

Heart to Heart

St. Tammany
PARISH HOSPITAL



GENERATIONS OF HEART CARE

Ochsner Partnership
Provides World-class Care,
Even Closer to Home



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 ad valorem tax funding.

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St. Tammany Parish Hospital
Communication Department
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A LEGACY AND A LEGEND

Dick Knight's Lifetime of Service Shaped STH Foundation

Service to community, including St. Tammany Hospital Foundation, was a defining element in the life of Richard "Dick" Knight, who passed away in October at age 83.

Knight's professional and civic honors and accomplishments—almost too many to name—include distinguished recognition for work on behalf of LSU Law School and Boy Scouts of America, among many others.

His efforts to improve the lives of Northshore residents culminated in a community celebration that bears his name: each March 21 is Richard F. Knight Day in Covington.

The Bogalusa-born attorney and banker was instrumental in the formation of the STH Foundation and was a member of its board of trustees from its inception in 2003 until 2013. He put his deep understanding of corporate law and governance to work as secretary/treasurer of the executive committee, a position he held for the duration of his years of service.

"Mr. Knight understood that our hospital was poised for growth and that it would need a foundation, and that

our community would embrace and support that," said Nicole Suhre, foundation executive director.

Knight is survived by his wife of 58 years, Sally Powell Knight. Together, they provided additional support to the foundation in the form of volunteerism, financial contributions and gifts of artwork that included

an original painting by Clementine Hunter.

Knight was a lover of books and history, a natural storyteller and a trivia buff with encyclopedic knowledge of the region. He could regale listeners with local tales from the succession of parish government to how businesses got their start

to how Northshore roadways came to have names like Hotsy Totsy and Bootlegger.

"I feel honored to have known him," Suhre said. "He was always doing so much for others. Working with him was a pleasure and an education because he functioned 10 steps ahead, planning for what was coming next. He was an amazing man."

"He was always doing so much for others. Working with him was a pleasure and an education because he functioned 10 steps ahead, planning for what was coming next. He was an amazing man."

- Nicole Suhre, STH Foundation Executive Director

MONSTER MASH CELEBRATES YEAR NO. 28

Festive Fundraiser Supports STPH Parenting Center



The 2016 Monster Mash presented by Capital One Bank filled Bogue Falaya Park in Covington with the sounds of family fun on Saturday, October 15, marking its 28th year as a Northshore tradition.

This festival-style event, which raised more than \$82,000 to support the mission of the St. Tammany Parish Hospital Parenting Center, served up Halloween-themed amusements in the form of trick-or-treating, games, live music, shopping and food from local vendors. An array of costumes from colorful to spooky rounded out a successful event for children of all ages.

Get in on the Fun

Want to volunteer at or sponsor the 2017 Monster Mash?

Contact foundation specialist Melanie Byrd at 985-898-4141 or mbyrd@stph.org to find out how to support the St. Tammany Hospital Foundation and the STPH Parenting Center.



1202 S. Tyler St.
Covington, LA 70433

Telephone 985-898-4171
Fax 985-871-5744

Email: foundation@stph.org
www.sthfoundation.org

Our Mission

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

BOARD OF TRUSTEES

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WORLD-CLASS CANCER CARE, CLOSE TO HOME

New Name, Familiar Faces
and Trusted Providers

St. Tammany Cancer Center is the new name for the existing cancer center at 1203 S. Tyler Street, Covington.

“While the name may be new, the friendly faces and trusted providers are the same,” STPH President/CEO Patti Elish said.

This change coincides with completion of a construction project to expand patient care areas, add chemo-infusion lab and pharmacy and increase patient access to multidisciplinary cancer care and subspecialists.

“Our hospital’s commitment to our patients and partnerships with Mary Bird Perkins Cancer Center and Ochsner Health System combine to elevate the level of care available in the cancer center, despite the challenges of healthcare reform,” Elish explained. “Our hospital hosting these two trusted providers continues the center’s commitment for world-class cancer care close to home.”

Services available through St. Tammany Cancer Center include radiation therapy, chemotherapy, PET CT imaging, clinical research trials, nurse navigation, patient support services, community screenings and education.

The center’s multidisciplinary approach includes surgeons, medical oncologists, radiation oncologists, pathologists and other specialists building upon the center’s proven highly personalized approach to patient care.

Community physicians and patients will continue to access services as before.

Learn More

More information on the St. Tammany Cancer Center call 985-898-4581 or visit STPH.org/CancerCenter.



Surprise Visit for our Smallest Patients

Saints Long Snapper Brings Smiles to Pediatric Patients and their Families

On November 1, pediatric patients at St. Tammany Parish Hospital were surprised by a visit from New Orleans Saints Long Snapper Justin Drescher.

“I love to do this,” Drescher explained, as he walked down the hall of St. Tammany Parish Hospital’s child-centered pediatric unit. “No one wants to be in the hospital, least of all a child or teen. As New Orleans Saints, we’re role models in the community. If talking to me can cheer them up, put a smile on their face, I’m happy to be here.”

St. Tammany Parish Hospital, a member of the Ochsner Health Network (OHN), provides west St. Tammany families a broad spectrum of pediatric services including its pediatric unit with pediatric hospitalists, a dedicated pediatric emergency department opening in January and pediatric rehabilitation and therapy.

“We’re honored to host the Saints Justin Drescher on campus today,” STPH Senior Vice President and Chief Nursing Officer Kerry Milton said. “Teaming up to cheer up the kids on the Saints 50th Anniversary, All Saints Day, is a wonderful way for us to educate our local families about the care their children can count on here at St. Tammany in cooperation with our partner Ochsner Health System.”

In October 2014, STPH and Ochsner formed a long-term, strategic partnership to increase local access to care, improve quality and reduce overall healthcare costs. Pediatric specialty services were one of the top three areas of focus from the very beginning of the relationship.

Since then, STPH and Ochsner opened Ochsner Health Center for Children Pediatric Subspecialties Clinic and STPH added pediatric orthopedist McCall McDaniel to its Bone and Joint Clinic.

QUITTING FOR GOOD

STPH EXPANDS LIVING TOBACCO FREE PROGRAM

Living Tobacco Free Changes

- Moving weekly sessions to the Paul D. Cordes Outpatient Pavilion near STPH pulmonary and cardiac rehab
- Adding one-on-one counseling sessions
- Reducing class length from nine to six weeks
- Offering three class times for group sessions —at 10 a.m., noon and 5 p.m.

“There is strong demand, and we want to meet it,” said Missy Moore, STPH pulmonary rehab coordinator.

The Smoking Cessation Trust of Louisiana is funding the expansion. It covers the cost of smoking-cessation tools and other support for Louisiana residents who began smoking before 1988.

Twenty-two percent of adults in St. Tammany Parish smoke. Roger Roddy used to be one of them.

Now the former two-pack-a-day-plus smoker isn’t tempted to light up.

“It’s a closed chapter,” said Roddy, 69. “I’m done.”

Roddy was able to quit in 2014 with the help of the St. Tammany Parish Hospital Living Tobacco Free program. In late 2016, he began making visits to class sessions to encourage those working to quit. He is the first participant to return regularly as part of the program.

“It means a lot when somebody trying to quit hears from somebody who has done that successfully,” said Darla Steadman, STPH respiratory therapist and a certified tobacco-treatment specialist. “There are lots of things people want to ask him.”

Asking participants why they want to quit is a standard part of smoking-cessation classes. It’s an easy question for Roddy: he quit for his then seven-year-old granddaughter, Hannah, whom he calls “Peanut,” and whose nickname for him is “Pops.”

The U.S. Air Force veteran who spent decades in the elevator business was a few weeks into the Living Tobacco Free program when he learned he needed cardiac surgery. He smoked his last cigarette a couple of days before seven stents were placed in his heart in September 2014. He then completed cardiac rehab at the Cordes Outpatient Pavilion to regain his strength.

These days, he heads to the West St. Tammany YMCA several times a week and walks his Covington subdivision with Hannah, now 9.

“Sometimes we’ll see cigarette butts on the ground and she’ll say, ‘Look at that, Pops,’ and then we talk about how that is bad for your health,” Roddy said. “I remind her of what she promised me: that she will never smoke.”



2017 CLASSES

Living Tobacco Free classes will be offered in 2017 at the Paul D. Cordes Outpatient Pavilion on the following dates:

- January 11-February 15
- March 1-April 5
- April 19-May 24
- June 7-July 12
- August 9-September 13
- September 27-November 1
- November 8-December 13

More information or registration is available by calling 985-898-4468 or visiting stph.org.

Close to the Heart, CLOSE TO HOME



A photograph captures the Kraus family's ties to open-heart surgery at St. Tammany Parish Hospital and Ochsner Medical Center.

The cover photo on this issue of Heart to Heart shows three generations of Kraus men gripping heart-shaped pillows in commemoration of successful surgeries at the medical facilities. The bright-red pillows are covered with notes from wellwishers. Everyone is smiling.

"It really shows our family connections to heart surgery," said Michelle Kraus RN, a nurse in STPH's critical care unit who cares for heart-surgery patients on a routine basis.

"It has made things easier for our busy family, as well as for others in our community. Whenever you can get well-coordinated care you or someone in your family needs without leaving your community, that is a real benefit to patients."

- Michelle Kraus RN

Michelle's ties to each fellow in the family photo are certainly close. Her son, Andrew, now 10, underwent open-heart surgery at Ochsner when he was three-and-a-half months old to correct a gap between the chambers of his heart and a defect involving a valve. Andrew had been diagnosed with the congenital heart problems when he was just six days old.

Michelle's ties to the other two in the photo are by marriage. Steven Kraus and Charles Kraus are her father-in-law and grandfather-in-law, respectively. Steven had bypass surgery at STPH in July 2016. Michelle looked in on him frequently when she was at work at what she described as her second home.

"She kept me company, but everybody there was wonderful," Steven said. His father, Charles, now in his late 80s, also came to visit, just as Steven had visited Charles at STPH many years before.

"I saw lots of familiar faces, so that was terrific," Steven said.

A 60-year-old Mandeville math teacher, Steven quipped that Ochsner surgeon Charles Dicorte MD performed four bypasses on his heart last summer, while his father received just three when Dr. Dicorte performed the same procedure at the hospital more than a decade ago.

There is no arguing the family's ties to heart surgery run deep. Still, the Kraus family's story highlights a development that is reshaping healthcare across the Northshore, and not just for cardiac patients.

In 2014, STPH and Ochsner Health System forged a strategic, long-term partnership to expand patient access to care, improve quality and reduce the cost of healthcare for local patients. Expanding the number of specialists in key treatment areas, including stroke, cardiovascular disease and pediatrics, is among the partnership's fundamental aims.

The expansion in treatment and specialists is well underway: STPH is performing more cardiovascular surgeries locally as a result of the collaboration, which has also resulted in significant advancements in its stroke and neurosciences programs.

Michelle Kraus understands firsthand the value of that expanded access for local heart patients. Andrew is now a healthy fourth-grader who enjoys tennis, flag football and school. But STPH's partnership with Ochsner has made occasional check-ups and other care easier because his complete medical records are now available to his local doctor.

That means Andrew and his parents—with four children and a fifth baby on the way—no longer have to drive across Lake Ponchartrain to see Andrew's Ochsner cardiologist, who is now seeing patients at the Pediatric Subspecialty Clinic in Covington.

"It has made things easier for our busy family, as well as for others in our community," Michelle said. "Whenever you can get well-coordinated care you or someone in your family needs without leaving your community, that is a real benefit to patients."

Her family's experience has impacted her work at STPH, too. Michelle said she has always felt a special compassion for heart-surgery patients, but has developed a deeper understanding of their care in light of her family's experience over the years.

"It can be overwhelming for family members worried about their loved ones, but I can speak to the emotional aspects of that experience," she said. "I feel like I know where they have been and can offer that to them."



**KEEPING PROMISES &
DELIVERING RESULTS**

**St. Tammany Parish Hospital
and Ochsner in Partnership**

When St. Tammany Parish Hospital announced a partnership with Ochsner Health System, the partners spoke of shared commitment to quality and safety, growing the market, collaborating to build on collective strengths and adding expertise where gaps existed.

"Caring for our community in a collaborative manner is allowing us to succeed," Patti Elish, STPH president/CEO said. "When others are shrinking services and reducing staff, we are growing services, staff and improving quality."

As the population of west St. Tammany continues to grow, so does St. Tammany Parish Hospital. Hospital leadership invested to expand the physical plant and collaborated with Ochsner to expand services, including three of the hardest for STPH to recruit alone: pediatrics, neurology and neurosurgery.

The difficulty in building a neurosciences institute when STPH stood alone is an outstanding example of the collaborative success of the Ochsner partnership. Ochsner brought two neurosurgeons and five neurologists into the west St. Tammany service area. The number of neurosurgeries performed at STPH has grown from 228 in 2014 to 355 in 2016. Continued growth is expected in this service line, so in 2017 STPH will open a four-bed Neuro-ICU.

In addition to the jointly branded pediatric subspecialty clinic, STPH also recruited a pediatric orthopedist to the Bone & Joint Clinic, giving this partnership the broadest spectrum of pediatric subspecialty care in the parish and seeing a record 1,500 children (double the inaugural patient load from 2014). The January 2017 launch of our pediatric emergency department will only serve to add quality and safety to this important aspect of healthcare for west St. Tammany families.

Jointly St. Tammany and Ochsner have enlarged infusion services at the Cancer Center. In fall 2016, the partners completed a lengthy process to combine cancer infusion programs, in collaboration with STPH's long-time partner Mary Bird Perkins Cancer Center.

The Ochsner partnership has helped STPH reduce costs, improve technology and serve more patients. Last year, 690 patients came to our hospital through the OHS referral system, and 3,000 of our patients learned to manage their own good health through MyChart, a component of Epic, that was purchased through our partner at a significant savings.

Together, St. Tammany and Ochsner are keeping promises to the community and delivering results.



CELEBRATING OUR PHYSICIANS

National Doctors' Day Recognizes Care for Patients, Communities

National Doctors' Day, observed March 30, commemorates physicians improving the lives of patients and communities.

St. Tammany Hospital Foundation invites Northshore residents and St. Tammany Parish Hospital patients to honor the exceptional care of a favorite physician with a contribution to the foundation.

National Doctors' Day was first observed in the U.S. in 1933 with a local celebration in Winder, Ga., commemorating the first use of general anesthesia for surgery in the 19th Century. March 30 was



proclaimed National Doctors' Day in the U.S. in 1990.

National Doctors' Day gifts to the foundation will be recognized with a personalized thank you and acknowledgment to the donors' physician of choice. Physician names

will also be added to the Book of Tributes in the hospital's main lobby.

Additional information on making a National Doctors' Day contribution is available by contacting Karly Segrave at 985-898-4110 or visiting sthfoundation.org/doctorsday.



Gurney Games RETURNS

Fun-filled Competition Features Races and Parade

St. Tammany Hospital Foundation's Gurney Games fundraiser is back by popular demand after a five-year hiatus.

The 2017 Gurney Games will get underway at 2 p.m. Sunday, March 26 at its new location the Covington trailhead next to the justice center downtown.

As in the past, teams of costumed racers will navigate decorated hospital gurneys through a challenging obstacle course. Gurney Games will also feature a pre-race gurney parade before the judges' tent, food, beverages and music.

This one-of-a-kind Northshore fundraiser supports the work of the foundation, which believes keeping St. Tammany Parish Hospital healthy keeps the community healthy.

The foundation brought back this lively, family-friendly fundraiser amid calls for its return from past participants.

A variety of Gurney Games sponsorship opportunities are available, including registering a gurney team or sponsoring a hospital department team.

Find Out More and Register

More information on Gurney Games and other opportunities to support the St. Tammany Hospital Foundation are available by contacting Melanie Byrd at mbyrd@stph.org or 985-898-4141 or visiting sthfoundation.org.



AN EVENING OF LIFE AND LOVE

2016 Angels of Light Marks Community Tradition

Lights and holiday music filled the main lobby of St. Tammany Parish Hospital on Dec. 8 for the 2016 Angels of Light fundraiser to benefit St. Tammany Hospital Hospice.

The long-running community fundraiser featured live music by harpist Jessica Meltz and the ceremonial lighting of the Hospice Tree for Life decorated with Tribute Angels honoring loved ones, living and deceased.

Proceeds from Angels of Light support hospice in providing palliative and supportive care to terminally ill patients and their

families in the home, regardless of their ability to pay.

The Hospice Tree for Life was dedicated in memory of Camille and Don Casey by the Casey family. Tribute Angels were sponsored by the Dunavant family and dedicated to the memory of Dorothy Jeane Kuebodeaux. New for 2016, the Luminaria Walkway was dedicated to the memory of Edith Johnson Latham and Jane Colleen Pittman by Susan and Kenneth Latham and family.

The foundation thanks all who supported this special holiday ceremony.



Neurosciences Expansion Brings Complex Procedures to Northshore

Specialists, Neuro ICU Unit Among Key Program Growth

Continuing expansion of neurosciences at St. Tammany Parish Hospital includes the addition of Ochsner neurologists, neurosurgeons and a four-bed neurosurgery intensive care unit. The build out of the neuro ICU will be complete in 2017.

The hospital's expanded capabilities in neurology and neurosurgery mean extensive craniotomies and other complex spine and back surgeries are available on the Northshore at STPH.

"We have additional medical specialists and an expanded ability to care for more neurology patients," said Teresa Krutzfeldt RN, director of critical care. "This comes down to our original mission, which is to bring world-class care to our community."

The neurosciences expansion is the result of STPH's strategic partnership with Ochsner Health System, designed to improve Northshore patient access to medical subspecialists in key areas. For example, closer collaboration with Ochsner stroke specialists was crucial to STPH's certification in 2015 as a primary stroke center. The two Ochsner neurosurgeons and five neurologists who now see patients at STPH are also a result of the partnership.

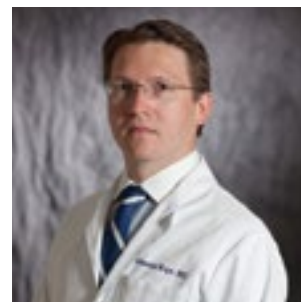
Enhanced neurosciences expertise also extends to STPH's nursing staff. Nurses in STPH's new neurology unit, to be built and completed in 2017, will be specially trained in intensive and critical care of neurology patients, Krutzfeldt noted.

"Neurosciences is its own specialty in nursing," she added.

The hospital's growth of its neurosciences program allows patients like Cassandra D. McElroy to get additional specialized procedures close to home.

McElroy, a registered nurse who works in STPH's Emergency Department, underwent a craniotomy at STPH in August 2016 to correct a structural defect in her cerebellum. The congenital defect, called a chiari malformation, was obstructing spinal fluid and causing

dizziness, headaches, vision problems and pain in McElroy's right arm that the avid gym-goer had dismissed for years as aching muscle from tough workouts. An MRI and other tests in 2016 revealed the malformation in the lower, posterior area of McElroy's brain.



The procedure required Ochsner neurosurgeon Sebastian Koga MD to create an opening in her skull to access the malformation, which was corrected by removing part of her skull to create additional space for the movement of spinal fluid.

McElroy spent several days recovering at STPH after the craniotomy, which required 16 staples to close an incision at the posterior

skull and neck region. The 34-year-old mother of a nine-year-old girl made a rapid recovery, she was back to clinicals for her nurse practitioner program two weeks after surgery and returned to work in STPH's Emergency Department after five weeks. McElroy did extensive research before deciding to have her surgery at STPH. She said she met with neurosurgeons in New Orleans, Baton Rouge and outside the region before choosing her hospital close to home. She said she has no regrets and noted that she has not left the Northshore for any of her care, including follow-up physician visits.

"I'd make the same decision again," she said of the neurosciences team at STPH.

In fact, McElroy in 2017 will undergo a second surgery at the hospital to remove a pituitary tumor that cannot be treated with medicine.

"The neurosciences team is at the top of their game," she said. "I'm very happy and very impressed."

Pediatric Emergency Department Now Open

Children younger than 18 account for about one in five visits to the St. Tammany Parish Hospital Emergency Department.

Those young patients can now be treated in a state-of-the-art emergency room at STPH that was designed to meet children's unique medical and emotional needs.

The newly opened Pediatric Emergency Department includes a separate waiting area with colorful elements and calming distractions for little ones, which has a table for drawing and a television programmed to provide family-friendly shows.

The treatment area includes five pediatric exam rooms and will utilize the same triage area as adults. All treatment rooms have special emergency equipment and supplies designed for patients under 18.

The medical and nursing staff are specially trained in pediatrics. Its physicians are board-certified in pediatric-emergency medicine.

"Children are not just small adults, and every part of the Pediatric Emergency Department reflects that," said Teresa Krutzfeldt RN, STPH director of critical care.

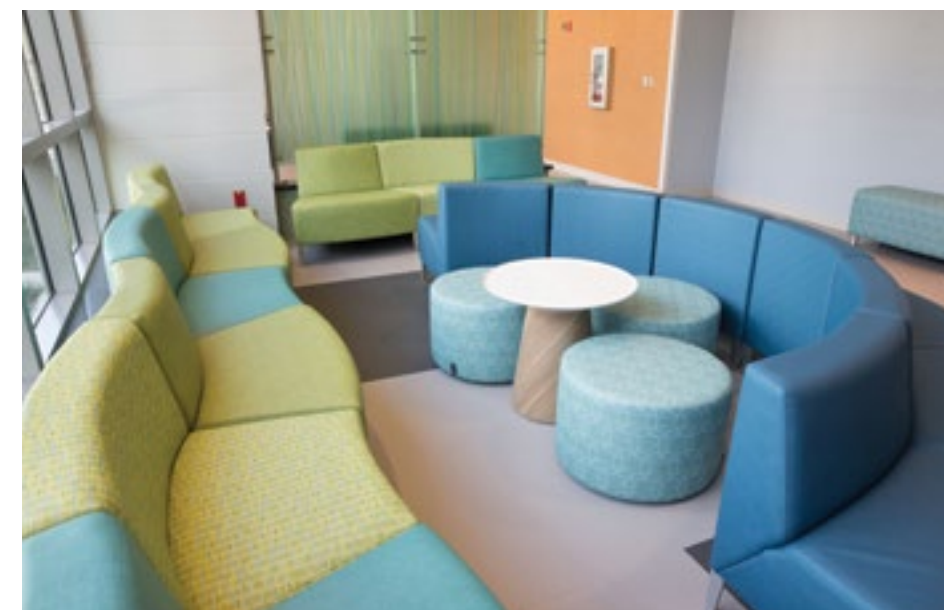
The dedicated Pediatric ED area is open daily noon to midnight to serve patients from newborns to age 18. Its recent opening marks completion of a \$21 million STPH expansion to increase the hospital's emergency capacity and private rooms as the Northshore population continues to grow.

STPH Emergency Department statistics show the need for expanded facilities, including for young children. Visits to the STPH Emergency Department jumped to 40,600 in 2015 and were projected at 43,000 for 2016, Krutzfeldt noted.

"The community is growing and it is essential that we grow with it," she said.

"Children are not just small adults, and every part of the Pediatric Emergency Department reflects that"

— Teresa Krutzfeldt RN, STPH director of clinical care



Tribute Tree Recognizes Donors to Pediatric Capital Campaign

Images of children at play bring to life a one-of-a-kind tribute to donors who contributed more than \$3 million to St. Tammany Hospital Foundation's Pediatric Capital Campaign.

The Pediatric Donor Tree is a colorful element of the child-friendly waiting space in the new Pediatric Emergency Department.

The wall-mounted tribute in the shape of a tree includes the silhouette of a boy on a tire swing and a girl playing with a doll, both fashioned from aluminum.

The custom-designed tree reflects real elements of the Northshore landscape. The tree is modeled after the region's many oaks, while the blue accents below suggest its abundant waterways.

The tree itself highlights individual donors: the trunk is named for the \$1.3 million gift of the Hattier and Heintz families; the acorns recognize leadership level donors; and the leaves bear the names of individual donors to the campaign.

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

New Family Center Tours

1st and 3rd Saturdays | 10 a.m. - noon
STPH New Family Center | Free
Learn about our private birthing suites, rooming in, skin-to-skin program and more. 985-898-4436

Prepared Childbirth

Tuesdays, February 7 & 14 | 6 - 8 p.m.
STPH Conference Room | Free
Learn physical and emotional changes, how your baby develops, signs and stages of labor, what to expect in childbirth, and breathing and relaxation techniques used during labor. Anesthesia options will be discussed. 985-898-4083

Baby Care Basics

Tuesdays, February 13, March 13 & April 10 | 6 - 8 p.m.
STPH Conference Room | Free
ksupan@stph.org or 985-898-4435

Art of Breastfeeding

Mondays, March 1 & 8 | 6:30 - 8:30 p.m.
STPH Parenting Center | Free
Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful breastfeeding experience. 985-898-4083

New Baby Support Group

Every Thursday | 11:15 a.m. - noon
STPH Parenting Center | Free
Join other mothers and their little ones to discuss child development and parenting tips with professionals as well as other parents. ksupan@stph.org or 985-898-4435

For the Kids

Play and Learn

Tuesdays, February 7, 14 & 21;
March 7, 14 & 21 | 9:30 - 10:15 a.m.
STPH Parenting Center | \$15/members, \$24/nonmembers
Parents and their children, 16 months to 4 years, play and learn together through music and movement, arts and crafts, and storytime. ksupan@stph.org or 985-898-4435

Ballet

Wednesdays, Feb. 8, 15 & 22;
March 8, 15 & 22 | 9:15 - 10 a.m.
STPH Parenting Center
\$21/members, \$30/nonmembers
Kristen Zornman teaches ballet for motor skills in young children ages 2 and up. ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays, February 9, 16 & 23;
March 9, 16 & 23 | 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

Toddling Time

Wednesdays, February 8, 15 & 22;
March 8, 15 & 22
STPH Parenting Center
\$15/members, \$20/child
Parents and their children, 16 months to 2½ years, are invited to play and learn together. ksupan@stph.org or 985-898-4435

For the Grown-Ups

Sister Survivors Support Group

1st Tuesday of each month
7 p.m.
Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital | Free
Support group open to any female cancer survivor, whether currently receiving treatment or has completed treatment for any cancer diagnosis. jfreudenberger@marybird.com or 985-276-6832

Smoking Cessation 2017

Paul D. Cordes Outpatient Pavilion near STPH pulmonary and cardiac rehab

- January 11 - February 15
- March 1 - April 5
- April 19 - May 24
- June 7 - July 12
- August 9 - September 13
- September 27 - November 1
- November 8 - December 13

Call 985-898-4468 or go to stph.org for more information or to register.

Grief Support Group

1st Wednesday of each month
3 p.m.
STPH Madisonville Conference Room
For adults who have suffered loss. dvanek@stph.org

1 in 4 St. Tammany

2nd Tuesday of each month
6 p.m.
STPH Women's Pavilion Conference Room
Supports mothers, fathers and their / families that have experienced a pregnancy or infant loss. jsims@stph.org

Upcoming STH Foundation Events to Remember

Gurney Games

Sunday, March 26 | 2 - 5 p.m.
City of Covington Trailhead
www.stph.org/gurneygames
985-898-4141

Get Lucky! Golf Tournament

Spring 2017
Money Hill Golf and Country Club
www.sthfoundation.org/golf
985-898-4141