

A man wearing a purple cycling jersey with 'LSU' and a tiger logo, a grey helmet, and sunglasses is riding a road bike on a paved path. The background shows green trees and a grassy area.

*Heart  
to  
Heart*

*A Life in Motion  
how STPH helped Hank Miltenberger  
return to the life he loves*



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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PHOTOGRAPHY: RICK OLIVIER  
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# A Close-up of the Heart, from afar

St. Tammany Parish Hospital invasive cardiologists can now access complete patient records, including echo images, from any location where they have Internet access.

## Cardiologists' ability to remotely access patient records can translate into potentially life-saving speed in a cardiac emergency.

"You're talking about a big difference in the time factor, and in an emergency that can be critical," said Luis Marquez RN, head of STPH cardiology services.

The PACS system with remote access—short for Picture Archiving Communication System—has been fully operational at STPH since January. Images in STPH's system, including angiograms and echo images, are seamlessly meshed with physicians' reports and other records to give cardiologists a complete view of earlier treatment and conditions.

That allows STPH cardiologists to review complete patient information, as it relates to the patients' cardiac condition, through PACS' secure Web access, whether they are at home or traveling abroad, explained Marquez.

"It's done instantly, from anywhere," he said.

It also means cardiologists can develop a more effective treatment plan, according to Covington cardiologist Farhad Aduli, MD.

Before a procedure, Aduli uses PACS to review earlier patient images, often the night before from his home computer.

"It helps me better prepare the procedure and anticipate any problems

or complications ahead of time," he said. "This leads to a generally much smoother procedure and less risk for the patient."

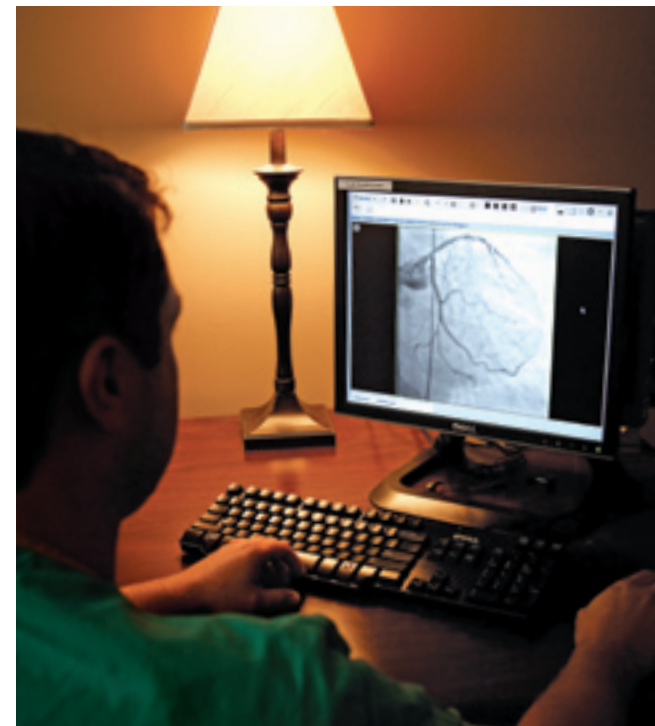
Aduli also uses PACS to assess the need for angioplasty for physician partners who do not provide such services. "I can look at the cases live via the Internet," Aduli said.

PACS also can play a crucial role in the STPH emergency department. If a patient arrives complaining of chest pains, for instance, the cardiologist on call can access a past echo image of the patient's heart and other records to compare against a new emergency sonogram.

The comparison permits the physician to more quickly determine what has changed since the patient's previous treatment or condition, information that is critical in making an initial assessment of the best course of treatment, said Sandy Morgan, administrator of PACS.

The new technology also allows cardiologists to review images side-by-side with patients during office visits.

"It has made a tremendously positive impact on the way that we practice medicine and ultimately in patient care," Aduli said.



Physicians can view intricate echo images and other detailed patient records via secure Internet connection, thanks to STPH's PACS system.



## Fun & Games at the 2009 Monster Mash

Fun and games, live music, trick-or-treating and more return to Bogue Falaya Park in Covington on Saturday, Oct. 24 for the 21st annual Monster Mash Fun Fall Family Festival presented by Statewide Bank.

Proceeds from the 10 a.m. to 4 p.m. event will benefit the St. Tammany Parish Hospital Parenting Center, which provides a diverse array of free and low-cost classes and resources to Northshore families.

This year's fundraiser chaired by Eugenie Suggs and Susan James of Covington, will feature the popular trick-or-treat village, Halloween themed arts and crafts, storytelling, games and prizes, scavenger hunt, inflatables, a giant rock wall and live entertainment by Radio Disney and children's entertainers Papillion, Johnette Downing and Shad Weathersby. Adults will enjoy the shopping village, silent auction and local band Soul Revival. Food and beverages from local vendors are available all day as well.



Last year's Monster Mash drew more than 6,000 attendees, a record that organizers hope to beat this year.

"Almost every year is a record in attendance," said Nicole Suhre of the St. Tammany Hospital Foundation, which co-organizes Monster Mash with the STPH Parenting Center, "the event just keeps getting bigger and better."

Advanced purchase tickets are \$4 per person. Tickets at the door are \$6 each. Children's activities wristbands for unlimited games, activities and crafts are \$15.

Tickets can be purchased at the St. Tammany Parish Hospital Gift Shop, the STPH Parenting Center, Statewide Bank locations in Covington, Mandeville and Madisonville; Braswell Drugs, Playville in Covington and Mandeville and Planet Kids Pre-School Academy in Madisonville.

A limited number of VIP tickets are also available and include admission, an activities wristband and access to an exclusive VIP pavilion with private restroom facilities. VIP tickets, \$30 for children and \$15 for adults, are available by advanced purchase only at the STPH Parenting Center.

More information on tickets and the event is available by calling the STPH Parenting Center at 985-898-4435 or visiting the event website at [www.stph.org/monstermash](http://www.stph.org/monstermash).



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*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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“This improves quality of life because patients have a quick diagnosis and treatment plan laid out for them.”

## Battling Lung Cancer with Technology

Cutting-edge technology is helping St. Tammany Parish Hospital physicians more effectively diagnose and treat lung cancer.

STPH is the only Northshore facility utilizing electromagnetic navigation bronchoscopy, which uses global-positioning-system-like technology to examine lesions in the distant edges of the lung caused by infection, inflammation or cancer.

The equipment also is effective in examining lymph nodes and lung lesions too small for viewing with standard equipment, explains Franklin Keathley RN, head of the STPH endoscopy department.

The equipment offers a number of advances in the treatment of a range of conditions, including in patients who are not candidates for surgery.

A traditional bronchoscope inserted into the lungs through the patient’s throat permits physicians to view just one-third of the lungs. By comparison, the new technology allows examination of 100 percent of the lungs, Keathley explained.

“That’s a huge advantage,” he said.

Electromagnetic navigation bronchoscopy also can be used to take samples from lesions too small for testing with a traditional bronchoscope. That eliminates the need for a needle biopsy through the patient’s chest, a procedure that carries a high risk for a collapsed lung.

The new equipment also allows patients to start a treatment plan sooner than in the past.

“If we can diagnose these lesions sooner, the patient has a better life expectancy,” Keathley said.

The equipment also minimizes the side effects of radiation therapy. Markers placed on lesions by special catheters allow for image-guided radiation therapy that pinpoints tumors without impacting healthy tissue.

For the patient, the experience is much the same as with a traditional bronchoscope. Patients receive a sedative and either local or general anesthesia for this outpatient procedure, which takes between 30 minutes and two hours.

The physician then guides tiny catheters through the patient’s throat and into the lungs to an abnormal area identified by an X-ray or other scan. A tissue sample is taken to be sent to a laboratory for diagnosis.

“This improves quality of life because patients have a quick diagnosis and treatment plan laid out for them,” Keathley said.

More information on endoscopy services is available by calling 985-898-4412.

Pictured above: Vicki White RN, Cheryl Brown RN, Priscilla Harris LPN and Franklin Keathley RN consult together about the electromagnetic navigation bronchoscopy.

## a Celebration of Sprouts

*This recipe for nutty, delicious brussels sprouts is versatile enough for a holiday celebration or a weeknight dinner, says STPH Chef Abry Crosby, who serves it in the hospital café.*

*“Believe it or not, Chef Abry has everyone in the hospital eating brussels sprouts,” Kathy Hill, head of food services, said. “We can’t keep the dish full on our salad bar, they go so fast.”*

*Whatever the occasion, brussels sprouts are a sound choice for nutritious eating. They are low in fat and cholesterol and rich in nutrients like vitamins A and C, iron, potassium and folate.*

*This dish is a good choice in any season, since sprouts are widely available year-round.*

### INGREDIENTS:

- 1½ pounds brussels sprouts, washed and bottoms trimmed to remove woody part
- 2 tablespoons olive oil
- 1 teaspoon ground pepper
- ¼ teaspoon sea salt
- 3 cloves fresh garlic, minced (approximately 1½ tablespoons)
- 2 tablespoons balsamic vinegar
- 1 tablespoons honey

Preheat oven to 375° F.

In a large bowl, toss sprouts with salt and pepper. Add oil and toss until sprouts are lightly coated with oil.

Spread sprouts on a glass or metal baking pan in a single layer, being careful not to crowd too much.

Bake uncovered for 20 minutes at 375° F.



Remove pan from oven and mix garlic with sprouts, either in the pan or a bowl. Return sprouts to pan and bake for five to eight minutes more.

Remove pan and test sprouts, which should be tender enough to bite through. Place sprouts in a second pan and chill in refrigerator for 15 minutes to stop the cooking process. When cool to the touch, gently toss sprouts with honey and balsamic vinegar.

Serve immediately or keep refrigerated for up to three days. Dish can be served hot or chilled, but is best at room temperature. *Serves four.*



## a **LIFE** in Motion

*how STPH helped Hank Miltenberger  
return to the life he loves*

Hank Miltenberger's healthy lifestyle is the sort that usually keeps folks out of the hospital.

The 57-year-old Covington businessman and longtime St. Tammany Hospital Foundation Trustee has been a long-distance runner since high school, completed triathlons across the U.S. and last year qualified for the Boston Marathon—again.

Cycling along the back roads of northern St. Tammany Parish is another passion.

It was during a Saturday morning ride in January that Miltenberger's life took a near tragic turn, and his ties to the hospital became decidedly more personal.

As he headed home after a 70-mile ride, Miltenberger was hit by a car while crossing the highway.

First responders rushed him to the STPH emergency department. Miltenberger's injuries were severe: he had a dozen broken ribs, fractured vertebrae, a broken hand, a broken shoulder, lacerated and severely injured lungs, which collapsed and other chest injuries.

*"The staff told me later that I had the worst injuries they'd seen on anybody who lived."*



"The staff told me later I had the worst injuries they'd seen on anybody who lived," Miltenberger said.

He has no memory of the accident, or the few minutes before it. When he regained consciousness a week later in STPH's critical care unit, one of the first messages the staff gave him was that he could fully recover—if he worked hard enough.

"From the start, they encouraged me to help in my own healing process," said Miltenberger, president of Gilsbar Inc., a Covington-based provider of health-plan management services to hospitals, associations and other organizations across the country.

Miltenberger did work hard during his two-and-a-half week stay at STPH, forcing himself to move and breathe even when it hurt.

But he credits excellent medical decisions and care by the STPH staff with not only saving his life, but also helping him recover quickly. After STPH doctors and nurses stabilized him, for instance, the staff, in conjunction with Miltenberger's wife, decided to postpone a procedure that would result in six to eight weeks in the hospital and instead carefully watch whether he would begin to recover without it—a decision that shortened his hospital stay by more than a month.

"There were so many decisions that translated into exceptional care for me, with insights into what would be best for me as an individual patient," he said.

His stay at the hospital gave him new insights into STPH, which he had long viewed as a vital community asset. He observed STPH doctors, nurses, rehabilitation specialists and others collaborating well, providing mutual support that resulted in better decisions for patients. Nursing care wasn't just excellent, but delivered with encouragement that provided a boost during a time of physical pain.

"They encouraged me to get better without rushing me," he said.

Still, the pace of Miltenberger's recovery has been remarkable by any measure. He started back at work in March. Two months after leaving STPH he completed the Crescent City Classic 10k run, though this time at walking speed. Today his weekends again include 50-mile bike rides, although his lungs will need a full year to heal completely.

The experience has left Miltenberger more committed than ever to helping the St. Tammany Hospital Foundation raise funds to support and expand the world-class care provided by STPH.

"I'm more committed to the foundation than ever because I now know from personal experience how amazing this hospital is," he said, "and how it really saves lives... like mine."

More information on the St. Tammany Hospital Foundation is available by calling 985-898-4141 or by visiting [www.sthfoundation.org](http://www.sthfoundation.org).

*You can make a difference in the life-saving medical care at St. Tammany Parish Hospital. Make a donation to St. Tammany Hospital Foundation's year-end appeal by using the attached envelope. Remember keeping STPH healthy, keeps our community healthy.*



# Angels of Light

## honors friends and family

*On December 10 at 5:30 p.m., the Hospice Tree for Life in St. Tammany Parish Hospital's lobby will glow with lights amid a holiday tradition that honors and remembers friends and family members.*

The 2009 Angels of Light presented by Capital One will feature a lighting ceremony, carols by the St. Tammany Parish Hospital Choir and refreshments. The evening will include a reading of the names of all the loved ones represented in Tribute Angels that hang from the tree.

Proceeds benefit Hospice of St. Tammany at STPH, which is dedicated to the compassionate care of terminally ill patients. Lights on the Tree for Life represent the extraordinary care given to all STPH hospice patients.

The 2009 Tree for Life dedication sponsor is Blanche McCloskey, a donor and member of the St. Tammany Hospital Foundation Board of Trustees, who dedicates this year's tree in memory of her husband, Dennis.

The McCloskeys raised their daughters on the Northshore, where the couple founded Windmill Nurseries Inc. Sharing the beauty of nature was a passion for Dennis McCloskey, who donated trees to

schools, parks and churches on the north and south shores of Lake Pontchartrain.

His family recalls him as a modern-day Johnny Appleseed who dedicated his life to serving his family and community.

Angels may be purchased in honor or memory of loved ones for a \$10 minimum donation in the STPH Gift Shop or foundation office.

Special dedication opportunities beginning at \$250 include a Tribute Angel and special recognition at the event.

Information about Angels of Light and other giving opportunities is available at 985-898-4171.



Blanche McCloskey dedicates this year's Tree for Life in memory of her husband, Dennis.

## National Recognition for the STPH Cancer Program

St. Tammany Parish Hospital continues to enhance its reputation for excellence in cancer diagnosis, treatment and prevention.

STPH, in partnership with Mary Bird Perkins Cancer Center in Covington, has earned three-year approval with commendation from the Commission on Cancer (CoC) of the American College of Surgeons (ACoS).

This national distinction reflects STPH's commitment to providing Northshore communities with the best available tools for cancer diagnosis, treatment and rehabilitation as well as comprehensive support services for patients and their families.

"It gives patients confidence to know an independent organization certifies the care they receive here is the same high quality care they would receive at CoC-accredited programs nationwide," Cheryl Corizzo RN, director of the STPH cancer program, said.

"Only 25 percent of hospitals in the country and one program in this parish can say that."

Commission-approved facilities ensure patients have access to state-of-the-art equipment, multi-specialty treatment, clinical trials and new treatment options.

At STPH, patient support ranges from prevention and wellness services available through the Cancer Resource Center, to lifelong patient follow-up through the Tumor Registry that reports data to state and national programs to identify trends in cancer incidence and mortality, and patterns in diagnosis and survival.

"The registry is a vital part of our entire quality management program," explained Corizzo.

More information is available by calling the STPH Cancer Resource Center at 985-898-4581.

## Caring & Quality of Life

### at every stage

Managing pain and other symptoms while supporting patient decisions about care is a core focus of the hospice program at St. Tammany Parish Hospital.

Effective hospice care also means helping families better prepare for the patient's death, including learning how to communicate about this profound transition.

"I have seen people become less fearful as they learn to speak about what they really want," said Debbie Miller RN, STPH oncology nurse.

STPH hospice care combines excellence in medical care with emotional and other support for patients and families. Services range from bereavement counseling to at-home physical therapy to help patients maintain their quality of life.

Nurses work closely with the patient's attending or primary care physician, visiting the patient's home as often as needed to assess their wellbeing and adjust care to manage pain and other symptoms, explained Donna Berbling RN, STPH hospice patient care coordinator.

"Everything is patient directed," she said.

Patients are eligible for hospice when a physician has certified that they have a life expectancy of six months or less, explained Angelique Knoblock RN, head of STPH hospice and home health services.

During that time, nurses can help families learn a range of coping methods, from effective ways to safely move the patient to minimizing symptoms through medication and other means.

"We can be of greatest benefit the sooner patients come to us," Knoblock said. "There is so much we can do for them."

Another goal of the program is to help the patient die a peaceful, natural death at home, surrounded by loved ones.

The focus on patient wishes was reinforced through special training for STPH staff that stressed the importance of patient decisions about care and how nurses can best support them, Miller said.

"This is the patient's journey," she said.

In support of that view, STPH offers twice-yearly end-of-life workshops to Northshore medical providers, members of the clergy and others who provide comfort and care to patients in the final weeks or months of life.

"We see this as a service to the community," Knoblock said.



Dr. Jack McNulty consults with nurse leaders Cheryl Corizzo, Donna Berbling and Debbie Miller about end-of-life training.



## BRINGING MATTHEW HOME

### 10 Weeks of Hope, Fear & Expert Care in STPH's Antenatal Unit

Late in the afternoon of November 14, Robert Barkerding received a call that would upend his family's life.

It was his wife, Nicole, 24 weeks pregnant with the couple's second child, on the line.

"My water broke," she told him. "I'm headed to St. Tammany."

So began the Barkerding family's 10-week stay in the antenatal unit at STPH, where physicians and nurses worked to prevent Nicole from going into labor or succumbing to infection after the rupture of her amniotic membrane.

Barkerding tells a story of expert care during a time filled with fear as the weeks ticked by and he virtually moved into the hospital to be at his wife's side each night.

Nicole was put on antibiotics to prevent infection while the staff worked to maintain the level of amniotic fluid, which is crucial for a baby's lung development, said Richelle Dufour RN, head of the STPH New Family Center.

Nicole's obstetrician, Stephanie Schultis MD of Covington, worked closely with the staff during the long weeks of waiting. STPH neonatologist Alma Levy MD, who would play a crucial role after Matthew's birth at 34 weeks, visited daily. Regular visits from perinatologists informed the family of the baby's progress.

*"We are grateful to St. Tammany for the amazing care Matthew and Nicole received, but more than that, we are thankful to a gracious and loving God for this miracle." — Robert Barkerding*

Clear communication about that progress helped keep fear at bay.

"Communication is vital to helping families cope with fear," Dufour said.

Yet it was also a time of celebration of new friendships and longstanding traditions. The nurses organized a baby shower.

The extended Barkerding family crowded into Nicole's room at Thanksgiving and Christmas. The couple's 3-year-old

daughter was a playful presence in her mother's room in the 10-private-room antenatal unit.

Matthew's delivery brought a new wave of anxiety after a defective catheter broke inside his body, necessitating his transfer just six hours after birth at 4 pounds, 14 ounces. He returned to STPH at the family's insistence a month later and remained in its neonatal intensive care unit until April.

"St. Tammany felt like family," Barkerding said.

Matthew is now a bright-eyed nine-month old and doing great, according to his dad, who lauds the care of physicians, nurses, housekeepers, technicians and aides at every step of their journey at STPH. Matthew was weaned of supplemental oxygen in August.

"It was an experience that should be taught in every nursing school in the country," Barkerding said.



Nicole and Robert Barkerding play peek-a-boo with son Matthew and daughter Skylar.

## Giving Back Through the WE Care Campaign

A new walking trail will soon wind its way through St. Tammany Parish Hospital's main and riverside campuses, providing a new opportunity for exercise and inviting stretches for thoughtful contemplation.

The walking and exercise trail, with an anticipated completion date of September 2010, is the latest example of how employee giving at STPH enhances the lives of employees, patients and visitors alike.

As of late August, the St. Tammany Hospital Foundation's 2009 WE Care Employee Campaign had raised more than \$76,500, including nearly \$44,000 earmarked for the walking and exercise trail, the featured project in the 2009 campaign.

*"Our world-class employees are dedicated to and focused upon our goal of providing our patients and their families with the ultimate medical care in our local communities."*

*—David Brumfield of STPH Health Information Management, co-chair of the 2009 WE Care Employee Campaign*

Last year's campaign funded a cashless system in the STPH cafeteria, providing a new convenience to both visitors and hospital employees. "Every year employees choose a new featured fund to support," said Nicole Suhre of the St. Tammany Hospital Foundation.

Employees can designate their giving to any fund of their choice including programs and initiatives such as Healing Arts, Learning Together and the Employee Benevolent Fund.

"The foundation is pleased to report that the five WE Care Employee Campaigns have raised nearly \$500,000 for STPH equipment, projects and programs. These endeavors benefit not only STPH but the entire community," said Suhre.

Co-chairs for the 2009 WE Care Campaign are David Brumfield of Health Information Management, Sarah Ferro of Hospice and Home Health, Priscilla Harris of Endoscopy, Nicole D. Norris RN of the Neonatal Intensive Care Unit and Ashley Rush RN of Decision Support.

The walking trail will promote good health by encouraging heart-healthy outings when STPH employees and visitors are looking for a break in the day. Proposed features include mile markers and fitness stations to augment this low-cost, high-convenience way to stay fit.

"On behalf of the STH Foundation Board of Trustees, I would like to thank the employees of STPH for their support of the 2009 WE Care Campaign. They are untiring in the excellent work that they do for the hospital. In addition, the scope of their monetary support of the foundation is a remarkable feat and they are greatly appreciated," Ken Latham, chairman of the STH Foundation Board of Trustees, said.



More information on WE Care or giving opportunities at STPH is available by calling 985-898-4141.

# 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.

## 1, 2, 3, 4 Parents! Series

**Oct 3, 17 or Nov 14, 21, 9 am to noon**

STPH Parenting Center  
\$35 members/\$50 nonmembers; social and behavioral changes of children from birth to four years; how to prevent problem behavior and positive discipline skills; registration required. 985-898-4435

## New Family Center Tours

**Oct 3, 17 or Nov 7, 21 or Dec 5, 19, 10 am to noon**

STPH New Family Center  
FREE; 30-min. tour; preregister your birth plan; first and third Saturdays monthly. 985-898-4536

## Baby Care Basics

**Oct 4, 13 or Dec 8, 7 pm to 9 pm**

STPH Parenting Center  
FREE; helpful hints and what to expect when caring for your new baby. 985-898-4083

## Latchkey Children

**Oct 5, 3 pm to 4 pm,**

STPH Abita Room

**Oct 5, 6:30 pm to 7:30 pm,**

STPH Parenting Center  
FREE; for children and parents; learn safety tips from St. Tammany Parish Communications District; registration required. 985-898-4435

## Baby Chat for Siblings

**Oct 10 or Nov 7, 10 am to noon**

STPH Conference Center  
FREE; for children ages 3 and up to understand the changes that occur with a new baby. 985-898-4083

## Art of Breastfeeding

**Oct 13, 7 pm to 9 pm**

STPH Parenting Center  
FREE; mothers, babies and expectant mothers join a certified lactation consultant for questions and answers relating to breastfeeding. 985-898-4083

## Breast Cancer Screening

**Oct 15 or Nov 7, 21, 9 am to 2 pm**

Early Bird Van, Mandeville/Covington area  
FREE; clinical breast exams for women 18 and older; mammograms for uninsured women 40 and older who have not had a screening in the past 12 months; appointment required. 888-616-4687

## Using Lamaze Techniques

**Oct 17, 4 pm to 7 pm**

Paul Cordes Outpatient Pavilion  
STPH Conference Center  
\$50; series of six classes practicing relaxation and pain control techniques to help you through the childbirth experience. 985-898-4083

## Pacemaker Support Group

**Oct 21, noon**

STPH Tchefuncte Bldg., Ste 108  
FREE; bring your questions and you significant other; light lunch provided. 985-898-3773

## Lymphedema Prevention Clinic

**Oct 22, 8:45 am to 4:15 pm**

Paul Cordes Outpatient Pavilion  
FREE; one-on-one appointments for cancer survivors who have had lymph node removal and have not been diagnosed with lymphedema; appointment necessary. 985-898-4581

## Monster Mash

**Oct 24, 10 am to 4 pm**

Bogue Falaya Park, Covington  
\$4-\$20; fun fall festival fundraiser for the STPH Parenting Center; activities, food, music, family-friendly. 985-898-4435

## Homecare/Hospice Seminar

**Nov 7, 9 am to noon**

Paul Cordes Outpatient Pavilion  
FREE; understand the value and quality of life hospice brings to patients and families. 985-871-5976

## Look Good Feel Better

**Nov 12, 6:30 pm**

STPH Cancer Resource Center  
FREE; certified cosmetologists demonstrate skin, nail and hair care to enhance your appearance and improve your self-image during treatment; free cosmetics and skin care products; bring a friend. 985-898-4481

## Boot Camp for New Dads

**Nov 14, 9 am to noon**

STPH Conference Center  
\$10; dads learn helpful hints and what to expect when the little one arrives from veteran new dads; free T-shirt. 985-898-4083

## Nutrition & Your Preschooler

**Nov 18, 10:30 am to 11:30 am**

STPH Parenting Center  
FREE members/\$10 nonmembers; helps parents develop kids' healthy eating habits. 985-898-4435

## Alzheimer's Support Group

**Nov 23 and 24, 9 am to 4 pm**

STPH Parenting Center  
\$65; 11-to-13-year-olds interested in learning to develop good babysitting skills; register early. 985-898-4435

## Heartsaver CPR

**Dec 5, 1 pm to 3:30 pm**

STPH Conference Center  
\$40; basic standards of adult, child and infant CPR, foreign body airway relief and use of an AED. 985-898-4083

## Angels of Light

**Dec 10, 5:30 pm**

STPH Lobby  
FREE; Lighting of the Hospice Tree for Life, decorated with Tribute Angels (minimum \$10 donation to benefit Hospice). 985-898-4171

| OCTOBER  |    |    |    |    |    |    |
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| 27       | 28 | 29 | 30 | 1  | 2  | 3  |
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| NOVEMBER |    |    |    |    |    |    |
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| 22       | 23 | 24 | 25 | 26 | 27 | 28 |
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| DECEMBER |    |    |    |    |    |    |
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