

*Heart
to
Heart*

St. Tammany
PARISH HOSPITAL



PHASE 1: DONE

**STPH Emergency
Department Expansion
Marks Major Milestone**



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

Our Mission

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

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

BACK ON TOP

Foundation Advances Pediatrics at STPH with "Raising the Roof" Win

For the second year in a row, the St. Tammany Hospital Foundation finished first in raffle-ticket sales in St. Tammany Home Builders Association's 2014 "Raising the Roof for Charity" Raffle House fundraiser for local charities.

The foundation received a share of the ticket proceeds to support pediatric advancement at St. Tammany Parish Hospital for its first-place finish. Its award

represents the largest share of nearly \$100,000 raised for four Northshore charities through this year's event.

Hospital employees, volunteers and foundation board members together sold 790 of the \$100-a-piece raffle tickets, which was 227 more than the second-place charity partner for 2014.

Sales by foundation board members accounted for

nearly 230 of all tickets sold. Tillman Stogner of Double D Meat Co. in Bogalusa was the board's top-selling member, while the No. 1 sales outlet at STPH was the hospital Guild's Gift Shop. The top community seller was Stone Creek Health Club and Spa.

"I commend the 27 hospital and community outlets who participated on behalf of the foundation in the 2014 charity ticket sales competition," said Laurie McCants, chairwoman of the foundation board of trustees and managing partner of Honda of Covington, which also served as a ticket outlet.

Outlets for ticket sales stretched throughout western St. Tammany Parish and from Bogalusa to Metairie, McCants said.

Chuck Ahmed of Slidell won the 2014 Raffle House in Covington's TerraBella Village.

"I commend the 27 hospital and community outlets who participated on behalf of the foundation in the 2014 charity ticket sales competition."



HEALING ARTS INITIATIVE SUMMER INTERN USES ART, MUSIC TO SOOTHE YOUNGEST PATIENTS

Natalie Phillips understands art's power to heal. The Loyola University music therapy student recalls the comforting pleasure of making a yarn-and-bead doll during an extended hospitalization as a young girl.

"Art moves your mind to a better place and eases the stress of treatment and illness," said the 21-year-old Mandeville resident. "It's powerful."

Phillips spent the summer of 2014 working to bring that soothing power to patients and families at St. Tammany Parish Hospital's Community Wellness Center as a volunteer intern for its Healing Arts initiative.

The St. Tammany Hospital Foundation's decade-old program promotes the link between art and healing through projects such as artwork and special lighting in patient rooms, water elements and creative use of space such as the meditation garden at the Women's Pavilion of St. Tammany Parish Hospital.

Pulling from her understanding of art therapy, Phillips painted a rainforest mural on a wall in the Community Wellness Center and Parenting Center conference room that depicts animals exercising and eating fruit. The image underscores the center's focus on healthy living.

Phillips' internship resulted in the first Healing Arts project at the STPH Community Wellness Center.

In addition to the mural, she frequently played guitar and sang with children and other patients in the center's waiting room. She also constructed a butterfly mobile to hang from the ceiling above the infant scale.

Mary Lee, chairman of the Healing Arts Initiative Committee and a foundation board member, also asked Phillips to create original art for the hospital's Pediatrics Unit, which resulted in dog-themed scenes in the treatment room to complement an exam table with a friendly dog base.

"She is helping to create a lasting, early imprint about the importance of seeking healthcare when you need it and taking good care of yourself," Lee said. "We're crafting new, diverse opportunities for healing and restoration among our patrons, big and small."

Phillips' efforts also produced positive, immediate results among Community Wellness Center patients ranging from fretful newborns to sometimes-fearful older children, said Sandy Matthews, head of the center.

"Patients were absolutely more relaxed as they listened to her music, and some even sang and clapped along with her," Matthews said.

Babies often stop crying at the sight of the hanging mobile above the scale since its installation, she said.

"And having that baby happy helps both the parents and the nurses," she said.

Lend a Hand

Want to contribute to the Healing Arts Initiative? Contact Charley Strickland, foundation executive director, at 985-898-4141 or cstrickland@stph.org.



1202 S. Tyler St.
Covington, LA 70433

Telephone 985-898-4141
Fax 985-871-5744
Email: foundation@stph.org
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.

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Angels of Light 2014 A Celebration of Life

Annual Event Helps Hospice Provide Comfort, Meaningful Moments to Patients, Families

The St. Tammany Parish Hospital lobby will glow Thursday, Dec. 11 during the Angels of Light ceremony to benefit St. Tammany Hospital Hospice.

The event is the main fundraiser for hospice, which provides care and comfort to terminally ill patients and their families through a range of services.

“We provide care any place a patient lives,” said Paula Toups, hospice administrator. “We are not there to cure, but to keep patients comfortable and improve the quality of their lives.”

Those services include palliative care to manage pain and disease symptoms, 24-hour-a-day nursing support for patient caregivers and grief counseling for surviving family members. Hospice cares for patients with late-stage cancer, heart and lung disease, dementia, Parkinson’s disease or any other terminal illness, whether patients are at home, in a nursing home, an assisted-living facility or in the hospital.

That care often includes helping patients achieve meaningful personal goals. Hospice’s team of nurses, social workers, chaplains and volunteers has helped Northshore patients take trips for important family celebrations, procured house-cleaning services for a terminally ill mother of four young children and

arranged a photography session for a patient whose family did not have a family portrait.

“The longer we have people under our care, the more we can do for them,” Toups said.

Toups encourages patients and families to explore hospice care early so they can benefit from its array of services, including the opportunity to build a close rapport with nurses and other care providers before care is needed.

“Angels of Light is a beautiful way any member of the community can support our Hospice while making a meaningful gift of their own,” said Nicole Suhre, St. Tammany Hospital Foundation specialist.

The evening will include holiday music, a harpist, refreshments and the lighting of the Hospice Tree for Life in recognition of care provided to all hospice patients.

Tribute Angels hanging from the tree will honor or memorialize special friends and family members. Tribute angels can be purchased for a minimum gift of \$10.

The event’s focus on celebrating the lives of loved ones reflects St. Tammany Hospital Hospice’s goal of improving the quality of life for terminally ill patients.

How to Participate

The 2014 Angels of Light ceremony will be held at 5:30 p.m. Thursday, Dec. 11 in the St. Tammany Parish Hospital main lobby.

For more information about the Angels of Light event or to purchase a Tribute Angel, call 985-898-4171 or visit sthfoundation.org/angels.



ROAD TO RECOVERY

Ian Anderson began inpatient rehab within days of a heart attack-related stroke that prompted a nearly three-month stay at St. Tammany Parish Hospital in the spring of 2013. Anderson’s speech was largely unaffected by the stroke, but numbness and loss of movement on his left side left him unable to walk.

Anderson, 73, realized the long process of recovery he faced during his first days at the hospital. He now walks with a walker, but continues to rely mostly on a wheelchair. He types at his home computer with only his right hand.

However, he credits twice-daily rehab sessions focused on speech, physical and occupational therapy at STPH with helping him regain enough strength and mobility to return home and to part-time work as a dredging consultant.

“Starting rehab immediately is critical to retraining your brain to communicate with your muscles,” Anderson said.

STPH continues to build on its reputation for excellence in treating stroke patients that includes post-stroke gains in function that surpass state and national rates. It most recently received the American Heart Association/American Stroke Association’s Gold-Plus Quality Achievement Award, which is based on patient outcomes as well as

“Starting rehab immediately is critical to retraining your brain to communicate with your muscles.”

- Ian Anderson, STPH patient

compliance with research-based guidelines to speed recovery and reduce death and disability among stroke patients.

That award means STPH, which is the only Northshore hospital to receive the Gold-Plus award this cycle, has complied with best practices for two years while

meeting five additional measures of the quality of stroke care. Those best practices include effective emergency use of the clot-busting drug tPA to preserve brain function in stroke patients.

“It’s the gold standard in stroke care,” said Louise Dill RN, head of inpatient rehabilitation nursing.

The hospital’s commitment to providing the best care to stroke patients will culminate in its application to The Joint Commission as a stroke-certified facility in the coming months.

“Our goal is to help patients return home, and that guides our care from the time they come to the hospital,” Dill said.

For Anderson, the rehab that started at STPH is part of an ongoing process that includes outpatient therapy sessions each week. He continues to make progress despite arthritis in his hip.

“The therapists stress from the beginning that the more you try, the further you will progress,” said Anderson’s wife, Buddy. “The important thing is to never give up.”



STPH Emergency Department Expansion Marks Major Milestone

NEW AFTER-HOURS ENTRANCE

With an expanded Emergency Department on the way at St. Tammany Parish Hospital, the main entrance in the front lobby is now the only entrance for non-emergency visitors.

It is also the only non-emergency after-hours entrance for visitors. It is staffed and open 24 hours a day to better serve our patients and their visitors. Visitors can no longer access the rest of the hospital via the Emergency Department.

Anyone having an emergency should proceed to the Emergency Department.

If you need additional assistance upon arrival, please call the hospital operator at 985-898-4000.



St. Tammany Parish Hospital marked a milepost in its multiphase Emergency Department and 3 North expansion with the September opening of a new ambulance entrance and its new ED and trauma rooms.

Completion of the first phase of the nearly \$21 million construction project occurred during a steady rise in patient-satisfaction ratings for the Emergency Department, which saw a 7 percent increase in patients during the first seven months of 2014.

Patient satisfaction — already in the top 10 percent for emergency rooms, according to a national benchmark — has continued to improve since the expansion began in late 2013.

“We’re seeing more emergency patients as we also improve patient care and patient satisfaction,” said Chief Nursing Officer Kerry Milton BSN MHA.

The growing number of patients underscores the project’s necessity, which will expand the Emergency Department by 8,600 square feet on 11th Avenue, add 10 emergency beds

and create specialized, high-need treatment areas for pediatric, geriatric and mental health patients.

Meanwhile, 21 new private rooms will open in the surgical/medical patient tower known as 3 North when that separate but simultaneous element of the expansion is complete in 2015.

That means patients and visitors will continue to see construction on a regular basis through the rest of this year and much of 2015 as STPH expands to better respond to a growing demand for healthcare, including emergency services.

The most visible change will be the late 2014 opening of a temporary Emergency Department walk-in and patient drop-off area on the east side of the hospital, said Randy

Willett, STPH project manager.

Public parking for the ED will shift to the lot across 11th Avenue when the temporary walk-in entrance opens before the end of 2014, Willett said.

The next major phase of the project — expansion of the ED itself — will begin as soon as the temporary walk-in entrance is complete. That phase is expected to take roughly one year, Willett said.

Through it all, the Emergency Department will continue to operate at full capacity.

That means Teresa Krutzfeldt RN, director of critical care, and her team review the ED’s patient volume regularly, noting which times and days have the highest demand, so they can adjust staffing plans to ensure there are adequate nurses and physicians available.

The process — a procedure that predates the expansion and will

“We’re already very efficient and motivated to provide the best patient care. We’ve simply outgrown our facilities,” Krutzfeldt said. “The new and larger (Emergency Department) will help us improve care and efficiencies even more.”

continue after its completion — means patients are examined by medical staff and treated or admitted to the hospital more quickly when they come to the Emergency Department, she said.

“We’re already very efficient and motivated to provide the best patient care. We’ve simply

outgrown our facilities,” Krutzfeldt said. “The new and larger (Emergency Department) will help us improve care and efficiencies even more.”

STPH’s largest construction project in more than a decade coincides with additional efforts to improve care in key areas, including the care of stroke and cardiac patients. For instance, STPH will apply to The Joint Commission for accreditation as a Primary Stroke Center, Milton said.

The hospital also will renew its reaccreditation as a Chest Pain Center by this fall.

“We’re always looking for ways to improve,” Milton said.



RADIATION SAFETY

Meeting *Voluntary, High Standards* in CT, Nuclear Medicine

Common radiology exams, such as CT scans, allow physicians to diagnosis diseases and injuries using techniques that are less invasive and safer than surgery.

Medical imaging is even linked to increased life expectancy and declining cancer-death rates through earlier, more accurate diagnoses.

However, patients often have concerns about the safety of radiation used in some imaging tests and treatment.

“It’s a question that patients frequently have,” said Bryan Burleson, outpatient radiology supervisor at St. Tammany Parish Hospital.

STPH’s commitment to the safe use of medical imaging includes its voluntary accreditation by the American College of Radiology (ACR) in computed tomography — better known as CT or CAT scans — and nuclear medicine.

ACR accreditation for those imaging methods requires a rigorous review to verify that equipment and protocols at the hospital, the Paul D. Cordes Outpatient Pavilion, Mandeville Diagnostic Center and Women’s Pavilion meet national standards for patient safety.

It also means radiation doses fall within established safety standards, image quality is excellent, and physicians and technicians meet stringent education and training requirements.

“We want our patients to know that we voluntarily meet those higher standards,” said Les Bascle, inpatient operations manager for radiology.

Both nuclear medicine and CT scans can be used safely on pediatric patients through precise, individualized adjustments in dosage and other aspects of the imaging process, Burleson said.

Radiologists make imaging decisions based on medical necessity

and the nature of a patient’s illness or injury. Meanwhile, the amount of radiation exposure from medical imaging — if any — varies by procedure.

• **Nuclear medicine**

This type of procedure involves the use of low doses of radioactive isotopes that can be injected into the patient, ingested or inhaled as part of the diagnosis and treatment of a disease, including cancer.

• **CT scan**

This is a brief, targeted X-ray that creates detailed 3-D images of a patient’s internal organs to allow a physician to better detect and treat a range of medical conditions.

• **Ultrasound and magnetic resonance imaging (MRI)**

These scans do not involve the use of any radiation to create detailed images of internal organs and tissue.

Mammography, meanwhile, requires a tiny dose of radiation. The Women’s Pavilion of STPH also is ACR-accredited and, like other mammography providers, must adhere to strict, federal standards for

dose, image quality and other facets of care, including staff expertise.

“Our patients have peace of mind knowing they are receiving high-quality mammograms from trained personnel using minimal radiation,”

said Pam Ballard, pavilion manager.

Bascle encourages patients to discuss their concerns about radiation safety with their physician and ask whether the benefits of a specific procedure outweigh any potential risk.

“People always have questions about radiation safety, so they should feel comfortable asking those questions,” he said.

“We want our patients to know that we voluntarily meet those higher standards.”

- Les Bascle, Inpatient Operations Manager for Radiology

Scrub-a-Dub-Dub

New Technology for Proper Hand Hygiene Creates Even Stronger Infection Safeguard

The Centers for Disease Control and Prevention calls proper hand-washing a “do-it-yourself vaccine” for its proven ability to prevent infection and illness.

“It’s the No. 1 method to stop the spread of infection,” said Leslie Kelt, head of infection prevention at St. Tammany Parish Hospital.

That’s why STPH has acquired Hygiena, a new tool to highlight and measure hand hygiene among hospital staff who frequently contact patients. The hospital already has exceptional compliance with clean hands, so the new equipment serves as one more safeguard to ensure top quality care.

The handheld instrument acquired through a recent grant from the St. Tammany Hospital Foundation provides almost instant feedback to hospital employees about hand hygiene, said Terri Johnston, STPH infection preventionist.

Employees’ hands are swabbed and tested before and after they wash their hands to give them a quick comparison of the impact of proper hand hygiene on their hands. Within 15 seconds, the state-of-the-art luminometer provides a numeric reading of a molecule called adenosine triphosphate, or ATP, as a measure of hand cleanliness.

The screening provides fast, individual results — and an opportunity to review proper hand-hygiene technique. That includes 20 seconds of vigorous pressure as well as soap and water.

“Even briefly touching a folder or a keyboard can have a big effect (on hand hygiene), so this provides an opportunity to review how critical it is to wash hands each and every time before any patient contact,” Kelt said.

The device has been used throughout the year to provide feedback to hospital employees from nurses and physicians to physical therapists and support employees who clean or deliver food to patient rooms. To date, about 650 hospital employees have participated. Most are eager to see their results, Johnston said.

“The fast feedback makes this effective as an infection-prevention tool,” she said.

In time, Kelt and Johnston plan to provide feedback to nearly all 1,800 STPH employees, including medical and support staff at the hospital, its clinics, outpatient facilities and off-site properties.

“This reminds everyone what an important role hand hygiene plays in reducing infections,” Kelt said.



How to Properly Wash Your Hands

- Wet your hands with clean, running water (warm or cold), turn off the water and apply soap.
- Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.
- Rinse your hands well under clean, running water.
- Dry your hands using a clean towel or air dry them.

If you don’t have soap and clean, running water...

Washing hands with soap and water is the best way to reduce the number of microbes on them in most situations. If soap and water are not available, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol.

Alcohol-based hand sanitizers can quickly reduce the number of microbes on hands in some situations; however, they do not eliminate all types of germs, as hand sanitizers are not as effective when hands are visibly dirty or greasy.

How to use hand sanitizer

- Apply the product to the palm of one hand (read the label to learn the correct amount).
- Rub your hands together.
- Rub the product over all surfaces of your hands and fingers until your hands are dry.

Love *Your* Heart

CARDIAC REHAB: PHASE III

What: St. Tammany Parish Hospital's Cardiac Rehab Phase III program is designed to help individuals acquire the skills and knowledge needed to work toward a lifetime of heart disease management and prevention. The program is built around the participant's age, current level of conditioning, physical limitations and health history.

Who: Anyone with a history of heart disease or those with risk factors for heart disease such as diabetes, obesity, high blood pressure or high cholesterol.

When: Monday, Wednesday and Friday afternoons

Where: Paul D. Cordes Outpatient Pavilion, 16300 Highway 1085, Covington

Cost: \$35 for orientation; each session is \$4

PAD EXERCISE PROGRAM

What: Healthy Steps is a comprehensive exercise training program for people with peripheral artery disease (PAD), also known as peripheral vascular disease (PVD), to improve symptoms and increase their quality of life.

When: Monday, Wednesday and Friday

Where: Paul D. Cordes Outpatient Pavilion, 16300 Highway 1085, Covington

Cost: \$35 for orientation; each session is \$4

EDUCATION

Cardiac Rehab hosts free community classes on topics including early warning signs of a heart attack, preparing for a cardiac emergency, risk factors for heart disease, benefits of exercise, nutrition for a healthy heart, weight management, medications and stress management.

When: Nov. 13 and Jan. 8

Where: Paul D. Cordes Outpatient Pavilion, 16300 Highway 1085, Covington

Cost: Free; lunch is included

For more information, call 985-898-3780 or visit stph.org/cardiarehab



Making a Move for Heart Health

Exercise, Diet Critical Components for Cardiac Rehabilitation Patients

Vann Stutts had three stents placed in his heart in early 2014 after tightness in his chest prompted a visit to a cardiologist.

Trim and active at 6-feet and 175 pounds, the 70-year-old Stutts was surprised to learn that one of his coronary arteries was almost completely blocked.

But he considers himself a lucky man.

"I was fortunate not to need bypass surgery or have a heart attack," said Stutts, a retired civil engineer who lives in Covington.

St. Tammany Parish Hospital's cardiac rehabilitation department recently expanded services at the Paul D. Cordes Outpatient Pavilion to give patients like Stutts more opportunity to improve their health.

Recently introduced Phase 3 classes are taught three afternoons a week in addition to the existing morning classes at the West St. Tammany YMCA. The department also now offers three-day-a-week exercise classes for patients with peripheral vascular disease (PVD) and peripheral arterial disease (PAD).

Cardiac rehab at STPH has become a central focus for Stutts in the months since his procedure. He completed 36 sessions of Phase 2 cardiac rehab before joining the new Phase 3 maintenance program this summer.

He said he likes the timing of the afternoon sessions, where the rowing machine and treadmill are among his favorite equipment choices.

"I'm absolutely feeling better," Stutts said.

Even modest changes in diet and exercise can make a big difference in the health and well-being of cardiac patients.

For instance, walking 30 minutes three times a week is tremendously beneficial to cardiac health, said Michael Sanchez, a registered nurse in STPH's cardiac rehab department. Daily exercise broken up into shorter sessions of 10 or 15 minutes is equally beneficial, he said.

"It's not necessary to do vigorous exercise; just get moving," Sanchez said.

Small changes in diet such as reducing salt, fat and sugar also can significantly improve heart health, said Jan Tridico, STPH cardiac rehab coordinator.

Obesity and diabetes are notable risk factors for heart disease, so maintaining a healthy weight and controlling diabetes also are crucial, she added. Smoking cessation is another critical step.

STPH Ranked Among the Nation's BEST

St. Tammany Parish Hospital is one of only two of the nearly 40 hospitals in the New Orleans metro area to land on U.S. News & World Report's Best Hospitals list for 2014-15. The hospital also received the Women's Choice Award as one of America's 100 Best Hospitals for Patient Experience.



The U.S. News listing reveals STPH to be second in the region and fourth in the state for quality and safety. It was the only hospital on the Northshore to make either list. Meanwhile, nephrology at STPH was recognized as high performing.

"It's truly a testament to the people who make us what we are," said STPH President and CEO

Patti Elish. "We believe the superior quality and safety our patients experience every day stem directly from our employees' collective commitment to treat our patients like family."

The rankings are based on mortality rates for patients who represent especially challenging cases, on patient safety and on other measures of performance that can be assessed using hard data in addition to an annual reputational survey of physicians, who are asked to name hospitals they consider the best in their specialty for difficult cases.

In addition to the 100 Best Hospitals list, STPH received four

"We believe the superior quality and safety our patients experience every day stem directly from our employees' collective commitment to treat our patients like family."

- Patti Elish, STPH President and CEO

Women's Choice awards in June for Heart Care, Obstetrics and Orthopedics, while Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital was selected as one of the Best Hospitals for Cancer Care.

The America's 100 Best Hospitals selection process begins with scores derived for each hospital in the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) database. The score takes a subset of the questions HCAHPS uses that research and experience shows are more important to women than to men. Weight is applied to each of those questions to adjust for relative importance to arrive at a numerical score.

The scoring is completely objective and uniform. The best 100 scores in each of the four size categories determine the recipients. The four size categories include hospitals with up to 100 beds, 101-250 beds, 251-400 beds and 401-plus beds.

The Women's Choice awards are based on surveys of thousands of women, as well as research conducted in partnership with the Wharton School of the University of Pennsylvania.

"Our goal is world-class healthcare close to home, and it is gratifying to see the exceptional efforts of our professionals honored," Elish said.



Living Well: STPH Designated as WellSpot by LDHH



St. Tammany Parish Hospital is the first hospital in Louisiana to be designated a WellSpot by the Louisiana Department of Health and Hospitals as part of the agency's recently launched Well-Ahead Louisiana campaign to improve health and wellness throughout the state.

A WellSpot is a place, space or organization that has implemented voluntary changes to make healthy living easier for the citizens. There are three levels, and all WellSpots must be a tobacco-free environment, which STPH became in 2008.

The following programs are a few of the criteria STPH met to become a Level Two WellSpot:

- Serving as a GIFT (Guided Infant Feeding Techniques)-certified hospital to promote best breastfeeding practices for infant feeding and mother-baby bonding.
- Providing healthier dining options in the cafeteria by providing alternatives to fried foods, setting prices that encourage healthier choices and altering recipes to cut back on sugar and sodium.

- Adopting the 5210 Let's Go program and incorporating its message of healthier eating and more physical activity in many of its classes.
- Partnering with Marathon Health to open the Center for Health and Wellness as an on-site wellness resource for employees to receive the education and support to lead a healthier life.
- Promoting the Louisiana Tobacco Quitline on signage throughout its tobacco-free campuses and in its Living Tobacco Free classes.

STPH CALENDAR HIGHLIGHTS

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

For New Parents

Boot Camp for New Dads

Saturday, Nov. 1 | 9 a.m. to noon
STPH Conference Room | \$10

New dads, taught by veteran dads, learn how to care for new baby - and new mom. 985-898-4435

Baby Chat For Siblings

Saturday, Nov. 1 | 10 a.m. to noon
STPH Conference Room | Free

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

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

Breastfeeding Instruction

Monday, Nov. 3 and 17 | 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

Prepared Childbirth

Tuesdays Nov. 4 and 11 | 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

Lamaze Class

Saturday, Nov. 8 | 9 a.m. to 4 p.m.
STPH Conference Room | \$50

Learn Lamaze techniques in addition to all aspects of the birthing process and methods of delivery. Relaxation and pain control techniques are practiced. 985-898-4083

For the Kids

Play and Learn

Tuesdays | Nov. 4, 11, and 18;
Dec. 2 and 9, 9:30-10:15 a.m.
STPH Parenting Center | \$15/members,
\$24/nonmembers

Parents and their children, 16 months to 4 years, play and learn together through music and movement, arts and crafts, and storytime. ksupan@stph.org or 985-898-4435

Zumba for Kids

Tuesdays Nov. 4, 11 and 18; Dec. 2 and 9
10:30-11:30 a.m.
STPH Parenting Center | Free

Katie Lee Hughes, an official Zumba Kids instructor, shows kids how to Zumba their way to better health by incorporating the 5210 Let's Go program. ksupan@stph.org or 985-898-4435

Ballet

Tuesdays Nov. 4, 11 and 18 and
Dec. 3 and 10 | 10:30-11:15 a.m.
STPH Parenting Center

\$21/members, \$30/nonmembers
Kristen Zornman teaches ballet for motor skills in young children ages 2 and up. ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays Nov. 6, 13 and 20;
Dec. 4 and 11 | 10:30-11 a.m.
STPH Parenting Center

\$6/members, \$12/nonmembers
Learning and support opportunity for parents and social time for babies with songs, stories and playtime. ksupan@stph.org or 985-898-4435

Babysitter Training

Monday Nov. 24-25 | 9 a.m. to 4 p.m.
STPH Parenting Center

\$70/members, \$80/nonmembers
Two-day program on CPR, choking rescue, injury management, safety for the sitter, babysitting as a business and child care basics. ksupan@stph.org or 985-898-4435

For the Grown-Ups

Yoga

Every Friday | 10-11 a.m.
Paul D. Cordes Outpatient Pavilion | Free
Wendy McKee, Certified Yoga Instructor, incorporates yoga techniques appropriate for anyone going through a cancer experience regardless of physical strength or abilities. Registration and a medical release are required. 985-789-0793

Co-Parenting Classes

Mondays, Nov. 10 and 17 | 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

Infant/Child CPR

Wednesday, Nov. 12 | 9-11:15 a.m.
STPH Parenting Center
\$20/members, \$25/nonmembers
Learn skills for choking and breathing emergencies among children. Not a CPR certified class. ksupan@stph.org or 985-898-4435

Cancer Screenings

Thursday Nov. 13 | 9-11 a.m., noon to 2 p.m.
Lacombe

Friday, Nov. 21 | 9-11 a.m. and noon to 2 p.m.
Washington Parish

Saturday, Dec. 6 | 9-11 a.m. and noon to 2 p.m.
Covington

Appointments are required for the free screenings by calling 888-616-4687 or by visiting marybird.org/stph.

Breast Cancer Support Group

Tuesday Nov. 4, Dec. 2 | 7-8 p.m.
Mary Bird Perkins Cancer Center at
St. Tammany Parish Hospital | Free
jfreudenberger@marybird.com or 985-276-6832