister Jane taught school all day, she still had time to read poetry to the girls and teach them to crochet. She spent her days with them in the classroom and slept a few feet away from them in the dormitory. They never missed the St. Tammany Parish Fair. She took them to see the Vienna Boys Choir, listened to their worries, organized costumes for plays.

"I don't recall her without a smile," Lanier said.

That enduring friendship along with emergency care Sister Jane received at St. Tammany Parish Hospital combined to bring the now 91-year-old nun back to the Northshore in 2014, nearly 40 years after she moved from Louisiana to teach school in Denver.

Sister Jane was celebrating her 90th birthday with Lanier and other

local friends in the spring 2014 when she had a stroke.

The two nuns with whom she has shared her life for 40 years, Sister Judith Elms and Sister Shawn Conrad, rushed her to the emergency department at STPH after noticing her sudden disorientation.

"Something wasn't right," said Sister Judith.

At the emergency department, after consultation with an Ochsner vascular neurologist in New Orleans, Sister Jane received tPA, clot-busting medicine that can prevent death and permanent damage if it is administered soon after the start of stroke symptoms.

Sister Jane was admitted to STPH and made a full recovery after several weeks of care that included inpatient rehabilitation.

That care made a deep impression that lingered with the three nuns after her discharge.

Within days of returning to Colorado, they decided to relocate to the Northshore to be closer to STPH and longtime friends like Lanier.

Lanier, who owned Abita Lumber for 27 years, helped them find a house. They bought their serene three-bedroom home in Abita Springs sight unseen.



"...it was a fitting homecoming that brought her back to the region where she grew up and helped many young girls do the same."

The timing of the move proved fortuitous. A day after their return to Louisiana, Sister Judith fell ill. She was diagnosed with leukemia at STPH, and she now receives chemotherapy and other treatment several times a month at Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital.

Sister Jane herself received additional care at the hospital after a hip-fracturing fall earlier this year. She can again walk independently, but relies on a walker for stability.

"She also bounced back from that," said Louise Dill RN, head of inpatient nursing rehabilitation.

For Sister Jane, who was born in Hammond, it was a fitting homecoming that brought her back to the region where she grew up and helped many young girls do the same. For all three, the move has been a life-enhancing one in which the hospital has played no small role.

"To a person, the staff is focused on the patients," Sister Shawn said. "They truly embody their motto: world-class healthcare, close to home."

Standards Of Excellence In Stroke Care

STPH Earns Gold Seal
of Approval for
Outstanding Stroke Care



Two elite national awards have solidified St. Tammany Parish Hospital's longstanding reputation for excellence in stroke care.

The hospital recently earned The Joint Commission's Gold Seal of Approval and the American Heart Association/American Stroke Association's Heart-Check mark for Advanced Certification for Primary Stroke Centers.

STPH's record of outstanding stroke care includes functional outcomes in the top 10 percent nationally for stroke patients who undergo inpatient rehabilitation.

In connection with the recent awards process, the hospital underwent a rigorous, onsite review by Joint Commission experts who found no requirements for improvement in stroke-related protocols that align with best clinical practices.

This certification means local emergency responders will be directed to bring patients showing signs of stroke directly to STPH if it is the closest emergency facility, explained Louise Dill RN, head of inpatient rehabilitation nursing.

That will translate into better care for Northshore patients who show signs of stroke because outcomes are better the sooner patients get to the hospital, Dill said.

Speed of treatment saves lives and preserves brain function in stroke patients. Best practices in stroke care include administration of the clotbusting drug tPA, a highly effective intervention that can only be used within a short time after the onset of stroke symptoms.

Recognizing the symptoms of stroke is therefore critical, Dill explained. Experts use the acronym F.A.S.T. to describe four key signs and steps: Facial drooping, Arm Weakness, Speech difficulties and Time to call 911.

"Calling 911 immediately is essential if you see the warning signs," Dill said. "Speed is essential."





Alice Riley, Fielding Photography

Night Of Fashion Celebrates A Milestone

A Signature Event to Benefit Northshore Children

The 2015 Night of Fashion helped St. Tammany Hospital Foundation reach a notable milestone when funds raised through all Heart and Night of Fashion events surpassed the \$1 million mark.

The Sept. 17 Night of Fashion fundraiser at Covington's Tchefuncta Country Club featured an outdoor cocktail hour, music, live auction and high-end raffles.

The evening's highlight was the exciting New York-style runway show by Saks Fifth Avenue—the only such show on the Northshore.

The beloved and exclusive fundraiser has even developed its own

signature cocktail, The Happy Honda. Bob Breck served as this year's emcee of the exciting live auction.

Money raised through the Night and Heart of Fashion events supports pediatric advancement at St. Tammany Parish Hospital.

Honda of Covington and David and Carolyn Briggs were Haute Couture title sponsors of this year's event, which was produced in partnership with St. Tammany Parish Hospital, Saks Fifth Avenue New Orleans, and *Inside Northside Magazine*.

A Grateful Patient

Gilbert J. Hattier III, native New Orleanian and grateful patient of St. Tammany Parish Hospital, passed away October 31, 2014, at the age of 78. He utilized a bequest in his will to show his deep appreciation for the exceptional care that he received at St. Tammy Parish Hospital during his lifetime, especially in the final years of his life.

"The foundation is honored to have been selected by Mr. Hattier as the residuary beneficiary of his estate after particular legacies were made. This most generous bequest is the largest gift given to the St. Tammany Hospital Foundation since its inception in 2003," said Charley Strickland, Executive Director of the St. Tammany Hospital Foundation.

"Our mission is to ensure residents of our service district have the care they need and the quality they deserve close to home," said STPH President and CEO, Patti Elish. "This generous bequest will have a long-term impact on our ability to meet that promise."

Mr. Hattier's legacy is made in the name of "The Hattier and Heintz Families" and will be physically memorialized on the campus of St. Tammany Parish Hospital. It was his wish to honor his grandfather Dr. Ludwig C. Heintz and his father Gilbert J. Hattier Jr. for their contributions to St. Tammany Parish.

A variety of STPH physicians and clinical staff cared for Mr. Hattier over the years. Michael K. Hill MD, said, "A gifted conversationalist, Gil was always interested in what was happening with you! He was frank and realistic. He had an overriding goal that we maintained throughout his care...stay out of the hospital and be on as little medication as possible!"

James Robinson, MD was Mr. Hattier's primary care physician for 15 years. He shared, "an ongoing topic of conversation among Gilbert and his physicians, including Donald Kuebel, MD his pulmonologist, was the care and maintenance of a boat that the three physicians own together." Dr. Robinson agrees that his great smile and spirit were Hattier's trademarks.

Ludwig Heintz MD with Northlake Surgical Associates at STPH is Mr. Hattier's cousin, as his father and Gilbert's mother were brother and sister. He explained, "Medicine goes way back in the family, as Gil's grandfather was a physician and his aunt was a pediatrician. He truly appreciated the medical care he received at STPH."

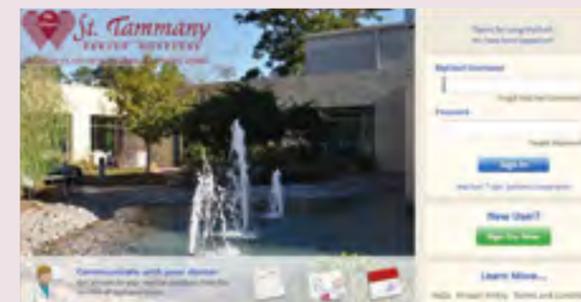
If you are a grateful patient that is interested in making a bequest to the Foundation to benefit the Hospital, contact Charley Strickland at cstrickland@sph.org or 985-898-4141.

Members of the STPH Pulmonary staff share their memories:

"He was a humble, unique and happy soul. He was proud of St. Tammany Parish Hospital. That was something we shared."

"I remember a Christmas party for pulmonary rehab where he was not able to eat because he had a feeding tube. His favorite food was baked ham. That's what he brought to share with everyone else."

"He had a true love for the staff of pulmonary rehab at the outpatient pavilion. Although he and I had a special connection, I feel we all took excellent care of him. We cared for him together."



EPIC UPDATE



At St. Tammany Parish Hospital we strive every day to deliver on our promise of world-class healthcare close to home. Epic MyChart Patient Portal and electronic health record (EHR) will go live in all of our locations November 8, 2015. All offices of St. Tammany Physicians Network went live in June, so this step brings inpatient care and outpatient diagnostics into the EHR as well.

This system-wide solution will streamline care, improve patient outcomes and empower patients to access their own information, improving patients' ability to manage their own healthcare experience. This change will integrate a host of computer systems that presently cannot share data. That integration simplifies the administrative tasks associated with healthcare, allowing caregivers to focus on what matters most: high quality healthcare.

As we launch MyChart system-wide, there will be a few changes at all locations. Scheduling and visits for outpatient services may take longer at first. We are training staff before we launch, and we will allot more time for each patient in the first weeks to give staff time to learn, but it may mean visits are a little longer than typical.

Physician orders are necessary for scheduling diagnostic testing. The doctor's office should send orders directly to STPH prior to your procedure being schedule. Paper orders should not be accepted. If paper orders are given, patients should remind the doctor's office to send orders electronically or by fax to STPH.

Patients will be able to login to MyChart to look at their account going forward from the launch of the system, and will be able to communicate and request appointments in MyChart. Whether it's hospitalization at STPH, day surgery at Covington Surgery Center or labs and imaging at the Cordes Outpatient Pavilion, Mandeville Diagnostic Center or Women's Pavilion, patients will be able to monitor their health information securely in MyChart. This will also include access to our regional clinical partner Ochsner Health System, conveniently in the same login.

We would like to thank patients in advance for their patience as St. Tammany Parish Hospital transitions into the Epic MyChart Patient Portal and Electronic Health Record.





GENERATIONS OF CARE

STPH Founder's Legacy Continues In Daughters, Granddaughters

Dr. Thomas Healy MD led a MASH unit in Europe during World War II, including on the beaches of Normandy after one of the war's decisive battles.

After the war, the New Orleans native bought a house on 23rd Avenue and set up practice in Covington. Dr. Healy made house calls and delivered babies at home. He went to 6:30 a.m. Mass at St. Peter's every day, celebrated the arrival of a son and two daughters, spoke only a little and smiled a lot.

In 1954, Dr. Healy helped to found St. Tammany Parish Hospital. He served as chief of staff and cared for local patients for decades until closing his practice in 1992. He died a month later.

"He loved his patients and practiced medicine out of what he believed was his Christian duty," said Mary Duet RN, STPH department head of pre-op, ambulatory care and endoscopy.

Duet is part of Dr. Healy's legacy at STPH. She is his granddaughter, and the third generation of his descendants on its medical staff.

"This was my home away from home growing up," said Duet, who recalled frequent visits to the hospital as a child, including a Dr. Healy-ordered trip to its lab to get her throat swabbed for strep.

"I always knew this is where I wanted to be," Duet added. It's a common sentiment in her family.

Duet's mother, Patricia Kyte RN, and aunt, Elizabeth Muse RN, worked

for decades at the hospital, sometimes even caring for their father's patients.

Duet's sister, Anne Thiel RN, worked alongside her at STPH for years in outpatient surgery, and continues to work in the local healthcare community as a nurse practitioner at Woundcare Associates.

Kristin Vogt RN, daughter of Elizabeth Muse, is also a long-time STPH staff member, having worked in CCU since 2002.

Kerry Milton, chief of nursing, said she sees similarities in character and outlook among Dr. Healy's family.

"He was jovial and soft-spoken but also expected excellence," Milton said. "They are all cheerful and hard-working."

Duet, in particular, shares some of the personality traits and expressions of Dr. Healy, Milton said.

"There is something in her demeanor that reminds me of him," she said.

Duet, who grew up in Covington and attended St. Scholastica Academy, said she and the other nurses in the family enjoy their work for the same reason her grandfather did.

"It's a joy to care for patients, but to care for them in your own community and to make an impact in the lives of friends and neighbors is especially wonderful," she said.

There is no word yet on whether a fourth generation of Dr. Healy's descendants will join the staff one day, although one of Duet's college-aged sons is exploring work in the medical field, she said.

"So we'll wait and see," she said.

A Tradition of Life and Lights

Hospice Brings Compassionate Care to Those in Need

Holiday lights, live music and gratitude for loved ones will fill the St. Tammany Parish Hospital lobby on Thursday, Dec. 10 during the Angels of Light ceremony to benefit St. Tammany Hospital Hospice.

The 5:30 to 6:30 p.m. event is the main fundraiser for hospice, which provides palliative care and support to terminally ill patients and their families, regardless of their ability to pay.

In addition to lights, music and refreshments, the evening will include the traditional lighting of the Hospice Tree for Life. Tribute Angels hanging on its branches honor and memorialize cherished family members and friends, both living and deceased, while the tree's glittering lights represent the compassionate care provided to all hospice patients.

Tribute angels may be purchased for a minimum gift of \$10. Additional dedication opportunities, including \$250 ceremony sponsorships, also are available.

For information about Angels of Light or purchasing a Tribute Angel call 985-898-4171 or visit www.sthfoundation.org/angels.

Would your family like to honor a loved one by dedicating the 2015 Tree for Life in their memory? Call Charley Strickland at 985-898-4141 for specific information.



#GIVINGTUESDAY™

CELEBRATES GIVING BACK

A Day of Generosity as Holidays Approach

The St. Tammany Hospital Foundation invites employees and Northshore community members to celebrate #GivingTuesday on Dec. 1 through a donation, volunteer act or other support for a favorite charity.

While Black Friday and Cyber Monday focus on shopping, #GivingTuesday kicks off the holiday season by encouraging people to give back to their communities.

Last year, St. Tammany Parish Hospital employees did just that, with many making donations to the St. Tammany Hospital Foundation or joining the B.E.E. (Best Ever Employee) Volunteer squad in recognition of the hospital's first-ever participation in this global event.

The foundation is also partnering with Zea Rotisserie & Grill in Covington. Mention the foundation when dining in/ordering out

on #GivingTuesday and Zea will donate up to 20% of their sales.

Ways to get involved in #GivingTuesday include making a donation to the foundation at www.sthfoundation.org, dining at Zea in Covington or using the hashtag #GivingTuesday on social media to highlight the joy of giving or a favorite charitable organization.

Those interested in giving back through volunteerism with the foundation or hospital can contact Colleen Bonvillain in the foundation (985-898-4174 or cbonvillain@stph.org) or Shirley Primes in the hospital (985-898-4008 or sprimes@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. Please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

For New Parents

New Family Center Tours

1st and 3rd Saturdays | 10 a.m. to noon

STPH New Family Center | Free

Learn about our private birthing suites, rooming in, skin-to-skin program and more. 985-898-4436

Prepared Childbirth

Tuesdays, Nov. 24 and Dec. 1 | 6:30-8:30 p.m.

STPH Conference Room | Free

Learn the physical and emotional changes that occur, how your baby develops throughout pregnancy, the signs and stages of labor, what to expect during childbirth and the breathing and relaxation techniques used during labor. Anesthesia options will be discussed. 985-898-4083

Baby Care Basics

Saturday, Nov. 10 and 17 | 7-9 p.m.

STPH Conference Room | Free

Learn helpful hints and what to expect when caring for your new baby. 985-898-4083

Boot Camp for New Dads

Saturdays, Nov. 14 | 9 a.m. to noon

STPH Conference Room | \$10

New dads learn from veteran dads about the realities of fatherhood, including caring for baby and mom. ksupan@stph.org or 985-898-4435

Art of Breastfeeding

Mondays, Nov. 2 and 9 | 6:30-8:30 p.m.

STPH Parenting Center | Free

Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful breastfeeding experience. 985-898-4083

New Baby Support Group

Every Thursday | 11:15 a.m. to noon

STPH Conference Room | Free

Join other mothers and their little ones to discuss child development and parenting tips with professionals as well as other parents. ksupan@stph.org or 985-898-4435

For the Kids

Play and Learn

Tuesdays, Oct. 6 and 27; Nov. 3, 10 and 17; Dec. 1 and 7 | 9:30-10:15 a.m.

STPH Parenting Center | \$15/members, \$24/nonmembers

Parents and their children, 16 months to 4 years, play and learn together through music and movement, arts and crafts, and storytime.

ksupan@stph.org

or 985-898-4435

Ballet

Wednesdays, Oct. 7, 21 and 28; Nov. 4, 11 and 18; Dec. 2 and 9 | 9:15-10 a.m.

STPH Parenting Center | \$21/members, \$30/nonmembers

Kristen Zornman teaches ballet for motor skills in young children ages 2 and up.

ksupan@stph.org

or 985-898-4435

Cuddle Buddies

Thursdays, Oct. 8 and 29; Nov. 12, 15 and 19; Dec. 3 and 10 | 10:30-11 a.m.

STPH Parenting Center

\$6/members, \$12/nonmembers

Learning and support opportunity for parents and social time for babies with songs, stories and playtime.

ksupan@stph.org

or 985-898-4435

Baby Chat for Siblings

Saturday, Nov. 14 | 10:30-11 a.m.

STPH Conference Room | Free

Siblings of newborns understand the changes that occur when mom and dad bring home a new baby. 985-898-4435

Foundation

Angels of Light

Thursday, Dec. 10 | 5:30-6:30 p.m.

STPH Front Lobby

Honor a loved one by purchasing a tribute angel for the Tree for Life at the 2015 Angels of Light benefitting St. Tammany Hospital Hospice. www.sthfoundation.org/angels | 985-898-4171

For the Grown-Ups

Living Tobacco Free

Wednesdays, Oct. 14 - Dec. 9 | noon to 1p.m. or 5:30-6:30 p.m.

STPH Conference Room | Free

Gain the tools and resources you need to quit smoking for good.

985-898-4468

Co-Parenting Classes

Mondays Oct. 5 and 12; Nov. 9 and 16; Dec. 7 and 14 | 6-8 p.m.

STPH Parenting Center | \$30/members, \$35/nonmembers

For divorcing parents to learn methods and communication skills that help keep children out of a divorce. Children's version available to help them as parents go through divorce.

ksupan@stph.org or 985-898-4435

Breast Cancer Support Group

Tuesday, Oct. 6, Nov. 3, Dec. 1 | 7-8 p.m.

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital | Free

jfreudenberger@marybird.com or 985-276-6832

Grief Support Group

1st and 3rd Mondays | 7 p.m.

STPH Hospice Office

For parents who have experienced the loss of a child from infant to adult.

amarion@stph.org or 985-871-5974

Celebrate New Location

Thursday, Oct. 29 | 4-6:30 p.m.

STPN Family Medical Clinic, 82525 Hwy. 25, Folsom | Free

Cut the ribbon and celebrate with the doctors and staff in their new location.

985-839-9895

Giving Tuesday

Tuesday, Dec. 1 | 24 hours of giving

Giving Tuesday is an international day of giving. Give back to the community by showing your support to the St. Tammany Hospital Foundation. Visit www.sthfoundation.org to make a donation on Dec. 1.