



## COMMUNITY OUTREACH PROGRAMS AND CLASSES

3<sup>rd</sup> Quarter | July - September

2017

### Health & Wellness

#### **SMH Lunch & Learn Series** Fridays, July 28 / August 25 / September 29

**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](http://SlidellMemorial.org).**

**To register, call (985) 280-2657 or visit [SlidellMemorial.org](http://SlidellMemorial.org).**

#### **Heartsaver CPR, AED, & First Aid** Friday, August 18

**Time:** 9 am - 12:30 pm

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

**Fee:** \$40

This class teaches the basic techniques of adult and pediatric CPR, use of an AED, as well as how to treat bleeding, sprains, broken bones, and shock. Participants will learn CPR and first aid for choking of an adult, child and infant.

**To register, call (985) 280-2657 or visit [SlidellMemorial.org](http://SlidellMemorial.org).**

*The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.*

#### **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 26 / August 30 / September 27

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](http://facebook.com/slidellmemorial).**

## Health Conditions

### Ostomy Support Group Tuesday, August 8

**Time:** 6 - 7 pm

**Place:** SMH East Conference Room on 14th St.

Providing support for ostomate patients and their families for the North Shore and South Mississippi.

For more information, please call (985) 280-1606.

### 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](http://smhidealyou.com), call Ashlie Boteler at (985) 898-7255 or email [v-aboteler@Ochsner.org](mailto: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](mailto:v-aboteler@Ochsner.org). Part of the new Comprehensive Weight Loss Center at Ochsner Medical Center - North Shore.

## Cancer Programs

### Bereavement Support Group Thursdays, July 20 / August 17 / September 21

**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 19 / August 16 / September 20

**Time:** 12:30 - 2:30 pm

**Place:** SMH Community Outreach Center, 2nd Floor, SMH Wellness Pavilion, 501 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 2 / September 6

**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 10 / August 7 / September 11

**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 14 / August 11 / September 8

**Time:** 12:30 - 1:30 pm

**Place:** SMH Regional Cancer Center, 1st Floor 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 19 / August 16 / September 20

**Time:** 2:30 - 3:30 pm

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

**Fee:** Free

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

## Head & Neck Cancer Education August; Date To Be Determined

**Time:** 11:30 am - 1 pm

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

**Fee:** Free

Support group, lymphedema, and speech therapy screenings for those with head and neck cancer.

**For more information, call (985) 280-6665.**

## Prenatal & Parenting

### Girl Talk Tuesday, July 18 / September 19

**Time:** 6:30 - 8:30 pm

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

**Fee:** \$10 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 or visit [SlidellMemorial.org](http://SlidellMemorial.org).**

### Guy Talk Tuesday, August 22

**Time:** 6:30 - 8 pm

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

**Fee:** \$10 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 or visit [SlidellMemorial.org](http://SlidellMemorial.org).**

### Baby Love Saturdays, September 16

**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](http://SlidellMemorial.org).**

## Online Childbirth Education Class

SMH is now offering complimentary online education to get you ready for childbirth. Visit [SlidellMemorial.org/BirthingCenter](http://SlidellMemorial.org/BirthingCenter) to get started.

## Safe Sitter® - 1-day Class July 10 / August 1

**Time:** 9 am - 4 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](http://SlidellMemorial.org/Outreach).**

## Safe Kids 101 Wednesday, July 12

**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](http://SlidellMemorial.org).**

## Breastfeeding Clinic Saturdays, July 29 / August 26 / September 23

**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](http://SlidellMemorial.org).**

## Maternity Fair & Birthing Center Tours Saturdays, September 9

**Time:** 10 am - 12 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](http://SlidellMemorial.org).**

## Lamaze Classes 5-week session begins August 15

**Time:** Tuesdays (August 15 - September 12), 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](http://SlidellMemorial.org).**

## Baby & Me Time Thursdays

**Time:** 10 - 11 am, Birth – Pre-walking

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

**Fee:** Free

On-going support groups focused on child development and parenting children from birth to pre-walking.

Activities include: story time, music, motor skill advancement, and parenting tips. Registration not required.

See Slidell Memorial Hospital Facebook page for class cancellations. **For more information, call (985) 280-8529.**

## Me & My Tot Time Wednesdays

**Time:** 9:30 - 10:30 am, Walking – 30 months  
11 am - 12 pm, 31 months to Pre-school

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

**Fee:** Free

On-going support groups focused on child development and parenting children from birth to pre-school.

Activities include: refreshments, crafts, story time, music, motor skill advancement, and parenting tips. Registration not required.

See Slidell Memorial Hospital Facebook page for class cancellations. **For more information, call (985) 280-8529.**

## Big Brother, Big Sister Classes Saturday, July 15

**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](http://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](mailto:Momsclubofslidell@yahoo.com).**

## SOAR (Strengthening Outcomes with Autism Resources) Wednesdays, July 19 / August 16 / September 20

**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.**