



COMMUNITY OUTREACH PROGRAMS AND CLASSES

3rd Quarter | July – September

2018

Health & Wellness

SMH Lunch & Learn Series

Fridays, July 27 / August 24 / September 28

Time: 11:30 am - 1 pm

Place: SMH Founders Building, 1st Floor Conference Room, 1150 Robert Blvd.

Fee: Free

Monthly educational series focused on educating our community on current healthcare issues and treatments.

A light healthy lunch is served and free blood pressure screenings will be available. **For a list of topics, visit SlidellMemorial.org.**

To register, call (985) 280-2657 or visit SlidellMemorial.org.

Tobacco Cessation

The SMH Smoking Cessation Clinic provides help to smokers in our community who would like to quit. Any current Louisiana resident who was a smoker prior to September 1, 1988, and wants to stop smoking cigarettes can benefit from this great resource.

For more information, call (985) 280-8513.

Mall Walkers

Wednesdays, July 25 / August 29 / September 26

Mall Walkers is a partnership between SMH and North Shore Square to help improve the community's health by encouraging people to walk inside the mall. The mall opens at 7 am for early walkers and stays open until 9 pm for after-hours walkers. North Shore Square provides security, air-conditioning and water fountains to make walking so much easier. **For more information, call (985) 280-8529.**

SMH Fitness Park

Located next to the SMH Emergency Room at 1353 Eleventh Street, this well-lit, beautifully landscaped walking path provides cardiac-focused fitness equipment for the community.

SMH Facebook

Like us on Facebook for great health tips, important updates, to see photos of recent events, show support for YOUR hospital, get information about volunteer opportunities and MUCH more. **Visit facebook.com/slidellmemorial.**

Health Conditions

Ideal Protein Slidell: Weight Management

The Ideal You weight management program uses the Ideal Protein Weight Loss Method: a 4-phase, hospital based weight loss plan proven to decrease body fat and improve your health. On average, participants lose three to seven pounds each week. A personal weight loss coach and dietitian will empower you with knowledge to develop better lifestyle choices and smart eating habits to maintain a healthy weight after the program ends. The Ideal Protein approach is a safe, effective and realistic way to achieve weight loss, improve health and tackle the hardest goal of all: making the weight loss permanent. SMH Ideal You wants to help you achieve that goal. Informational seminars available monthly. **For more information, go to smhidealyou.com, call Ashlie Boteler at (985) 898-7255 or email v-aboteler@Ochsner.org. Part of the new Comprehensive Weight Loss Center at Ochsner Medical Center - North Shore.**

Nutrition Counseling

Registered dietitians and certified diabetes educators are available for individual consultations for any nutrition diagnosis.

For more information, call Ashlie Boteler at (985) 898-7255 or email v-aboteler@Ochsner.org. Part of the new Comprehensive Weight Loss Center at Ochsner Medical Center - North Shore.

Cancer Programs

Art Therapy Tuesdays, July 10 / August 7 / September 4

Time: 10 am

Place: SMH Regional Cancer Center, 1120 Robert Blvd.

Fee: Free

Enhance coping, confidence and stress management. **For more information or to enroll in a session, call (985) 280-6612.**

Bereavement Support Group Thursdays, July 19 / August 16 / September 20

Time: 3 - 4 pm

Place: SMH Regional Cancer Center, 1120 Robert Blvd.

Fee: Free

A monthly grief recovery support group. **For more information, call (985) 280-6612.**

Women Warriors: A Cancer Support Group Wednesdays, July 18 / August 15 / September 19

Time: 1 - 3 pm

Place: SMH Founders Building, 1st Floor Conference Room, 1150 Robert Blvd.

Fee: Free

Whether you are undergoing treatment or in recovery, meeting with others who share a similar experience can benefit you. Support and information for patients, survivors or caregivers. **For more information, call (985) 280-6611.**

Caregiver Coffee Talk Wednesdays, July 5 / August 1 / September 5

Time: 10 - 11 am

Place: SMH Regional Cancer Center, 1120 Robert Blvd.

Join us for a cup of freshly brewed coffee with delicious pastries, and meet other caregivers facing similar challenges as you and your family. **For more information, call (985) 280-6612.**

Yoga for Cancer Patients and Caregivers Mondays

Time: 5:30 - 6:30 pm

Place: SMH Community Outreach Center, 2nd Floor, SMH Wellness Pavilion, 501 Robert Blvd.

Fee: Free

This class is specifically for cancer patients and their caregivers. Medical release is required. **For more information, call Patricia at (985) 707-4961.**

Look Good...Feel Better (for female cancer patients only) Mondays, July 9 / August 6 / September 10

Time: 11 am - 1 pm

Place: SMH Imaging Center, 1495 Gause Blvd.

Fee: Free

Free make-up kits, step-by-step demonstration, personalized assistance with a licensed cosmetologist, free lunch and great support from women just like you! **To register, call (985) 280-8585.**

Lymphedema Screenings Fridays, July 13 / August 10 / September 14

Time: 1 - 2 pm

Place: SMH Regional Cancer Center, 1st Floor Resource Library, 1120 Robert Blvd.

Fee: Free

Find out your risk for Lymphedema, a medical condition resulting from surgery or radiation. **For more information, call (985) 280-6611.**

Living with Cancer Group Wednesdays, July 18 / August 15 / September 19

Time: 2:30 - 3:30 pm

Place: SMH Regional Cancer Center, 2nd Floor Chapel, 1120 Robert Blvd.

Fee: Free

Support group for those living with cancer and their caregivers. **For more information, call (985) 280-6612.**

Prenatal & Education/Family

Girl Talk Tuesdays, July 17 / September 18

Time: 6:30 - 8:30 pm

Place: SMH Founders Building, 1st Floor Conference Room, 1150 Robert Blvd.

Fee: \$15 per family

For preteens and teens age 9 - 13, Girl Talk explains the physical, social and emotional changes your teen will undergo during puberty. **To register, call (985) 280-2657.**

Guy Talk Tuesday, August 21

Time: 6:30 - 8:00 pm

Place: SMH Community Outreach Center, 2nd Floor, SMH Wellness Pavilion, 501 Robert Blvd.

Fee: \$15 per family

For preteens and teens age 10 -13, Guy Talk explains the physical, social and emotional changes your teen will undergo during puberty. Hygiene, skin care and healthy eating will also be discussed. Kevin Hedgepeth will answer questions about what your teen may be experiencing during this developmental stage. Teens must be accompanied by an adult. **To register, call (985) 280-2657.**

Safe Sitter® - 1-day Class Tuesday, July 10

Time: 9 am - 3 pm

Place: SMH Community Outreach Center, 2nd Floor, SMH Wellness Pavilion, 501 Robert Blvd.

Fee: \$75, includes Safe Sitter® Manual and Completion Card

Safe Sitter® teaches young teens (11-14) everything they need to know to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who's choking, and helpful information like what to do if there's severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR or choking rescue. Registration is required as class size is limited.

For more information, call (985) 280-8529. Registration packets are available at SlidellMemorial.org/Outreach.

Safe Kids 101 Wednesday, July 11

Time: 9 am - noon

Place: SMH Community Outreach Center, 2nd Floor, SMH Wellness Pavilion, 501 Robert Blvd.

Fee: \$35, includes a Student Handbook

For preteens and teens age (9 - 14), Safe Kids 101 is a three-hour course that teaches key responsibilities when staying home alone. Basic first-aid skills, cooking, understanding safety in unfamiliar scenarios and digital safety are some of the topics that will be discussed. This course includes a Student Handbook for each child. **To register, call (985) 280-2657 or visit SlidellMemorial.org.**

Baby Love Saturday, July 14

Time: 8 am - Noon

Place: SMH Founders Building, 1st Floor Conference Room, 1150 Robert Blvd.

Fee: Free

Join our professional nursing staff to prepare for the arrival of your baby. Nurses from Labor and Delivery, Nursery, Post Partum and NICU will introduce you to all aspects of the delivery process as well as how to change that first diaper, care for the umbilical cord, prepare for feedings and much more. **To register, call (985) 280-2657 or visit SlidellMemorial.org.**

Online Childbirth Education Class

SMH is now offering complimentary online education to get you ready for childbirth.

Visit SlidellMemorial.org/BirthingCenter to get started.

Breastfeeding Clinic Saturdays, July 14 / August 18 / September 15

Time: 9:30 am - 12 pm

Place: SMH Florida Avenue Conference Room, 1025 Florida Ave.

Fee: Free

Lactation Consultants discuss the advantages of breastfeeding, how to get started, how to prevent problems, common concerns, and what to expect in the first few weeks. **To register, call (985) 280-2657 or visit SlidellMemorial.org.**

Maternity Fair & Birthing Center Tours

Thursday, September 13

Time: 6 pm

Place: SMH Birthing Center Waiting Area, 2nd Floor, 1001 Gause Blvd.

Fee: Free

Come tour the Birthing Center and visit with baby and mother friendly vendors and see all the great things SMH has to offer. Tours will begin every half hour and will include a tour of Labor and Delivery, Nursery, Intensive Care Nursery, and a Postpartum Room.

To schedule a tour and register, call (985) 280-2657 or visit SlidellMemorial.org.

Lamaze Classes

5-week session begins August 14

Time: Tuesdays (August 14 - September 11), 6:30 - 8:30 pm

Place: SMH Founders Building, 1st Floor Conference Room, 1150 Robert Blvd.

Fee: Complimentary for those who deliver at SMH.

It's not just about breathing anymore! Sign up to take our once-a-week, 2-hour class sessions for five weeks, and discover all of the natural interventions and benefits of modern-day Lamaze. To register, call (985) 280-2657 or visit SlidellMemorial.org.

Big Brother, Big Sister Classes

Saturday, August 4

Time: 10 - 11 am, with a tour to follow

Place: SMH Florida Avenue Conference Room, 1025 Florida Ave.

Fee: Free

Children, ages 3 - 10, learn safe ways to interact and care for their baby, practice diapering, make a special gift for their new baby and tour the SMH Birthing Center. Parents also receive tips on preparing their children for their new family addition.

To register, call (985) 280-2657 or visit SlidellMemorial.org.

Baby & Me Tobacco Free

Mondays and Wednesdays by appointment

Place: SMH Community Outreach Center, 2nd floor, Wellness Pavilion, 501 Robert Blvd.

SMH is proud to host Baby & Me Tobacco Free, a smoking cessation program for expecting mothers. This program is designed to encourage new moms to quit smoking during their pregnancy and stay smoke free after their baby is born. Mothers meeting all program requirements will receive monthly vouchers for six months of free diapers. Also sponsored by Cancer Association of Greater New Orleans, March of Dimes and Amerihealth Caritas Louisiana.

For more information or to request an application, call Ashlee Menke at (504) 733-5539.

MOMS Club of Slidell

Open to all moms who are at home during the day with their children. Activities include: play, crafts, parenting discussions and socialization.

For more information, email Momsclubofslidell@yahoo.com.

SOAR (Strengthening Outcomes with Autism Resources)

Wednesdays, July 18 / August 15 / September 19

Time: 9 - 11 am

Place: SMH Community Outreach Center, 2nd Floor, Wellness Pavilion, 501 Robert Blvd.

SOAR hosts an Autism Networking/Support Group that meets monthly.

For more information, contact Anne Galiano at (504) 812-9548.

Slidell Branch Library

Summer Reading Story-Craft

July 3 / July 10

Time: 10:30 - 11:30 am

Place: 555 Robert Rd.

This is not your little sister's storytime! Children ages 5 - 8 years old will enjoy books, stories, poetry, creative dramatics, a craft, and of course a LOT of MUSIC! This program is for early elementary school students. No registration is required.

Please note that food may be used as a craft material. Please call the branch at (985) 646-6470 for details. Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Rock & Roll Middle School: Disney Sing-Along

July 3

Time: 2:30 - 3:30 pm

Place: 555 Robert Rd.

Kids sing along to their favorite Disney songs from Coco by watching the video and reading the words on the screen.

For ages 8 - 11 years old only. **Registration required. Please call (985) 646-6470 to register.** Popcorn and lemonade will be served.

Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Children ages 9 and under may not be left unattended at any St. Tammany Parish Library.

Rock & Roll Middle School: Recycled Orchestra

July 10

Time: 2:30 - 3:30 pm

Place: 555 Robert Rd.

Kids will make a variety of percussion and stringed instruments from recycled materials. They will be encouraged to experiment with a variety of rubber bands, string, and materials to explore how the shape and structure of an instrument effects sounds.

For ages 8 - 11 years old only. **Registration required. Please call (985) 646-6470 to register.** No food will be served. Children ages 9

and under may not be left unattended at any St. Tammany Parish Library.

Summer Reading Storytime for Babies and Toddlers

July 4 / July 11

Time: 9:30 - 10:30 am

Place: 555 Robert Rd.

Books, stories, rhymes, activities and music for young children ages 3 months to 36 months and their grownups. Please note that food may be used as a craft material. **Please call (985) 646-6470 for details.** Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Summer Reading Preschool Storytime

July 4, July 11

Time: 10:30 - 11:30 am

Place: 555 Robert Rd.

Books, stories, rhymes and activities for ages 3 - 5 and their grownups. Please note that food may be used as a craft material. **Please call (985) 646-6470 for details.** Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Libraries Rock! With a Cèilidh with Mr. Ginn

July 5

Time: 1:30 - 2:30 pm or 3 - 4 pm

Place: 555 Robert Rd.

Cèilidh with Mr. Ginn (pronounced like kay-lee) features local musician John Ginn on bagpipes, Irish tin whistle and other

instruments. A Cèilidh is a traditional Scottish or Irish party with music. No food will be served. No registration required. Children ages 9

and under may not be left unattended at any St. Tammany Parish Library.

Libraries Rock! With American Folk Tales and Songs

July 12

Time: 1:30 - 2:30 pm or 3 - 4 pm

Place: 555 Robert Rd.

American Folk Tales and Songs has Hampstead Stage Theatre bringing live theatre in the Library. Through music and storytelling, our friends bring classic folktales from all over America to life! Join us on a great adventure as we travel from sea to shining sea discovering great American legends. No food will be served. No registration required. Children ages 9 and under may not be left unattended at any St. Tammany Parish Library.

Summer Reading Family Storytime

July 5 / July 12

Time: 6:30 - 7:15 pm

Place: 555 Robert Rd.

Books, stories, rhymes, songs and fun for children of all ages and their grownups. Please note that food may be used as a craft material. Please call the branch for details. Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Read with a Pup

July 18

Time: 3 - 5 pm

Place: 555 Robert Rd.

Children ages 5 - 9 years old practice their reading aloud skills with a nonjudgmental audience - a dog! Trained therapy dogs from Angels on Paws will be available for short sessions for children to practice reading. Registration is required. Registration opens on the first of the month. **Call (985) 781-0099 to register for a 15-minute time slot.** No food will be served. Children ages 9 and under may not be left unattended at any St. Tammany Parish Library.

South Slidell Branch Library

Rock & Roll Middle School: Drum Jam Jamboree

July 2

Time: 2:30 - 3:30 pm

Place: 3901 Pontchartrain Dr.

Kids make their own drum and play fun rhythm games, drum karaoke and Name That Tune.

For ages 8 - 11 years old only. **Registration required. Please call (985) 781-0099 to register.** No food will be served. Children ages 9 and under may not be left unattended at any St. Tammany Parish Library.

Rock & Roll Middle School: Recycled Orchestra

July 9

Time: 2:30 - 3:30 pm

Place: 3901 Pontchartrain Dr.

Kids will make a variety of percussion and stringed instruments from recycled materials. They will be encouraged to experiment with a variety of rubber bands, string, and materials to explore how the shape and structure of an instrument effects sounds.

For ages 8 - 11 years old only. Registration required. **Please call (985) 781-0099 to register.** No food will be served. Children ages 9 and under may not be left unattended at any St. Tammany Parish Library.

Summer Reading Preschool Storytime

July 5, July 12

Time: 9:30 - 10:15 am

Place: 3901 Pontchartrain Dr.

Books, stories, rhymes and activities for ages 3-5 and their grownups.

Please note that food may be used as a craft material. **Please call (985) 781-0099 for details.** Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Summer Reading Storytime for Babies and Toddlers

July 5, July 12

Time: 10:30 - 11 am

Place: 3901 Pontchartrain Dr.

Books, stories, rhymes, activities and music for young children ages 3 months to 36 months and their grownups.

Please note that food may be used as a craft material. **Please call (985) 781-0099 for details.** Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Summer Reading Story-Craft

July 5, July 12

Time: 2:30 - 3:30 pm

Place: 3901 Pontchartrain Dr.

This is not your little sister's storytime! Children ages 5 - 8 years old will enjoy books, stories, poetry, creative dramatics, a craft, and of course a LOT of MUSIC! This program is for early elementary school students. No registration is required.

Please note that food may be used as a craft material. **Please call (985) 781-0099 for details.** Please inform the librarian of any food allergies at least one week in advance. We are happy to make accommodations for you.

Libraries Rock! With American Folk Tales and Songs

July 11

Time: 10:30 - 11:30 pm

Place: 3901 Pontchartrain Dr.

American Folk Tales and Songs has Hampstead Stage Theatre bringing live theatre in the Library. Through music and storytelling, our friends bring classic folktales from all over America to life! Join us on a great adventure as we travel from sea to shining sea discovering great American legends. No food will be served. No registration required. Children ages 9 and under may not be left unattended at any St. Tammany Parish Library.

Time: 3:30 - 5:30 pm

Place: 3901 Pontchartrain Dr.

Children ages 5 - 9 years old practice their reading aloud skills with a nonjudgmental audience - a dog! Trained therapy dogs from Angels on Paws will be available for short sessions for children to practice reading. Registration is required. Registration opens on the first of the month. **Call (985) 781-0099 to register for a 15-minute time slot.** No food will be served. Children ages 9 and under may not be left unattended at any St. Tammany Parish Library.

For programs at the Slidell Branch, contact Jen Martin, jen@stpl.us, (985) 646-6470 x116

For programs at the South Slidell Branch, contact Alexis Davis, alexis@stpl.us, (985) 781-0099 x102