



*St. Tammany*  
PARISH HOSPITAL

# THE ART OF MEDICINE

STPH Women's Pavilion  
Enfolds Patients in Healing Arts







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.

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St. Tammany Parish Hospital  
Communication Department  
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RICK OLIVIER PHOTOGRAPHY  
THINKA DESIGN & BRANDING

## STPH Leadership Honors Volunteers for Service

### 31st Annual Guild and Volunteer Awards Luncheon

St. Tammany Parish Hospital honored St. Tammany Hospital Guild, Meals at Home and other volunteers Thursday, April 14, 2011, at Benedict's in Mandeville. The top five honorees for Most Hours Volunteered in 2010 were Henry Deist (509 hours), Jewell Lorio (505 hours), Michael Elliott (501 hours), Guild President Ann Copeland (472 hours) and Clare Drinkard (469 hours).

STPH President/CEO Patti Elish remarked that the combined efforts of the volunteers at St. Tammany Parish Hospital provide a vital connection between the community and patients. Guild President Ann Copeland added that guild members also raise money for scholarships for STPH employees and donations to local charities including the St. Tammany Hospital Foundation. In fact, the Guild has now reached the milestone of \$100,000 cumulative giving level to the foundation.



Keynote speaker and Mayor Pro-Tem of Abita Springs Greg Lemons noted that as a member of the St. Tammany Parish Hospital Board of Commissioners, he has occasion to appreciate the generosity and exceptional level of personal service volunteers bring to the hospital. "We often say that the heart of our hospital is our staff," he said, "but I'm here to tell you that the soul of our hospital is our volunteers."

Celebrating milestone hours in service were Ann and John Copeland, 5,000 hours each; Ruth Anthon, 4,000 hours; Audrey Cooper and Jewell Lorio, 3,000 hours each; Mary Argus, Patricia Bruner, Edna Fournet-Landry, Marguerite Morin and Louis Salzer, 2,000 hours each; and Yvonne Cleland, Alice Stein and Katie Landry, 1,000 hours each.

The luncheon also recognized guild volunteers retiring from service, non-guild volunteers and 26 Meals at Home volunteer drivers, who take meals to those who would otherwise be without a hot meal daily.

*Photos from left to right: Maxine Resweber, Betty McCormick, Betty McEvoy, Marie Tusa and Ann Copeland; below right: Clare Drinkard, Henry Deist, Jewell Lorio and Michael Elliott*

*Photos by STPH*



While on scholarship at the University of Wisconsin, Mrs. Rusch was the only female chemistry graduate in the Class of 1946.

## Celebrating the Beautiful Chemistry of a 59-Year Marriage

John Rusch honored his late wife, Eunice McGilvry Rusch, with the dedication of a 4-South room at St. Tammany Parish Hospital. These private rooms are the newest at the hospital and are designed with a healing arts environment.

While on scholarship at the University of Wisconsin, Mrs. Rusch was the only female chemistry graduate in the Class of 1946. After graduation, she was an organic chemist with Pittsburgh Plate Glass and a model for Evinrude Outboard Motors, Link-Belt Equipment and Pittsburgh Plastics.

Mr. Rusch graduated from Case Western Reserve with a bachelor's degree in chemical

engineering and married his high school sweetheart in 1951. He brought her to New Orleans where she was an organic chemist with the USDA Southern Regional Research Lab.

While Mr. Rusch came to New Orleans with oil field service company Dowell, he left them in 1955 to form Chemical Cleaning, Inc., a chemical service company. An entrepreneur, he formed six more associated companies. For 30 years, he served as a consultant, primarily to paper mills nationwide.

"Eunice excelled in everything she did," said Mr. Rusch. "She was four times president of the P.E.O. Chapter 'O,' president of the Lady Golfers Association of Metairie Country Club, and president of the St. Martin's Mothers Club." The Rusches are the parents of four children and six grandchildren.

Mrs. Rusch spent her last years with Mr. Rusch in a lovely cottage at Christwood. "Eunice received excellent care at St. Tammany Parish Hospital, and I am pleased to dedicate a room in our names."



A donation of \$25,000 which may be paid over five years allows donors to name a room or honor a loved one. If you would like to learn more about room dedications at St. Tammany Parish Hospital, contact Charley Strickland at (985) 898-4141 or cstrickland@stph.org.



1202 South Tyler Street  
Covington, LA 70433

Telephone (985) 898-4174  
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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**

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EXECUTIVE DIRECTOR



To better interact with patients, employees and the community, St. Tammany Parish Hospital and the St. Tammany Hospital Foundation are actively communicating via social media including Facebook, Twitter, YouTube and the hospital's free iPhone app.

Yep, there's an app for that. Check to see an average of the most recent five patients' wait to see a triage nurse and to see the emergency room physician. You can also find doctors, STPH locations and book STPH events onto your calendar. Search "STPH" in the iPhone app store to download the free app.

Coming soon, watch for the app in other smartphone platforms and a mobile version of sph.org.

"In an emergency, you should proceed to your nearest emergency room," Melissa Hodgson, STPH director of communication, says, "but in less emergent circumstances you might like an estimate about wait times. Our app goes so far as to explain how we tabulate the time, how quickly you'll see the triage nurse and how quickly you'll see the emergency specialist. Perhaps even more useful than ER wait times, the app also guides you to our locations, offices of active staff physicians and education opportunities. Just click to add the physician or event to your contacts or calendar."

Click our social media links from sph.org and download the app from the App Store.

## LEADING THE WAY in Robot-Assisted Surgery

### Less Pain and Faster Healing for STPH Patients

St. Tammany Parish Hospital continues to solidify its reputation as the premier provider of minimally invasive robot-assisted surgery along the I-12 corridor.

STPH became the first Northshore facility to acquire the da Vinci robotic-surgery system in 2007. The delicate movements of the system's tiny instruments are well suited for numerous surgeries of the lower pelvis, including hysterectomies, fibroid surgery and treatments for cancers of the colon, bladder and kidney.

The hospital's roughly 600 da Vinci procedures over the past four years make it the most experienced provider of robotic surgery in the Northshore region.

The number of physicians with special training in da Vinci technology continues to expand, as does the number and type of such procedures performed at STPH. Robot-assisted surgeries tripled from 93 in 2008 to 284 last year, according to Mary Krentel, STPH department head for surgery. The hospital's roughly 600 da Vinci procedures over the past four years make it the most experienced provider of robotic surgery in the Northshore region.

The da Vinci system provides surgeons with optimal vision and range of motion. A console and monitor positioned alongside the operating table give the surgeon a high-definition, 3-D view of the inside of the abdomen. The system's refined instrumentation precisely mimics the surgeon's hands with micro movements at the surgical site, including the ability to make delicate 360-degree rotations.

"The instrumentation is intuitive, and the surgeon's vision is three-dimensional," Krentel said.

For patients, key advantages are less pain, less scarring and faster recovery times than traditional "open" procedures. The da Vinci system's micro-instruments require smaller incisions and cause less trauma to the abdominal wall,

meaning less post-operative pain. Overall healing time is also dramatically reduced. Recovery times for robot-assisted hysterectomies, for instance, may be as short as one week, compared to up to six weeks for patients who undergo traditional open procedures.



STPH and 11 robotics surgeons constitute the most established robotics program on the I-12 corridor. Dr. Patricia Braly, the only Northshore physician board certified in both obstetrics-gynecology and gyn-oncology, is the region's robotics specialist for uterine, cervical and early ovarian cancers.

### Da Vinci-trained Physicians at STPH

The number of physicians using the da Vinci system for surgeries at STPH continues to grow. Physicians performing state-of-the-art robotic surgery include:

**GENERAL SURGERY:**  
Surendra Purohit MD

**OBSTETRICS/GYNECOLOGY:**  
Patricia Braly MD  
Rachael Cresap MD  
Joseph Kuebel MD  
William Landry MD  
Craig Landwehr MD  
Stephanie Schultis MD  
Vicki Steen MD  
Scott Striplin MD  
Katherine Williams MD

**UROLOGY:**  
Sunil Purohit MD

## Happiness is Saying Thank You

On Thursday, May 19, the Board of Trustees and staff of the St. Tammany Hospital Foundation acknowledged 2010 donors of \$1,000 or more. Especially recognized were those donors whose cumulative giving resulted in new or upgraded plaques on the Donor Wall of Honor.

Receiving special recognition were the St. Tammany Hospital Guild, achieving the Partner level on the wall and Baptist Community Ministries, achieving the Ambassador level.

Keynote speaker was BCM's Elizabeth Scheer, vice president for health grants. She spoke of the exemplary services provided by the Nurse-Family Partnership through the St. Tammany Parish Hospital Community Wellness Center.

Champagne Beverage Company was awarded "The Adrian" for donations of in-kind products to special events since the foundation's inception in 2003. CFO Chuck Reese accepted the award which is named for Dr. Adrian Cairns, foundation Chairman Emeritus.

The community was applauded for supporting the foundation with just over \$7 million in donations. These gifts have come from outright gifts of cash, securities and personal property, private foundation grants, sponsorships of special events and planned gifts.

Photos from top to bottom:  
Lori Murphy with Chuck Reese  
Kerry Milton, Liz Scheer, Patti Elish and Dr. Renee Bruno  
Cher and Dr. Adrian Cairns with Ann Copeland  
John and Debbie Evans with Suzy and John Graham  
Photos by Fielding Photography





# THE ART OF MEDICINE

## STPH Women's Pavilion Enfolds Patients in Healing Arts

The much-anticipated opening of the St. Tammany Parish Hospital Women's Pavilion will mark a milestone in the medical leader's commitment to providing the best in women's healthcare across the life span.

Located at Holiday Square, I-12 and Hwy. 190, the nearly complete 9,500-square-foot facility melds the latest in diagnostic and screening technology with compassionate care in a setting designed to maximize patients' emotional well-being.

The treatment and services of the Women's Pavilion will expand on care originally provided in Mandeville at the hospital's Breast Center. In the new location, the experienced staff will have expanded diagnostic capabilities that include the latest in MRI technology dedicated to breast procedures and more room for breast ultrasounds.

Some of the care provided at the pavilion will include digital screening and diagnostic mammograms, bone-density scans, pelvic and breast ultrasounds, and biopsies. The facility will also offer expanded space for massage and other treatments for post-mastectomy lymphedema, nutrition services, a nurturing setting for support groups and a medical reference library.

"The hospital is focused on excellence in health in a global sense, and this allows us to better deliver that care specifically to women," said Sharon Toups, STPH chief operating officer.

Breast screenings and other tests and treatments will be delivered in a relaxing setting infused with soothing artistic features to promote a feeling of calm among patients and staff alike.



## Breast Radiologist Builds on STPH Breast Expertise

The Breast Center at St. Tammany Parish Hospital continues to lead in breast health expertise, with addition of fellowship-trained breast radiologist Dr. Eva Lizer.

The recent arrival of the 40-year-old graduate of Tulane University School of Medicine builds on the center's leadership under radiologists Daniel Rupley MD and William Wells MD.

Dr. Lizer, a California native and mother of two young sons, completed her radiology training and a fellowship in breast imaging at Boston's Brigham and Women's Hospital as part of Harvard University's medical residency program.

"The level of care that is practiced at the Breast Center is phenomenal," Dr. Lizer said. "I'm astounded by the commitment to the highest level of care, and I'm so glad to be a part of that."

Decorative elements from carefully selected paintings and sculptures to calming fire and water features reflect the Healing Arts Initiative of the St. Tammany Hospital Foundation, which promotes the power of art in the healing process.

"We treat patients not just medically but also by responding to their emotional needs, and the healing arts influences allow us to better accomplish that," said Pam Ballard, Women's Pavilion manager.

The pavilion continues the legacy of exemplary care begun at the Breast Center, a legacy that includes an expert radiology team specializing in breast health, patient consultation with radiologists during all diagnostic procedures and bilateral, full-breast ultrasounds when radiologists spot suspicious tissue in one breast.

While most centers examine only a target area of tissue during diagnostic procedures, STPH specialists utilize bilateral, full-breast ultrasound in such cases as an additional check for possible tissue changes in the patient's other breast.

## "WE TREAT PATIENTS NOT JUST MEDICALLY BUT ALSO BY RESPONDING TO THEIR EMOTIONAL NEEDS..."

"We take the opportunity to examine both breasts, not just the targeted area," said STPH breast radiologist Daniel Rupley MD. "That is part of our commitment to treating the whole patient, not just a focused area of tissue."

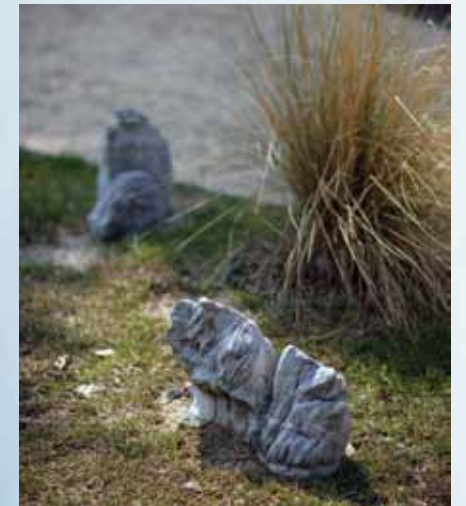
Patients who are diagnosed with breast cancer will benefit from STPH's deepening relationship with Mary Bird Perkins Cancer Center through access to the best in comprehensive cancer treatment close to home.

The integrated cancer program of STPH and Mary Bird Perkins has been accredited since 2003 by the American College of Surgeons in recognition of the quality of its care and services. The program includes integrated support and treatment, education, outreach and rehabilitation.

"Our strategy of deepening that partnership reflects our focus on women's health at all stages of their lives," Toups said. "Like the Women's Pavilion, it is another way we are serving every woman, of every age, no matter what her healthcare need."

For more about the Women's Pavilion, please call (985) 773-1500.

## Healing Art in a Special Place for Women



A lush meditation garden, the soft rush of babbling water and the moody glow of a fire feature are among the artistic elements that will greet visitors to the St. Tammany Parish Hospital Women's Pavilion.

The spa-like facility's art and architecture are designed to benefit patients and staff alike as part of the St. Tammany Hospital Foundation's Healing Arts Initiative. The program promotes art as a crucial component of the healing process.

At the new pavilion, the initiative translates into a host of thoughtful amenities, from artwork with soothing scenes to the oasis of its meditation garden, where benches beckon visitors to pause for reflection. The features are more than beautiful: a growing body of research shows that art can be a powerful aid to healing by nurturing patients' physical and emotional well-being.

The Healing Arts Initiative offers numerous dedication opportunities at the STPH Women's Pavilion through sculpture, visual art and water and fire features. Additional dedication opportunities include benches in the meditation garden.

More information on healing arts and sponsorship opportunities is available by contacting Charley Strickland, foundation executive director, at 985-898-4141 or [cstrickland@stph.org](mailto:cstrickland@stph.org).



## Legacy of Caring Society Suthon and Strickland are Honored as New Members

Planned gift donors are invited to join the elite ranks of the St. Tammany Hospital Foundation Legacy of Caring Society. These are special donors who leave a bequest to the foundation in their wills, create charitable remainder trusts or charitable gift annuities benefiting the foundation, or name the foundation as beneficiary of an insurance policy or an individual retirement account.

Society members are individuals who, through their estate plans, have made an unconditional future commitment to the mission and purpose of the St. Tammany Hospital Foundation. The newest members, Ellen “Deedee” Suthon and Charles Ann Strickland, were introduced at the Annual Leadership Recognition Celebration in May. Each has left a bequest to the foundation.

They join current Legacy of Caring members:

Dr. and Mrs. Adrian B. Cairns Jr.	Upton and Marianne Lea
Carolyn A. Chassee	F. Pierre Livaudais
Louella E. Dean	Yvonne M. Long
Camille J. Dennis	Joanna R. Miller, M.D.
Mr. and Mrs. Gene W. Lafitte	Cheryl and Hank Miltenberger
Mary Alice Lauret	

The generous desires of these members clearly reflect a profound belief in the vital importance of our community hospital. Have you left the foundation a bequest in your will or would you like to learn more about being a Legacy of Caring member? Contact Charley Strickland at 985-898-4141 or [cstrickland@stph.org](mailto:cstrickland@stph.org) for more information.



Charley Strickland, Lori Murphy and Deedee Suthon at the Foundation Annual Recognition Celebration

Fielding Photography



### New Ostomy Support Group at STPH

A new support group provides education and information to ostomy patients, their care providers and friends and family members on the special challenges ostomies pose.

The ostomy support group at St. Tammany Parish Hospital meets at 6:30 p.m. on the second Tuesday of each month in the hospital’s Abita Room. Cancer survivor Deanna Wehrung facilitates the group with assistance from STPH wound/ostomy nurses.

The group is free and open to the public. It is designed for anyone living with an ostomy of any type.

The group will focus on topics ranging from effective products and insurance hassles to emotional challenges and ostomy health risks. The group reflects STPH’s partnership with Mary Bird Perkins Cancer Center to provide excellent, integrated care to cancer patients through services and treatment that enhance quality of life and survival rates.

More information is available at [northshoreostomy@gmail.com](mailto:northshoreostomy@gmail.com) or by calling the STPH Cancer Resource Center at 985-898-4581.

“My motto is: Enjoy life with what you’ve got, but look for ways to make it better.”

## Loving Life & Inspiring Others

### Young Woman Copes with Challenges of Ostomies

Deanna Wehrung is active by any measure. The arts student enjoys music, festivals, photography and exploring the outdoors with her husband, like the couple’s 2010 trip to Yellowstone National Park and annual trips to the New Orleans Jazz and Heritage Festival.

She’s also an energetic St. Tammany Parish Hospital volunteer, visiting patients each Wednesday morning and raising funds for its Cancer Resource Center through a silent auction of painted butterflies created by fellow students at Delgado Community College.

In her quiet moments, she conjures ways to better enjoy life.

“Enjoy life with what you’ve got, but look for ways to make it better,” she said.

Wehrung’s latest volunteer effort is starting an ostomy support group at STPH.

Inspiration for the group is personal. In 2007, Wehrung underwent pelvic exenteration at M.D. Anderson Cancer Center in Houston. The surgery involved removal of all organs in her pelvic cavity after doctors deemed the procedure her sole option for surviving a recurrence of cervical cancer.



The 14-hour surgery included a colostomy, in which a section of colon was refashioned as a channel to direct waste from her body into a collection pouch through an opening in the abdominal wall. Her surgeons created a second opening as part of a urinary diversion system.

New hassles and high risk of infection became permanent fixtures in Wehrung’s life. She has been hospitalized at STPH as many as 20 times since her surgery, but credits infectious disease specialist Dr. Michael Hill and urologist Dr. Sunil Purohit for preventing additional infections and catching them early.

Her husband, mother and STPH wound/ostomy nurses have provided crucial support.

What hasn’t changed is Wehrung’s determination to enjoy life. She participated in the STPH CancerFit exercise and wellness program, loves to swim and slides onto her red scooter for outings that require extensive walking.

She started the ostomy support group after she realized that she had knowledge that could benefit others. Over the years, she has met just one other person living with the challenge of two ostomies. She figures that means she is as prepared to understand ostomy challenges as well as anyone.

“Why not share that?” Wehrung said.

Chryl Corizzo, director of STPH cancer services, described Wehrung as an inspiration.

“She has a serene smile, and you would not guess what she’s been through,” Corizzo said.

Charley Strickland, executive director of the St. Tammany Hospital Foundation, described Wehrung’s butterfly project as the perfect way to showcase artistic talent while benefiting Northshore cancer patients and survivors.

The new group is just one way Wehrung strives to improve her life. Her ideas include fashionable bags for carrying ostomy supplies and products for individuals with ostomies to camp in the wilderness without creating debris.

“I want to inspire people,” Wehrung said, “because I am loving life and making the most of what I’ve got.”





## FUTURE MEETS PAST at Covington Surgery Center

*Seasoned Professional Surgical Team Combines with Leading New Technology*

The new STPH Covington Surgery Center combines state-of-the-art equipment with some of the most seasoned professionals in surgery along with soothing surroundings to deliver unprecedented care to same-day surgery patients.

The center includes technology that is exclusive on the Northshore at its location on the third floor of the medical building across South Tyler Street from the main hospital.

*“It is a beautiful place with the best in technology and a staff that is compassionate, personable and capable,”* said Kathy Chauvin MD, a Northshore ear, nose and throat specialist.

The 20,000-square-foot center is triple the size of its previous location and includes three spacious operating rooms. Its focus on technology includes wireless equipment, bright but cool LED lights that maximize surgeons’ visibility, and software that immediately transmits surgery images from operating rooms to physician offices.

The center has added orthopedics to the wide-ranging list of outpatient procedures it offers. Same-day surgeries performed at the center include laparoscopic, gynecologic, ear, nose, throat, dental and eye procedures. Specialized, high-definition video screens and monitoring equipment support endoscopy, arthroscopy and other scoping procedures, said Lauren Horridge, the center’s director.

The center is also the first Northshore facility to offer the minimally invasive Trabectome procedure for the treatment of glaucoma,

Horridge said. “We have the very latest technology here to provide the best care to patients,” she said.

Dr. Chauvin notes that the center’s new technology, such as LED lighting in the operating suites, is both functional and beautiful. “It means an improvement in our ability to see everything during procedures,” she said.

Low-glare, flat-panel monitors likewise ensure optimal visibility during procedures.

Dr. Craig Landwehr, a Covington obstetrician-gynecologist, said the center’s new high-tech features enhance STPH’s longstanding focus on top-notch outpatient care. Its large operating rooms—at 630 square feet—provide abundant, additional space for physicians and nurses to maneuver during complex procedures.

The proximity of the STPH main hospital building is another added benefit, Dr. Landwehr said. “These are outpatient procedures, but this is still surgery and having the full resources of the hospital nearby is another source of comfort for patients,” he said.

A climate-controlled skybridge across S. Tyler St. will soon connect the center to the main hospital when it is completed this fall.

The center’s fall 2010 opening is part of STPH’s 2006 strategic growth plan to expand its services to patients on the Northshore. Less than a year after its opening, the center is serving growing demand for outpatient procedures; the number of surgeries in the first quarter of this year was up 40 percent over the same period of 2010, Horridge noted.

## STPH Skybridge: *Connecting the Community*

Rising 27 feet over S. Tyler St. in Covington, the St. Tammany Parish Hospital Skybridge is well on its way to completion.

The 208-ft. span stretches from the hospital’s Covington Surgery Center atop the 1203 S. Tyler building of the Charles A. Frederick Medical Office Complex west of Tyler and attaches to a new elevator and open stair tower east of Tyler, which connects at the ground floor level of the main hospital via a new hallway.

“We devised this skybridge as part of our overall strategic plan for growth,” explains

Patti Elish, hospital CEO, “because we knew, with our expanding services, we needed a safe and comfortable way for patients, physicians and hospital staff to cross back and forth across busy Tyler St.”

The enclosed, climate-controlled skybridge will feature technological infrastructure seamlessly connecting the complex to the hospital and its health information technology, diagnostics and laboratory.

Designed by Fauntleroy Latham Weldon Barré Architects, the \$3 million publicly bid project is being built by Spartan Building Corp.



### *Sesame Grilled Veggie Salad*

- 1 head green leaf lettuce
- 1 head Napa cabbage
- 3 cloves garlic, minced
- 2 Tbsp. fresh ginger root, minced
- 3/4 cup olive oil
- 1 tsp. sesame oil
- 1/3 cup rice vinegar
- 1/2 cup low sodium soy sauce
- 3 Tbsp. honey
- 1/4 cup water
- 1 portabella mushroom, gills removed
- 1 eggplant, cut in 3/4 inch slices
- 1 zucchini, cut in half lengthwise
- 1 yellow squash, cut in half lengthwise
- 1 small red onion, cut in 1/2 inch slices, keeping the rings together

Tear the salad greens, shred the cabbage, toss together and refrigerate. Combine the garlic, ginger, oils, vinegar, soy sauce, honey and water in a pint or larger jar. Cover with a tight fitting lid and shake well. Remove lid, heat jar in the microwave 1 minute to dissolve honey. Let cool, and shake well. Brush on the vegetables (refrigerate the excess). Grill the vegetables at medium high heat until tender, about 7 minutes. Allow to cool then cut into bite-size pieces. Place the salad greens in a large serving bowl, top with grilled vegetables. Use remaining marinade as salad dressing. Store any excess dressing in the refrigerator. Garnish with sesame seeds if desired.

# 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						
26	27	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						
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						
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	

## Cancer Connection

**July 20; 7 pm to 8 pm**

*Paul Cordes Outpatient Pavilion*

Monthly support for individuals, family members and friends challenged by a cancer diagnosis, with focus on sharing experiences and quality of life. 985-898-4581

## Boot Camp for New Dads

**July 23; 9 am to noon**

*STPH Conference Center*

Experienced dads offer their knowledge and demonstrate their parenting skills to new fathers. 985-898-4083

## Safe Sitter - Babysitter Training

**July 26 & 27; 9 am to 4:30 pm**

*STPH Parenting Center*

This 2-day program is for students ages 11 to 13 interested in learning to develop good babysitting skills. 985-898-4435

## World-class Healthcare

### Close to Home Tour

**July 27, August 31, September 28;**

**Noon to 1:30 pm**

*STPH Conference Center*

Free. Tour the largest, most technologically advanced hospital along the I-12 Corridor and learn how you can become involved in securing its future. Lunch provided. 985-898-4141

## CPR for Healthcare Providers

**July 30; 9 am to 1 pm**

*STPH Conference Center*

This is an initial class for healthcare providers who require certification in basic life support (CPR). 985-898-4083

## Northshore Ostomy Support Group

**August 9; 6:30 pm to 7:30 pm**

*STPH Conference Center*

This group meets on the 2nd Tuesday, monthly, to provide support for ostomates and their families and caregivers. 985-898-4581

## Free Child Safety Seat Inspections

**August 11; 9 am to noon**

*STPH Parenting Center*

Safety seats are inspected on the 2nd Thursday of each month. Call for an appointment. 985-898-4435

## Basic EKG Course

**August 19 & 26; 8 am to 4:30 pm**

*STPH Conference Center*

This 2-day program is for healthcare providers interested in learning the basics of electrocardiography (EKG). 985-898-4083

## Free Prostate Cancer Screening

**August 20; 9 am to 11 am**

*STPH CommunityWellness Center*

For men who have not been screened in the last 12 months; includes a physical exam by a physician and a PSA blood test. Reservation required. Co-sponsored by STPH and Mary Bird Perkins Cancer Center. 985-898-4581

## Baby Care Basics

**August 23; 7 pm to 9 pm**

*STPH Conference Center*

Attend this 2-part series to learn how to care for your newborn. 985-898-4083

## Free Breast Cancer Screening

**August 27; 9 am to 2 pm**

*TBA-Covington*

STPH, Mary Bird Perkins Cancer Center and Woman's Hospital are co-sponsoring free clinical breast exams for women 18 and older and screening mammograms for women 40 and older (free for women without insurance). 888-616-4687

## Baby Chat for Siblings

**September 3; 10 am to noon**

*STPH Conference Center*

In this fun class siblings of newborns will understand the changes that occur when mom and dad bring home the new baby. 985-898-4083

## Look Good, Feel Better

**September 8; 6:30 pm to 8 pm**

*Paul Cordes Outpatient Pavilion*

Certified professional cosmetologists demonstrate beauty tips to enhance your appearance and improve your self-image during cancer treatment. 985-898-4481

## Using Lamaze Techniques

**September 10 thru October 22;**

**4 pm to 7 pm**

*STPH Conference Center*

Relaxation and pain control techniques will be practiced weekly over a series of 6 classes to help you through the childbirth experience. 985-898-4083

## Art of Breastfeeding

**September 13 & 20; 7 pm to 9 pm**

*STPH Conference Center*

The benefits of breastfeeding your infant and common concerns of the early breastfeeding period will be discussed in this 2-part class. 985-898-4083

## Heart of Fashion & Night of Fashion

**September 22; 11am and 6 pm**

*Tchefuncta Country Club, Covington*

Saks 5th Avenue and Inside Northside Magazine are pleased to present a stylish afternoon of couture for a cause to benefit St. Tammany Hospital Foundation. 985-898-4171