

*Heart  
to  
Heart*



## CIOPPINO

a summertime stew  
celebrates the sea





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

*Our Mission*

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both inpatient and outpatient care, all of which help to ensure continued good health.

BOARD OF COMMISSIONERS

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

EXECUTIVE TEAM

- Patti Elish FACHE  
*President/Chief Executive Officer*
- Sharon Toups FACHE  
*Sr. Vice President/  
Chief Operating Officer*
- Kerry Milton RN  
*Sr. Vice President/  
Chief Nursing Officer*
- Robert Capitelli MD  
*Sr. Vice President/  
Chief Medical Officer*
- Judy Gracia RN  
*Vice President/Human Resources*
- Margaret Collett JD  
*Vice President of Legal Affairs  
Chief Corporate Compliance Officer*

St. Tammany Parish Hospital  
Communication Department  
1202 South Tyler Street  
Covington, LA 70433

commdept@stph.org

PHOTOGRAPHY: RICK OLIVIER  
DESIGN: ZEHNDER COMMUNICATIONS



## Biplane Expands Radiology Services

The Radiology Department at St. Tammany Parish Hospital has expanded its capabilities to better diagnose and treat patients for painful spinal fractures, stroke, cancer and other conditions with the June 1 installation of a biplane fluoroscopy imaging system.

“This cutting-edge technology brings STPH in line with the level of care only available in university settings and larger regional medical centers in the New Orleans metropolitan area,” says Richard Vanderbrook, MD, an STPH interventional radiologist.

The biplane’s digital technology provides physicians with multi-dimensional, detailed views of blood vessels in various parts of the body.

“It allows us to do more complex neurological and interventional procedures and expands our cardiac capabilities in electrophysiological studies,” says Sharon Toups, senior vice president and chief operating officer at STPH.

The equipment offers clear benefits for patients, including shorter diagnosis and treatment time. The biplane also reduces patient exposure to both radiation and iodine-based contrast dye that can impact kidney function and may cause some discomfort at the time of injection.

“No other Northshore hospital has anything like it.”

In the past, multiple injections of contrast dye were necessary to produce the same information this equipment provides with a single injection, explains Les Bascle, the Radiology Department’s operations manager.

“Now we are able to achieve multiple angles and images with just one injection,” Bascle says.

Multiple angles of the body are critical for delicate, minimally invasive procedures such as vertebroplasty and kyphoplasty that are used to treat intractable back pain caused by fractures that compress the spine. Vertebroplasty and kyphoplasty are key uses of the new biplane, Bascle says.

The biplane also can be used to treat uterine fibroids and in the diagnosis of potentially cancerous lesions. Other procedures for which it is used include aneurism diagnosis and therapy, epidural steroid injections, root nerve blocks, renal tumor embolization.

The biplane’s special capabilities include three-dimensional construction and subtraction of body parts to allow optimal views of the body.

“No other Northshore hospital has anything like it,” says Dr. Vanderbrook.

More information on the Radiology Department is available by calling 985-898-4505.

## Keeping Kids—and Sitters—Safe



Adolescent babysitters may not fully understand what’s at stake when they decide to earn spending money by watching over little ones.

They also may not be prepared to act quickly in the event of an emergency to reduce the chance of injury to a child in their care.

The Parenting Center at St. Tammany Parish Hospital offers a babysitter-training course designed to give Northshore adolescents ages 11 to 13 the skills they need to protect and nurture young children.

Designed by a pediatrician, its two-day “Safe Sitter” program covers life-saving topics, including child and infant CPR, through a highly regarded, national curriculum. Child development components help participants understand how to nurture young children and what kinds of behavior to expect from infants and toddlers.

Babysitters’ duties—like knowing the limits of cell-phone use—are covered through role-playing

exercises that make the course fun and meaningful.

Participants also learn how to protect themselves, from safely advertising their services to checking parent references and understanding when—and how—to decline a job.

“We stress how sitters can stay safe while setting up a babysitting business,” says Lori Cage, executive director of the Parenting Center.

Meanwhile, the six-to-one ratio of students to instructors allows for a high level of interaction to ensure participants get the maximum benefit of training.

Cage views the program’s larger goals as helping local youngsters gain skills they will one day need as parents themselves.

She notes that the center’s community-minded work is made possible through Monster Mash, the October fundraiser the center presents in partnership with St. Tammany Hospital Foundation.

“We see (the course) as a service to the community, and its motto is ‘better sitters today, better parents tomorrow,’” Cage says.

The Parenting Center will offer the “Safe Sitter” course on Aug. 4-5. Classes will be held from 9 a.m. to 4 p.m. at 1505 N. Florida St., Suite B, in Covington. The cost is \$65 per participant. A registration form and student contract are available online at [www.stph.org](http://www.stph.org).

More information is available by calling 985-898-4435.



ST. TAMMANY HOSPITAL  
FOUNDATION

1202 South Tyler Street  
Covington, LA 70433

Telephone (985) 898-4174  
Fax (985) 871-5744  
Email: [foundation@stph.org](mailto:foundation@stph.org)  
[www.sthfoundation.org](http://www.sthfoundation.org)

*Our Mission*

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

BOARD OF TRUSTEES

- Kenneth E. Latham, AIA  
*Chairman*
- Lori G. Murphy  
*Vice Chairman*
- Richard F. Knight JD  
*Secretary/Treasurer*
- Anne Johnsen Bailey
- David A. Briggs, Jr.
- Sam Camp
- Johnny B. Green
- Judge John W. Greene
- Rev. L. Stephen Holzhalb III
- J. Fredrick “Rick” Kessenich
- A.J. Kreller DDS
- Pierre Livaudais
- Laurie McCants
- Blanche McCloskey
- Ashton Noel
- Julia M. Pearce
- Jennifer S. Rice
- John “Pizzie” Romano
- Harry A. Warner
- James R. Willis MD

ADVISORY BOARD

- Adrian B. Cairns, Jr. MD  
*Chairman Emeritus*
- Robert H. Crosby III
- Gene W. Lafitte
- Joanna R. Miller MD
- Henry J. Miltenberger, Jr.
- Thomas W. Pritchard
- Clinton J. Romig, Sr.
- H.W. “Wally” Rosenblum

Charles Ann Strickland  
EXECUTIVE DIRECTOR



## A Mother's Understanding of a Patient's Journey

Debra Miller, RN, the cancer resource nurse at St. Tammany Parish Hospital since 2003, had always viewed the lives of her patients as their journeys.

"Our job is to support them on their journey rather than mapping it out for them," Miller says.

Miller speaks from the vantage point of an expert caregiver. But she brings an added perspective to her understanding of the importance of supporting patients as they chart their own course.

In June 2006, Miller's 19-year-old son, Casey, was diagnosed with pancreatic cancer and given six months to live.

After surgery, Casey began a chemotherapy regimen that sent him to STPH's emergency room for side effects from the treatment quite frequently with symptoms including chest pains and difficulty breathing. As days passed, Casey would rebound and resume the role of a teenager determined to enjoy life.

And Casey did live. Between bouts of sickness, he rode four-wheelers, went boating across waterways and hung out with friends. He also learned to do something that he could not do in the first months after his diagnosis: talk about his dreams and fears and even laugh with his mother over his request that he be buried with his ever-present cell phone.

Allowing Casey to decide how to talk about his diagnosis was one of the ways Miller supported him. Initially, he resisted taking an active part in discussions about his treatment.

"But there came a time when he was ready for that," Miller says.

Miller had been a nurse for 11 years when she came to STPH as cancer resource nurse in 2003. She views the transition as her destiny, one that provided her with special coping skills to face Casey's illness. In 2007, she attended an end-of-life nurse education trainer program that reinforced her belief that nursing care can help greatly reduce the distress of terminally ill patients.

In December of 2008, after three weeks of hospice care at home, Casey died with his mother and sister at his side. Miller says his courage taught her "cancer did not have him, but that he had cancer."

It's a message that she sometimes passes along to patients.

"He kept going until the end of his life," Miller says. "Going through this with Casey gave me more insight ... into (how important it is) that we follow what our patients really want."



# The Healing Power of Oxygen

Judy Cyphert's cure for her breast cancer, radiation and a mastectomy, posted a new problem a year later when she needed a skin biopsy at the original surgery site.

The site of the biopsy would not heal, creating a wound that put Cyphert, a diabetic with a liver condition, at risk for infection.

The 66-year-old Covington resident initially thought she would need to drive to Baton Rouge for hyperbaric oxygen treatment, which promotes healing by increasing the level of oxygen in the body.

Instead, she received treatment at St. Tammany Parish Hospital's Center for Wound Care and Hyperbaric Medicine, co-medical directed by wound care specialists Dr. John Kessels and Dr. Shaun Carpenter, the only facility in the parish to offer this cutting-edge treatment of problem wounds.

"I was so thankful to have this in St. Tammany," she says.

Hyperbaric oxygen therapy is effective in the treatment of wounds like Cyphert's, whose radiation treatment had decreased the level of oxygen in her tissue, explains Shaun Carpenter, MD.

"Radiation saves lives, but it also makes tissue more vulnerable to wounds that won't heal," Carpenter says.

In Cyphert's case, diabetes further compromised the healing process.

Hyperbaric treatment promotes healing of wounds like Cyphert's by elevating oxygen in the blood by up to 10 times the normal level, Carpenter says. Oxygen levels remain high for about four hours after two-hour treatment sessions, in which patients lie inside a clear tubular device called a hyperbaric chamber.

After about 15 treatments, new blood vessels start to grow in the damaged area, a process called angiogenesis. The rate of

healing is extremely high after 40 such treatments, the number Cyphert received, Carpenter says.

Cyphert admits she worried about lying inside the hyperbaric chamber. But she soon found herself looking forward to the sessions, during which she watched television and chatted with the staff.

"It was a very pleasant experience, and I did heal," she says.

The center, the only local facility to offer comprehensive wound care, benefited from funding for equipment through a 2009 call for funding by the St. Tammany Hospital Foundation.

More information on the wound care center is available by calling, 985-871-6085. More information on the foundation, including giving opportunities, is available at 985-898-4141.



Shaun Carpenter MD (L) and John Kessels MD (R) talk with patient Judy Cyphert about the benefits of hyperbaric oxygen therapy.

L E A R N I N G

T O

B R E A T H E



James "J.O." Williams' journey to the Pulmonary Rehab Program at St. Tammany Parish Hospital began in 2006 in a fishing boat at Toledo Bend.

Williams, a retired Cleco lineman and lifelong outdoorsman with pulmonary fibrosis, had hauled along oxygen in the boat, something he had done for months as he struggled to breathe during daily activities.

But that day on the water was a turning point for the Covington grandfather, who could barely exit the boat after it pulled up dockside.

"That was the tipping point," says Williams, now 70.

Shortly thereafter, he met with his physician, STPH pulmonary disease specialist Janine Parker, MD.

"She said it was up to me to change," Williams recalls. "She was very nice, but she told me I needed to lose weight, and I also needed to start moving and get some exercise."

Williams took Parker's message to heart. He has made big changes in his lifestyle since then, including losing 75 pounds after lap-band surgery.

But he also credits the STPH Pulmonary Rehab Program with helping him regain the quality of life that was slipping away three years ago, when even turning over in bed left him gasping for air.

"Weight loss was not enough," Williams says. "They taught me to breathe."

When Williams entered the program's Phase II program in September 2006, he required eight liters of extra oxygen, administered through a nasal cannula, during twice-weekly sessions.

By early 2007, he was using six liters of oxygen during the sessions, and has continued to make dramatic improvement since then. These days, he needs two liters of oxygen while exercising, and only while on the treadmill, notes David Speirer, STPH pulmonary rehab coordinator.

"To get off oxygen is a big deal," Speirer says.

Indeed, Williams' lungs are functioning 20 percent more effectively compared to late 2006. He does not use oxygen at all during the day.

Williams credits Speirer and his multidisciplinary rehab team for helping him regain his quality of life.

"I did not know how important rehab was, whether it's for your knees or your lungs," Williams says.

For his part, Speirer says Williams' dedication to getting better was crucial.

"He was willing to stick with it," Speirer says.

Williams hopes he isn't done sharing much improved results of regular lung tests with Speirer and Parker.

"I think I will do even better next time," he says.

In the mean time, Williams isn't just back to fishing at Toledo Bend. These days he is also venturing out into the Gulf of Mexico, something he had been forced to give up several years ago. His sleep has improved, and he says his energy level continues to climb.

Williams says he hopes his results will encourage more people to "get moving and expand their lungs."

The rehab program provides therapy to patients with a variety of conditions, from lung cancer to chronic bronchitis. It benefited from equipment made possible through a 2009 call for funding by the St. Tammany Hospital Foundation, which works to sustain the healing work of the hospital's doctors and staff.

More information on the Pulmonary Rehab Program is available by calling 985-898-3785.

J.O. Williams credits the STPH Pulmonary Rehab Program with helping him regain the quality of life that was slipping away three years ago, when even turning over in bed left him gasping for air.





## Celebrating a Fantastic Year of Giving

The St. Tammany Hospital Foundation's Annual Leadership Recognition Celebration took place May 14 at Benedict's Plantation in Mandeville.

The event recognized donors for 2008 who were new to the foundation's Donor Wall of Honor or whose donation enabled them to reach a new plateau of cumulative giving.

Foundation Chairman Ken Latham welcomed guests, and a moving recognition program followed. Bryan Burns reflected from a donor's perspective on behalf of his late father, Billy Burns, whose 2008 gift resulted in the hospital's chapel being named the Bryan Burns Family Memorial Chapel. Chairman Emeritus Dr. Adrian Cairns spoke on behalf of his friend, the late Upton Lea, who was added with his wife, Marianne, to the Donor Wall of Honor after leaving a generous bequest to St. Tammany Parish Hospital Foundation in his will.

Mele Printing and its owner Mallery Mele received a special award for loyal support of the foundation and its mission. This annual spotlight award, known as "The Adrian," honors an exceptional friend of the foundation, and is named for its first chairman, Dr. Adrian. B. Cairns Jr.

From top to bottom: Trustee Lori Murphy with Lendon Noel; June and Harry Warner, trustee; Jan and Dr. Jim Willis, trustee; Michael and Jaime Kritz, Joan Rathe and Jayne Latshaw.



## CIOPPINO a summertime stew celebrates the sea

*This stew-like main course capitalizes on the bounty of seafood in a Louisiana summer, says STPH Chef Abry Crosby. Cioppino may be served by itself, or with a side dish of cold pesto pasta salad, risotto or hearty bread. A combination of seafood can be used, such as shrimp with redfish or tilapia. Mussels and scallops also work well, Chef Abry says. Whatever the mix, this dish will be packed with the omega-3 fatty acids that make seafood a heart-healthy choice any time of the year.*

### Ingredients:

2 tablespoons olive oil	1 tablespoon Worcestershire sauce
1 tablespoon margarine	2 bay leaves
1 medium yellow onion, chopped	½ tablespoon salt-free Cajun seasoning
2 stalks celery, chopped	1 tablespoon dried oregano
2 tablespoons fresh garlic, chopped	¼ cup fresh basil (substitute ½ tablespoon dried basil)
6 red pepper flakes (substitute hot sauce)	½ teaspoon salt (optional)
3 tomatoes, diced	2 cups water
1 cup white wine	2 pounds seafood
3 cups fish stock (substitute 1 bottle clam juice plus water)	¼ cup fresh Italian parsley, chopped
	lemon wedges for garnish

In a large pot on medium-high heat, melt margarine with oil and sauté onion and celery until soft, about 10 minutes.

Add remaining ingredients except seafood and parsley and bring to a boil, then turn heat to low. Simmer covered for one hour, stirring often. Add water if sauce becomes too thick. Taste for seasoning and adjust if needed.

If using shrimp and fish, add to pot and simmer, covered, another five minutes. Stir gently to avoid breaking up the fish. (If using mussels or scallops, add to pot and simmer for another 10 minutes or until the mussels open and seafood is cooked.)

Stir in Italian parsley. Serve hot within one hour.

Serves four.



# New Trustees Join Foundation Board

The St. Tammany Hospital Foundation welcomes the Rev. L. Stephen “Steve” Holzhalb III, J. Fredrick “Rick” Kessenich, Pierre Livaudais and Blanche McCloskey as new members of the board of trustees.

“We are pleased to have these community leaders join us on the St. Tammany Hospital Foundation Board of Trustees,” said Julia Pearce, chairman of the governance committee.



From left to right: Pierre Livaudais, Rick Kessenich, Steve Holzhalb and (not pictured) Blanche McCloskey join the foundation board of trustees.

Holzhalb is executive officer of Christwood Retirement Community in Covington. He was the rector of Christ Episcopal Church in Covington for nearly 20 years, during which time the church founded Christ Episcopal School and Christwood. He has been an ordained priest for more than 40 years and is one of the senior Episcopal priests of the Diocese of Louisiana. A graduate of the University of the South and the General Theological Seminary in New York, he earned his Doctorate of Ministry at Princeton Theological Seminary. The father of two sons, he has two grandchildren and is married to Julie Hopkins.

Attorney Kessenich is a senior partner in Daigle Fisse & Kessenich, where he manages the admiralty group. He received his bachelor’s degree from Rice University and his law degree from Tulane University School of Law. He is a member of the Maritime Law Association of the United States, the Mariner’s Club of the Port of New Orleans and the Offshore Marine Service Association. Kessenich and his wife, Suzy, are the parents of four children.

A native of Folsom, Livaudais is in partnership with his wife, Marian, in the law firm Livaudais and Livaudais in Mandeville. He graduated from Tulane Law School in 1962 and opened his law firm, which has been

in existence for nearly 50 years. He is a past president of the former Covington Chamber of Commerce, the American Blonde d’Aquitaine Association, the Agribusiness Council of Louisiana and the Southeast Junior Livestock Show Committee. A participant in the Indigent Defender Board system for St. Tammany and Washington parishes for more than 25 years, he is a member of the St. Tammany Hospital Foundation Legacy of Caring Society.

Born in Jackson, Miss., McCloskey has lived on the Northshore for more than 40 years. She and her late husband, Dennis, ran Windmill Nurseries Inc. until 2000. She is a charter member of the Junior League of Greater Covington and has served in many capacities, including past president. A board member of Willwoods Community, she and her husband were honored with the Servus Fidelis Award, and she served on the Community Advisory Board in Covington. A graduate of Louisiana State University, she taught school in St. Tammany Parish and served as the first reading specialist for the parish. McCloskey has three daughters, one son-in-law and one grandson.

## Blossman Generosity Memorialized

The St. Tammany Hospital Foundation has recognized the generosity of the Dorothy L. Blossman Charitable Foundation as a donor at the Vanguard Level on the Donor Wall of Honor in the St. Tammany Parish Hospital lobby. In addition, the hospital’s administration lobby has been named in memory of David C. and Dorothy L. Blossman.

When he came home after the war, he told his mother about a marvelous woman he had met. According to Reese, “She said, ‘Go back and get her,’ ...and he did.”

Chuck Reese, accountant and co-trustee with Lee Spence for the Blossman Foundation, said “St. Tammany Parish Hospital is the premier hospital in the parish. Dorothy received excellent care there before her passing in July of last year.”

David Blossman met Dorothy while in the military during World War II. When he came home after the war, he told his mother about a marvelous woman he had met. According to Reese, “She said, ‘Go back and get her,’ ...and he did.” A generous person during his lifetime, Blossman gave to a variety of charities until passing away some years ago.

Upon Dorothy Blossman’s death, much of her estate went to the Dorothy L. Blossman Charitable Foundation, which supports causes, including Southeastern University and the Humane Society. It also funds many small scholarships to needy students throughout the United States.

Ken Latham, chairman of the board of trustees for the St. Tammany Hospital Foundation, expressed his appreciation to the Blossman Foundation.

“We appreciate the generosity of the trustees of the Blossman Foundation and are honored to remember the Blossmans with a memorial plaque outside of the hospital administration lobby,” Latham said. “This most generous gift is earmarked for the foundation’s endowment, as well as the most pressing needs of the hospital.”

To make a gift to the St. Tammany Hospital Foundation, contact Charley Strickland, executive director, at 985-898-4141 or [cstrickland@stph.org](mailto:cstrickland@stph.org).



From left to right: Lee Spence, co-trustee of the Dorothy L. Blossman Charitable Foundation, Charley Strickland, executive director of the STH Foundation, Sharon Touns, senior vice president and chief operating officer at STPH and Chuck Reese, co-trustee of the Blossman foundation.

# STPH Calendar Highlights

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

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

  

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

  

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

## Infant/Child CPR (Family and Friends)

**Jul 16 or Sep 15, 6 pm to 8:15 pm;  
Aug 29, 9 am to 11:15 am**

STPH Parenting Center

\$20 per person; \$30 per couple. Would you know what to do if your child was choking or stopped breathing? Learn the skills you need to know for these emergencies. Register one week prior to class. Call 985-898-4435.

## Boot Camp for New Dads

**Jul 18 or Sep 19, 9 am to 12 pm**

STPH Conference Center

\$10 per person. Learn helpful hints and what to expect when the little one arrives. Receive an official "Boot Camp" t-shirt. Call 985-898-4083.

## New Family Center Tours

**July 18; Aug 1, 15; Sep 5, 19,  
10am to noon**

STPH 3rd Floor

FREE. Half hour tours of the maternity unit, preregistration and information on prenatal and new parent classes. Call 985-898-4536.

## Children in the Middle, A Co-Parenting Class

**Jul 20, Aug 24 or Sep 21,  
7 pm to 9 pm**

STPH Parenting Center

\$20 per person/\$30 per couple. Learn methods and communication skills that help keep children out of the divorcing parents' issues. Call 985-898-4435.

## Prostate Cancer Screening

**Jul 23, 10 am to 3 pm**

Early Bird Van, K-Mart Parking Lot

**Aug 22, 9 am to 11 am**

Community Wellness Center

FREE. Includes a physical exam by a physician and a PSA blood test. Call 985-898-4581.

## CancerFit: Where Healing Begins, Exercise & Wellness Program

**Tuesdays and Thursdays, Jul 28  
through Sep 17, 10:30 am to 12 pm**

Paul Cordes Outpatient Pavilion

FREE. A personalized consultation to evaluate current physical status and set goals for what you want to accomplish. Implement activity in a supervised environment based on individual capabilities over an 8-week period to build strength, energy and endurance. Call 985-898-4581.

## Breast Cancer Screening

**Jul 29 or Sep 17, 9 am to 2 pm**

Early Bird Van, K-Mart Parking Lot

**Aug 21, 10 am to 2 pm**

Early Bird Van, K-Mart Parking Lot

FREE. Clinical breast exams provided by a physician or nurse practitioner for women 18 and older. Mammograms are available for women 40 and older who have not had a screening in the past 12 months. Call 888-616-4687.

## Baby Care Basics

**Aug 4, 7 pm to 9 pm**

STPH Parenting Center

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

## Breastfeeding Support Group

**Aug 11 or Aug 25, 7 pm to 9 pm**

STPH Parenting Center

FREE. Mothers, babies and expectant mothers join a certified lactation consultant for questions and answers relating to breastfeeding your baby. Call 985-898-4435.

## Play Pals, 2-year-olds

**Aug 11 or Sep 8, 10:30 am to 11:15 am  
Pre-K @ Play, 3- and 4-year-olds**

**Aug 11 or Sep 8, 9:30 am to 10:15 am**

STPH Parenting Center

\$15 per child for members/\$24 per child for nonmembers. An educational program designed for parents, grandparents or caregivers and their children to have fun and learn together. Learn about a variety of interesting topics through discussion, music and movement, hands-on exploration, arts and crafts activities and story time. Class size is limited. Call 985-898-4435.

## Cuddle Buddies, ages 8 to 15 months

**Aug 13 or Sep 10, 10:30 am to 11 am**

**Toddling Time, ages 16 to 24 months**

**Aug 13 or Sep 10, 9:30 am to 10:15 am**

STPH Parenting Center

\$15 per child for members/\$24 per child for nonmembers. An educational program designed for parents, grandparents or caregivers and their children to have fun and learn together. Class size is limited. Call 985-898-4435.

## Using Lamaze Techniques

**Aug 22, 4 pm to 7 pm**

STPH Conference Center

\$50 per person. A series of six classes practicing relaxation and pain control techniques to help you through the childbirth experience. Call 985-898-4083.

## What's Good About Anger?

**Sep 2, 6 pm to 7:30 pm**

STPH Parenting Center

\$25 per student for members/\$35 per student for nonmembers. Teens will learn to channel their anger so that it works for them. Space is limited, and pre-registration is required. Call 985-898-4435.

## Baby Chat for Siblings

**Sep 5, 10 am to 12 pm**

STPH Conference Center

FREE. For children ages 3 and up to understand the changes that occur with a new baby. Call 985-898-4083.

## Heartsaver CPR

**Sep 26, 1 pm to 3:30 pm**

STPH Conference Center

\$40 per person. This class covers the basic standards of adult, child and infant CPR, foreign body airway relief and use of an AED. Call 985-898-4083.