



*Heart
to
Heart*

St. Tammany
PARISH HOSPITAL

*Partnership
Makes Life Easier
for Patient Family*

Unprecedented Collaboration
between STPH, Ochsner



Ochsner Partnership at One Year



It has been a year since we signed our partnership agreement with Ochsner Health System. We began this partnership to not just survive but thrive in the new healthcare environment, and work together on a new model of care delivery to meet the changing face of our industry.

Now that a year has passed, we are truly seeing that entirely new model succeed and spread throughout our state. STPH is the founding member of the Ochsner Health Network, which has the highest quality, strongest hospitals and health systems in our state. Together, we are providing more value for more patients while keeping care local.

We recognized that we truly would be stronger and better together at delivering the care our patients need. We knew that partnership would bring both of our organizations the resources and strength we needed to improve care in west St. Tammany. Other systems around the state saw how well it was working and joined in too.

Working together, St. Tammany Parish Hospital and Ochsner Health System are serving more patients and delivering better care – the kind of advanced, integrated, world-class care that keeps patients close to home.



This success could not have happened without the significant cooperation, collaboration and pure open-mindedness on the part of every member of our staff and theirs.

“At St. Tammany Parish Hospital, we have always been about providing our patients the highest quality care in the most personal way, at an affordable cost. Together with our regional clinical partner, we’re taking that to the next level,” Patti Elish FACHE, STPH President and CEO, said. We are bringing quality specialty care into our market; we are improving efficiencies and reducing unnecessary costs so that we can provide even more value for our shared patients; and we are doing those things without changing a bit of the personal connection we have with our patients.

ACHIEVEMENTS TOGETHER IN OUR FIRST YEAR

- Expanded access to maternal fetal medicine specialists at STPH Women’s Pavilion
- Consolidated sleep centers into STPH Sleep Disorders Center
- Opened a new pediatric subspecialty clinic in Covington that has welcomed 675 children since its opening in August, improving access to this type of specialty care for children
- Combined the strength of our cardiovascular and thoracic programs to perform more cardiovascular surgeries locally and treat additional Community-Acquired Pneumonia (CAP) cases with a high risk for cardiac complications
- Certified STPH stroke program through Joint Commission and the American Heart/Stroke Association through exceptional work on the part of staff plus integration of Ochsner TeleStroke in our Emergency Department
- Through the Ochsner Regional Referral Center, STPH cared for 250 patients from neighboring parishes and Mississippi counties that required more advanced care and seamlessly transferred 176 patients into Ochsner Medical Center for highly advanced procedures



ANGELS OF LIGHT Celebrates Life, Friends, Family

Live music and lights filled the main lobby of St. Tammany Parish Hospital Dec. 10 for the 2015 Angels of Light ceremony.

Highlights of this holiday tradition to benefit St. Tammany Hospital Hospice included music by harpist Jessica Meltz, members of the St. Scholastica Academy Choir and the lighting of the 2015 Hospice Tree for Life.

The 2015 tree was dedicated in loving memory of Ronald Albert Gitz Sr. by the Gitz family. This year’s angel ornaments were sponsored by the Dunavant family and dedicated to the memory of Darren Johnson and Delores Acy Tackett.



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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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St. Tammany Parish Hospital
Communication Department
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AN UNEXPECTED BOND

Cancer Survivors Form Lifelong Friendship

Holly Tyler was in the waiting room of Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital last January when another patient caught her attention.

Tyler saw fear in the eyes of the young woman who had just emerged from an office with her husband. She was a stranger, yet Tyler knew how she felt.

Tyler knew because weeks earlier she had left the same office after learning what to expect as she began chemotherapy for lymphoma. She had held herself together as she and her husband walked to their car, then cried for 30 minutes.

She knew this young woman and her husband would do the same.

“I was determined to meet her,” said Tyler, 41.

Tyler got the chance a few days later when she spotted the same woman in the waiting room. This time, she sat down next to Angela Tabor, introduced herself and asked about her diagnosis. They traded hugs and phone numbers, and they got started on a friendship that would sustain them through treatment and beyond.

Like Tyler, Tabor was a married Northshore mother with young children who also had been diagnosed with a type of lymphoma. Meeting another young woman facing lymphoma felt like a gift.

“She adopted me,” said 32-year-old Tabor.

As Tyler continued her treatment and Tabor began hers, the women sent each other encouraging text messages. They tracked each other’s treatment schedules. They traded tips on side effects, what to eat and how to be there for their kids when they felt overwhelmed. Tyler gave Tabor Chemo Beanies when she lost her hair. They exchanged flowers, worries and cheered each other on.

“I needed her as much as she needed me,” Tyler said.

Tabor described Tyler to friends as her “cancer buddy.” She vowed to provide similar support to another patient if she ever got the chance.

For that reason, Tabor kicked herself

when she missed a key event in Tyler’s final radiation session, a treatment milestone that Mary Bird Perkins patients celebrate with the ringing of a bell. Tabor took a bit of solace in the reason she missed the event. A woman she’d met that morning as she stood in line at Starbuck’s had told her about her sister-in-law, who had just been diagnosed with cancer.

The woman’s name was Penny, Tabor learned. She promised to pray for her.

Before long, Tabor got the opportunity to do more. She met Penny Murphy in the frozen-foods section of a supermarket. Murphy,

“I said, ‘I know who you are. You’re Penny. You’re starting treatment for breast cancer. And I’ve been praying for you.’”



a 52-year-old elementary school teacher, was scheduled to begin chemotherapy for breast cancer at Mary Bird Perkins the next morning.

Murphy had a list of suggested foods from the cancer center with her when she noticed Tabor in the store. Murphy hesitated, unsure if she should introduce herself to the young woman whose bare head suggested she was undergoing cancer treatment. Then Tabor noticed Murphy noticing her. That broke the ice. Tabor quickly realized this was the Penny she had heard about.

“I said, ‘I know who you are. You’re Penny. You’re starting treatment for breast cancer. And I’ve been praying for you.’”

Murphy was amazed.

“I felt drawn to her right away,” she said. “Our stars were lined up.”

Those stars brought both women to the waiting room of the cancer center the following morning shortly as Murphy arrived for her first chemotherapy session.

“It was so nice to see a familiar face on that day,” Murphy said.

With each woman coping with a different type of cancer, Murphy and Tabor’s support for each other centered less on tips for coping with issues such as treatment side effects. Instead, strength was mostly in the form of what Murphy called “pure emotional support” from Tabor, whom she called “my cancer friend.”

Just hearing about one another was a source of strength for the three women. They were only recently all in the same place at the same time.

“Understanding what someone else is going through makes it meaningful,” said Tabor. “The idea that you are not the only one going through this helps you through it.”

MONSTER MASH!

A SPOOKTACULAR SUCCESS

Festive fun, gorgeous weather and ghosts and ghouls of all ages mixed together on Oct. 17 at the annual Monster Mash presented by Capital One Bank. Held at Bogue Falaya Park in Covington, the 2015 fundraiser for the St. Tammany Parish Hospital Parenting Center featured the popular Trick-or-Treat Village, games, Princess & Pirate tea, crafts, cookie decorating, live music by Bag of Donuts and other local entertainers, food and more. Hundreds of volunteers joined event sponsors to ensure a good time for a great cause.



Since 1988 Monster Mash has been offering a safe and fun Halloween event for families on the Northshore.

To date, these events have raised nearly \$1.3 million dollars for the programs of the STPH Parenting Center.

Care Close to Home for the SMALLEST PATIENTS

Unprecedented Collaboration Between STPH, Ochsner On Pediatric Care



Shannon Lewko was 28 weeks pregnant when she began to bleed heavily late at night on Dec. 28, 2014.

Lewko called 911 and was rushed by ambulance from her home in Bush to St. Tammany Parish Hospital's Emergency Department.

Already the mother of a 4-year-old girl, Lewko had suffered placental abruption, a serious pregnancy complication that can deprive the baby of oxygen, which puts both mother and baby at risk.

A few minutes after 2 a.m. the following day, Celia Lewko was delivered at STPH by emergency C-section. She weighed just 2 pounds, 10 ounces.

So began a 78-day journey home for the tiny girl.

Celia's journey highlights a central aim of STPH's strategic partnership with Ochsner Health System: expanding access to pediatric specialists on the Northshore and helping families get the care for their children close to home whenever possible.

"We all agreed that it would be best for everyone to move her back to STPH because that would be better for her family."

STPH and Ochsner specialists began collaborating on Celia's care soon after her arrival in the STPH Neonatal Intensive Care Unit. They began to suspect additional complications when she remained dependent on a ventilator at three weeks.

Soon after, Celia was diagnosed with patent ductus arteriosus, or PDA.

All babies are born with an opening between the aorta and pulmonary artery. In full-term babies, this opening narrows and then closes within days after birth.

In some babies, most often those born prematurely, this connection remains open after birth, putting dangerous stress on the baby's heart by forcing it to work overly hard. Celia's physicians determined she needed surgery to close it.

That decision required even closer collaboration between specialists at Ochsner and STPH, including a literal "handoff" of the baby. Ochsner sent a team of neonatal specialists to STPH to transport Celia back to its main campus in New Orleans, where she underwent corrective surgery a month to the day after her birth.

The positive impact of the surgery was almost immediate, said Shannon Lewko. In the days after surgery, Celia was quickly weaned off the ventilator. She continued to require supplemental oxygen, but continuously improved.

"The surgery changed everything," Lewko said.

What did not change was the distance between the family's home in Bush and New Orleans.

Each day for weeks, Shannon and her husband, Josh Lewko, made the drive to New Orleans and back to Bush to care for Celia's big sister, Meredith. Shannon Lewko remembers the time as a blur of exhaustion and stress from little sleep and long hours on the road.

Once Celia was stabilized and recovering well, her medical teams at STPH and Ochsner made an unprecedented decision that put an end to the long and stressful trips. They transported Celia back to the Northshore to complete her recovery closer to home in STPH's NICU.

The next milestone for Celia came on March 17—St. Patrick's Day—when she went home with her parents and big sister for the first time.

"It was such a relief to have her home," Lewko said.

Moving Celia closer to home also represents a significant development in STPH's approach to caring for premature babies like Celia who need specialized care available at Ochsner's south shore campus.

"Prior to the (Ochsner) partnership, she would not have come back to us but would have stayed at Ochsner," said Nicole Norris RN, NICU department head at STPH.

Instead, the neonatal teams at each hospital got together to discuss what was best for her and her family for the remaining weeks of her hospitalization.

"We all agreed that it would be best for everyone to move her back to STPH because that would be better for her family," Norris said.

Celia has faced additional challenges in the ensuing months, including an infection that required additional hospitalization.

But she has also thrived. At 18 pounds, she has moved from the 3rd percentile to the 40th percentile for her age-adjusted weight. She no longer needs supplemental oxygen. She is hitting developmental milestones, flirts with her mom and dad and loves the sound of her own voice.

"She's doing fabulous," Lewko said.



HONORING
DOCTORS
NEAR & FAR

March 30th is National
Doctors' Day

St. Tammany Parish Hospital will honor physicians on the Northshore and across the nation in observing National Doctors' Day on March 30, 2016. The tradition—celebrated on March 30 each year—recognizes the contributions of physicians in improving the lives of patients through medical care and comfort. The date coincides with the first use of ether anesthesia during surgery in 1842. Patients can honor a physician who has contributed to their well-being or that of a family member with a contribution to the St. Tammany Hospital Foundation in their doctor's name.

"Physicians play such an important role in our lives, from treating a simple cold to diagnosing severe illness to performing vital procedures," said Nicole Suhre, foundation specialist. "This day recognizes all that they do."

March 30th
*National
Doctors' Day*

Information on National Doctors' Day tributes and other opportunities to support St. Tammany Hospital Foundation is available by contacting Suhre at 985-898-4171 or nsuhre@stph.org.



“This gives people a sense of movement that allows us to use our facility to get them the care they need with maximum efficiency.”

Kerry Milton BSN RN MSHA,
Sr. Vice President/Chief Nursing Office

Emergency Department Expansion Nears Completion

New Convenience, New Treatment Areas for STPH Patients

St. Tammany Parish Hospital’s \$21 million expansion project, a multiyear undertaking that includes creation of specialized pediatric and mental-health emergency areas, will conclude near the end of 2016.

STPH already has completed several major phases of the overall project, including the 2015 opening of 21 new private patient rooms in its 3 North addition.

Key work related to the 8,800-square-foot expansion will continue late into 2016, although much of the work will be out of view of patients.

However, some notable aspects of the Emergency Department expansion will be completed in the first quarter of 2016. They include a permanent pedestrian entrance to replace the temporary one, a new patient triage area and a more visible security office in the patient waiting area.

A new “results pending” area within the Emergency Department also will open by the close of the first quarter and allow emergency medical staff to treat patients more quickly.

The area works like this. Patients who have received emergency care and are awaiting physicians’ orders, prescriptions or non-emergency test results will move to bays with chairs in this new area so that treatment

beds are available sooner for other patients.

The concept is new, and designed to further enhance STPH’s already effective protocols for quickly treating emergency patients.

“The idea is when you are dressed and ready to go you don’t need to be lying in an emergency bed,” said Kerry Milton BSN RN MSHA, Sr. Vice President/Chief Nursing Office. “This gives people a sense of movement that allows us to use our facility to get them the care they need with maximum efficiency.”

STPH patients and visitors may notice other changes in the early months of 2016. The hospital’s recent transition to fully electronic health records means Emergency Department nurses won’t carry paper charts when they interact with patients at the bedside.

Instead, electronic status boards mounted on the walls in treatment areas will convey up-to-the-minute patient information to the medical staff. Nurses will roll wheeled carts to the bedside to enter vital patient information into the digital system.

“The nurses will remain in close proximity to patients, while the new computerized system means less opportunity for error and less need to bombard patients with questions,” Milton said. “For patients, it will be an exciting time.”

Epic and MyChart are LIVE

St. Tammany Parish Hospital is now live on Epic and MyChart throughout the hospital system, including inpatient and outpatient services, St. Tammany Quality Network member physicians and all St. Tammany Physicians Network primary and specialty clinics.

Patients can now login to MyChart to look at their accounts, and communicate and request appointments through MyChart. All through the same login, patients can access information on their hospitalization, labs and imaging, primary care visits, as well as access our regional clinical partner, Ochsner Health System.

With MyChart, patients are able to:

- Schedule appointments
- Review their health summary
- View test results
- Request prescription renewals
- Communicate electronically and securely with care providers

JOIN THE MOVEMENT...BECOME A PEDIATRIC CHAMPION

ENHANCED EMERGENCY SERVICES FOR THE CHILDREN OF THE NORTHSORE



Beginning in 2016, families arriving at the newly expanded Emergency Department will have a separate, child-friendly waiting area with views to a healing garden that includes a collection of vegetation, flowering plants and sculptures. One of the four trauma rooms will be furnished with both pediatric and adult equipment. Five private pediatric treatment rooms with smaller-sized medical equipment and special beds will be complemented by pediatric family consultation rooms and pediatric nursing stations.

This equipment, combined with new, dedicated pediatric specialists and services, will make a transformational difference that completes this important endeavor. Those services include pediatric cardiology, endocrinology, gastroenterology, general surgery, infectious disease, nephrology, neurology, oncology, orthopedics, pulmonology and urology.

“In April 2013, the St. Tammany Hospital Foundation embarked on a capital campaign to ensure the very best, specialized pediatric care in the expanded Emergency Department,” said Charley Strickland, Executive Director of the St. Tammany Hospital Foundation. “We are pleased to announce that the community has generously donated 93 percent of the \$3 million goal.”

Do you want to make a difference in pediatric healthcare on the Northshore? You can help us take the final steps in reaching our goal of providing world-class healthcare for your children and grandchildren. Contact Charley Strickland, Executive Director of the St. Tammany Hospital Foundation, to learn more about the pediatric capital campaign at cstrickland@stph.org or 985-898-4141. You can donate now at www.sthfoundation.org. Click on DONATE NOW.

“As the parent to six children, my reasons for leading and supporting the campaign to bring a dedicated pediatric emergency room to west St. Tammany are obvious.

My wife and I have chosen this Northshore community to operate our businesses, start a family and build our home. We live our lives here and expect our community to provide what we need to live this life to the fullest.

To know the world-class healthcare at St. Tammany Parish Hospital is expanding to include state-of-the-art critical care for my entire family, when and if we need it, gives me a sense of security that is immeasurable.”

—Greg Pellegrini

Join us in supporting the pediatric initiative at STPH...for the kind of care your children deserve and for the peace of mind parents deserve.

Greg Pellegrini and Allyson Sanderson,
Capital Campaign co-chairmen

BETTER HEALTH, BETTER LIFE

STPH Diabetes Education Changes a Life

Kenda Johansen is not who she used to be.

For starters, when she was diagnosed with diabetes in December of 2013 she weighed 204 pounds. Now she is down to 141 and thinking about slimming down by another few pounds.

You won't see the same clothes in her closet these days. The special-education paraprofessional at Madisonville Junior High School has replaced her wardrobe three times in two years. She shops in the regular ladies' department when she heads to the mall. Her mother tells her she looks like a teenager.

Then there is her confidence level.

"My sassiness has gone through the roof," Johansen said. "My co-workers tell me I'm a different person."

"Her confidence and spirit have definitely changed and it shines through," said Lily Wesley, Diabetes Educator at St. Tammany Parish Hospital. "When you see her, you can tell how much happier she is. She is always smiling from ear to ear!"

Those are only the outward changes since 50-year-old Johansen turned to the diabetes education program at St. Tammany Parish

Hospital to better manage her diabetes. The American Diabetes Association Education Recognized program provides self-management training and medical nutrition therapy for people with diabetes in the hospital, as well as through many of its outpatient locations.

These days she takes half the blood-pressure medication she once did.

Her cholesterol level has plummeted. Her A1C level, a measure of blood sugar that reflects how well diabetes treatment is working, fell from 7 percent when she was diagnosed to 5.8 percent after shedding more than 60 pounds—a tremendous improvement.

"I love watching the numbers drop," Johansen said.

Lily Wesley of STPH provided essential guidance and support as Johansen worked to improve her health through weight loss, better eating habits and exercise. The process began in January 2014 with what Johansen good-naturedly described as a "life plan."

"Just don't call it a diet," she said.

The plan Wesley laid out centered on limiting carbohydrates such as breads and pasta to 45 grams per meal. Portion control was also important. Wesley told her to get out her measuring cups and scrupulously track the size of food servings at meal times.

"When you see her, you can tell how much happier she is. She is always smiling from ear to ear!"

- Lily Wesley, Diabetes Educator

"We all think a cup of pasta is a lot bigger than it really is," Johansen said. "It was an eye-opener."

Reading food labels helped Johansen choose foods dense in nutrients. She lost her first 10 pounds by limiting carbs—"My first victory," she said.

Then came a bigger challenge for a self-described, one-time couch potato. Wesley wanted Johansen to exercise, something she had never done regularly in her life.

"In April 2014, we decided that she needed to start exercising to aid with her weight loss," Wesley said.

"I looked at her like she had lost her mind," Johansen said.

Still, the reluctant Johansen wanted to improve her health, and Wesley helped her understand that even modest exercise could help her body control blood glucose more effectively. So Johansen took Wesley's advice and got moving.

She began with comparative baby steps: 15-minute walks around her neighborhood three times a week.

Over the months, Johansen increased the length and frequency of her walks, building up to twice-a-day outings on her own and with her dog that added up to more than four miles.

In time, Johansen was walking every day and enjoying herself. Her sleep improved. Her energy level soared. She actually missed walking on the days when rain or wet weather kept her inside.

There have been other pleasant surprises along Johansen's path to better health. Here is one: She now jogs about one third of the time as she continues to build up her stamina.

"I never would have believed it if somebody had told me I'd get out and basically run for almost five miles," Johansen said. "The idea that I would do that and actually enjoy myself is something—well, that is something I could never have imagined. It's just fabulous."



Animals Made with Love

Girl Scout Project Lives on in Grandmother's Hands

Pediatric patients at Covington Surgery Center at St. Tammany Parish Hospital have a colorful source of comfort: Handmade fabric animals that ride along on the stretcher into the operating room, nuzzle with them in the recovery area and go home with them after their procedures.

"It calms the children tremendously," said Lauren Horridge, the center's director.

The fabric and crocheted animals aren't just gifts for children, but inspired and sometimes made by them as well. As with many sources of comfort, grandmotherly love plays a big role, too.

The first batch of animals in 2014 was tied to a local Girl Scouts project. Girl Scout Caleigh Jernigan thought having a stuffed animal might have soothed her brother on the day of his surgery at the center.

As luck would have it, members of the troop were looking for a Silver Star project at the time. Earning it required asking someone else to join them in making something to donate to someone or some place in need. Caleigh suggested making the animals as a fun and meaningful way to earn a Silver Star.

Elizabeth Pelto, another member of the 7th-grade troop, knew who she would ask to join her in the project. Her grandmother, 71-year-old Ruth Klein, was a needlework expert who had been sewing and knitting since age 5.

Klein, a retired high school principal who had recently relocated to the Northshore from New York's Hudson Valley, jumped at the chance to bond with her granddaughter.

So began a flurry of sewing in local living rooms. Klein crocheted and knitted her designs. The girls sewed and decorated animals from cats to alligators with fabric markers and other colorful flourishes.

After a few months, the girls and their project partners had dozens of animals for delivery to the surgery center.

But Klein wasn't done with the idea. She enjoyed making the animals so much that she decided to continue. She makes animals of

her own design or uses patterns by others. When her hands ache, she switches from crocheting to some other kind of needlework to give her joints a rest.

"It calms the children tremendously."

Lauren Horridge, the center's director

The animals range in size from 5 inches to about 18, and there are no rules when it comes to colors. A recent project included a multi-colored hippo. A project might take a day or a week to complete.

When Klein has a big bag of animals ready to go, she calls Horridge, who drops by to pick them up from Klein's home in Mandeville.

"It is simply wonderful that she does this," Horridge said.

The soft-spoken Klein is quick to credit the Girl Scouts for the idea. She is also thankful for the opportunity to connect with her new community, even if she has never met any of the children to receive one of her creations.

"It's a blessing to be able to do this," Klein said. "I hope that in some way it helps them with their healing."



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

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, Feb. 10 and April 5 | 7-9 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, Feb. 23, March 22 and

April 26 | 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

Saturday, March 5 | 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, March 7 and 14 | 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 Parenting Center | 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 Feb. 2, 16 and 23;

March 8, 15 and 22 | 9:30-10:15 a.m.

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

For more information, contact ksupan@stph.org or 985-898-443.

Ballet

Wednesdays, Feb. 2, 10 and 17;

March 2, 9 and 16 | 9:15-10 a.m.

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

For more information, contact ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays, Feb. 4, 18 and 25;

March 10, 17 and 24 | 10:30-11 a.m.

STPH Parenting Center
\$6/members, \$12/nonmembers

For more information, contact ksupan@stph.org or 985-898-4435

Baby Chat for Siblings

Saturday, March 5 | 10 a.m. to noon

STPH Conference Room | Free

For more information, contact 985-898-4435.

Children in the Middle

Mondays, Feb. 15 and 22;

March 14 and 21 | 10 a.m. to noon

STPH Parenting Center
\$10/per child

For more information, contact 985-898-4435.

For the Grown-Ups

Living Tobacco Free

Wednesdays, Feb. 24 - March 30; April 13 -

May 18 | noon to 1 pm. 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, Feb. 15 and 22; March 14 and 21 |

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

Sister Survivors Support Group

1st Tuesday of each month | 7 p.m.

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

Support group open to any female cancer survivor, whether currently receiving treatment or has completed treatment for any cancer diagnosis. jfreudenberger@marybird.com or 985-276-6832

Grief Support Group

1st Wednesday of each month | 3 p.m.

STPH Madisonville Conference Room

For adults who have suffered loss. dvanek@stph.org

1 in 4 St. Tammany

2nd Tuesday of each month | 6 p.m.

STPH Women's Pavilion Conference Room

Supports mothers, fathers and their families that have experienced a pregnancy or infant loss. jsims@stph.org



Update on Sister Judith

In our Fall issue of Heart to Heart we told the story of three Benedictine nuns who relocated to Abita Springs after receiving care at St. Tammany Parish Hospital. Shortly following the release of the issue, Sister Judith Elms passed away. She spent her life teaching and serving her Benedictine Community. We send our thoughts and prayers to Sister Judith's family and friends, and are honored to have the chance to meet such an amazing woman.