

C NORTH OAKS Community

VOLUME 19 • NUMBER 2 • SECOND ISSUE 2017 • WWW.NORTH OAKS.ORG



North Oaks Trauma & Stroke Teams Offer Lifesaving Care.

2 Message From the CEO • 2 Animals Bring Comfort & Healing to Patients • 4 Belly Aches May Mean More Than You Think
6 North Oaks Trauma & Stroke Teams Offer Lifesaving Care • 8 Foundation Supports North Oaks' Mission to Improve Lives
10 Community News Briefs • 10 Welcome, New Providers • 11 Community Education



A MESSAGE FROM THE CEO

When I first accepted the position as president and chief executive officer of North Oaks Health System, I pledged to continue the organizational values on which we have built our success:

a focus on caring, compassion, communication and commitment.

To fulfill this promise, I am encouraging open communication and collaboration with the community. The first step begins with this column. I plan to express my thoughts on health care here, as well as share updates about North Oaks.

I am also eager to hear what's important to you in terms of wellness and health care. What is your vision of what you want in a local health care system? What has been your experience at North Oaks? Are we fulfilling our mission to "improve lives, every time and with every touch" or are there areas where we have fallen short of your expectations? These are questions, among others, that I want to explore with you. I value your opinions and perceptions and will use them to help shape the future of North Oaks Health System.

Please make plans to join me and members of our Board of Commissioners at upcoming town hall forums so that we can hear your thoughts and answer your questions. The first forum will be from **5:30-7 p.m., May 10**, in the E. Brent Dufreche Conference Center (located within the Outpatient Diagnostic Center) on the North Oaks Medical Center campus.

To ensure we have time to prepare complete answers, I ask that all questions be submitted in advance and in writing by emailing to CEOFeedback@northoaks.org or mailing to CEO Feedback, PO Box 2668, Hammond, LA 70404. Please include your name, phone number and email address. We'll answer questions at the forum as time permits, and all questions received will be published with answers on our web page. To protect your confidentiality, any questions regarding specific patient care or billing issues will be answered privately. Please submit your questions by **April 30**. Together, we will realize the vision of being the region's most trusted partner for exceptional quality, safety and experience. If you miss the deadline, time permitting, you can ask your question at the forum.

I look forward to hearing your thoughts and sharing with you the extraordinary work of our North Oaks team members.

Michele Kidd Sutton, FACHE
President and Chief Executive Officer



Pet owner Laverne Parfait missed her furry companion during a lengthy hospital stay. But, she received comfort – and possibly healed quicker – due to two four-legged visitors.

Animal-assisted activities are a growing trend in health care, as more hospitals, nursing homes and other types of health centers allow animals to help patients recover from illness or injury.

Research has shown that petting an animal can reduce blood pressure and increase levels of the body's feel-good hormone, oxytocin. Oxytocin is known as the hormone involved in bonding, and it also plays a role in the healing process.

Comfort Canines for Christ, a nonprofit organization located in Ponchatoula, has teamed up with North Oaks Health System to bring an Animal-Assisted Activity Program to patients. Comfort Canines for Christ's motto, "It's not about the dogs" emphasizes that its focus is not on the animals, but on the ministry of lending comfort to people in hard times.

Volunteers with Comfort Canines for Christ bring Eve, a yellow Labrador and golden retriever mix, and Winona, a black Labrador, to visit patients like Laverne at North Oaks Rehabilitation Hospital. Laverne spent two weeks in the hospital's inpatient rehabilitation unit following an extended stay at North Oaks Medical Center, where she had open-heart surgery and other cardiovascular procedures. The Animal-Assisted Activity Program played a role in the excellent progress she made.

Seeing the dogs each week gave her something to look forward to, especially since she missed her own pet. The dogs also took her mind off herself.

Animals

By North Oaks
Contributing Writer
Corinne Cormier



bring comfort & healing to North Oaks patients!

"In that environment, it's all about me, me, me — my goals, my progress. But the dogs don't care who you are, what condition you have, or what you can and can't do," Laverne recounts.

Dogs such as Eve and Winona are classified as "therapy animals" and bring happiness not only to patients, but also to staff. Leslie Zazulak, an occupational therapist at North Oaks, enjoys working with Eve and Winona. The dogs benefit her patients by boosting their mood, providing social interaction and helping with their recovery.

**"They make patients happier," Leslie affirms.
"Stroke patients benefit from using their affected
arm to pet the dog, and handling the dogs can
improve balance and coordination."**

Eve has a lot in common with hospital patients — she, too, has known sickness and suffering. When the Dixie Humane Society found Eve in the woods near Jefferson, Texas, she had been shot and malnourished, had lost her puppies, and had a severe heartworm infection. Comfort Canines for Christ was searching for the perfect dog when they stumbled upon an ad for Eve and adopted her. Eve made a full recovery, and now connects in a special way to those who are suffering, whether it be physical or emotional pain.

Comfort Canine volunteers Pamela Koonts and John O'Flynn both began working with dogs through Canine Companions for Independence (CCI), an organization that raises and trains service dogs from birth. In its Puppy Raising Program, CCI sends a future service dog to a handler for a year to receive their initial training and socialization. Pam and John had both volunteered as handlers, receiving special training on how to work with the dogs. This experience inspired them to found Comfort Canines for Christ.

Winona, whom John raised through CCI, ultimately could not be used as a service dog because of anxiety around loud noises. She now lives with John and works as a Comfort Canine. The intense training she received as a puppy, along with her intuitive and comforting nature, makes her great at her job.

Unlike service dogs, which are given to individuals with disabilities, therapy dogs aren't bred and raised to serve. Sometimes they come from humble beginnings, like Eve. Therapy dogs for Comfort Canines for Christ go through the AKC Canine Good Citizen certification process, which involves training, socialization and evaluation.

"As long as they have the right personality, they can be a therapy dog. Any dog can be trained," explains John.

The mark of a good therapy dog is a love of people, thirst for attention and a calming and intuitive temperament.



Laverne Parfait (left) and Leslie Zazulak share a moment with Eve, a member of the Canines for Christ team.

"Eve has never met a person she didn't love," comments Pam, "and she's met hundreds of people."

Eve and Winona visit the rehab hospital weekly to brighten patients' days. They also make weekly visits to a local nursing home.

"People line up to wait for the dogs," Pam shares. "They are so well received, so loved. They bring so much joy, it's amazing."

When tornadoes recently devastated the LaPlace area, Eve and her handlers went from door to door providing comfort to those affected. The dogs also visit individuals with disabilities at OPTIONS, special needs children at Southeastern Louisiana University's Snoezelen Sensorium and also local schools and churches.



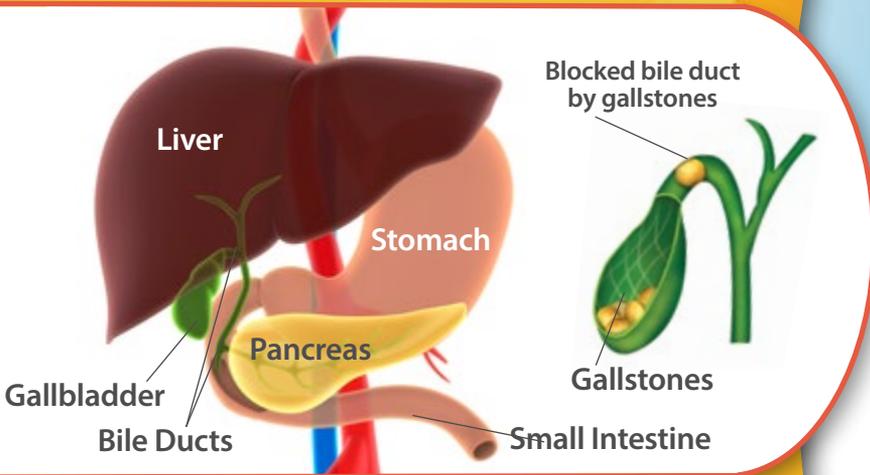
For more information on our Animal-Assisted Activities Program, please contact Michael Williams, North Oaks Rehabilitation Inpatient Therapy Manager at (985) 230-5709.

To learn more about Comfort Canines for Christ, visit comfortcaninesforchrist.org or call (985) 467-9797.

WHAT IS A GALLBLADDER?

The gallbladder is essentially a storage unit for bile, which is a substance created by the liver that is needed to break down and digest fats that you eat.

The gallbladder is located in the right upper quadrant of the abdomen just below the liver. It is connected to the liver by bile ducts and is typically about four inches in size and is oblong or pear shaped.



Indigestion. Nausea. Severe abdominal pain.

If you are one of thousands of Americans who frequently experience one or all of these symptoms, you know the agony of digestive problems.

What Does the Gallbladder Do?

The gallbladder works with the liver to play a key role in your digestion, formation of blood and guarding against infection.

During digestion, the liver produces bile, a yellow-green liquid needed by the intestine to help digest fat and oils. Bile ducts, or tubes, carry bile from the liver to the gallbladder and on to the intestine. Bile is stored in the gallbladder, which contracts periodically to force the bile into the intestine. The gallbladder and bile ducts make up what is called the biliary system (bile tract).

Bile is important because it regulates the level of friendly bacteria, destroys dangerous organisms, helps digest fats and other nutrients and stimulates the muscles that move fecal matter out of your body.

When your liver is not able to remove toxic substances from your body, toxic bile is secreted into your small intestine, causing infection.

Life Without a Gallbladder

As important as it sounds, the gallbladder is one organ your body can do without. Regular biliary system function can easily continue after surgical removal of the gallbladder. The body copes with losing its extra storage space for bile by filling the bile ducts and using them to store the excess bile.

What are GALLSTONES?

Tiny stones that are formed from hardened bile and cholesterol.

Gallstones can block the release of bile from the gallbladder and cause:

Severe Pain (especially after eating greasy foods)

Pancreatitis

Jaundice

Bowel Obstruction

You may feel these symptoms are nothing to be concerned about, but that often is not the case. Pain and discomfort is the body's way of telling us something is wrong. Don't ignore your symptoms.

Keith, a 60-year-old Hammond resident, knows firsthand the pain of a gallbladder attack. While recovering from recent knee surgery, Keith suddenly began experiencing what he first thought was indigestion, but quickly turned to nausea, vomiting and severe back pain.

"I had been feeling fine," Keith recounts. "I ate a cheeseburger for dinner that night and a little while later, I started to feel like I had indigestion. At first I thought it was just from the food, but then I began vomiting and got an excruciating pain in my back. I had no idea what it was."

Keith's wife brought him to North Oaks Medical Center's emergency department, where physician Mark Haile, MD, ordered an ultrasound, revealing stones and sludge in Keith's gallbladder.

"I had no idea that I had gallbladder problems," Keith affirms. "Having just had a physical and lab work before my knee surgery, I thought I was pretty healthy. In the past, I had had some mild pain in my back but thought it was muscle pain and it went away very quickly. This was a whole new level of pain."



BELLY ACHES MAY MEAN **MORE** THAN YOU THINK!

Dr. Dorothy Lewis of North Oaks Surgical Associates performed an emergency laparoscopic gallbladder removal, or cholecystectomy, which is the most common way to remove the gallbladder. This procedure is done using a laparoscope, a thin, lighted tube that lets the surgeon see inside your body.

The surgeon makes three to four small cuts in the belly and inserts the laparoscope through one of the cuts. Other medical instruments are inserted into the other cuts to allow the physician to perform the removal. Compared to those who have open surgery, patients who have laparoscopic procedures typically have a quicker recovery and fewer problems following surgery.

"I've been at North Oaks for 28 years," explains Alice Stevens, RN, an operating room nurse at North Oaks. "Not long after I got here, we did a laparoscopic surgery on a gallbladder. We are now doing so many different types of these surgeries and doing them more frequently. Recovery time is less, the incision is smaller and the patient experiences less pain."

The first priority is to try to do a procedure by laparoscope instead of with a larger, more open incision. Severity of the problem or patient history can sometimes lead to an "open" procedure. At North Oaks, more than 94 percent of gallbladder surgeries performed are laparoscopic.

While cholecystectomy was one of the first types of laparoscopic procedures, laparoscopic surgery is now used to treat a variety of other gastrointestinal conditions, including gastro-esophageal reflux disease (GERD), colon resections, appendix removal and hernia repair, to name a few.

Keith was fortunate. Although he had no real symptoms until the attack, his gallbladder was nearly gangrenous when it was removed. Gangrene is a potentially life-threatening condition in which soft tissue dies due to loss of blood supply.



Keith and his wife Linda Jo are grateful for his recovery from gallbladder surgery.

Results from blood work he had done just a month prior in preparation for his knee surgery were all normal and showed no signs of a problem. At the time of the gallbladder attack, they were well out of range, indicating that his gallbladder deteriorated severely in a matter of weeks.

"I am very thankful that I did seek medical help immediately," he stresses. "If I had not come to the hospital and if the team had not found that it was my gangrenous gallbladder causing my pain, then I may not be here today."

**If you experience pain in your upper right abdomen — particularly after eating very fatty or greasy foods — think about your gallbladder first!
Seek medical attention quickly!**

For more information on North Oaks Surgical Services or if you are in need of a physician, visit our website at www.northoaks.org.



North Oaks Trauma & Stroke Teams Offer Lifesaving Care.

When John suffered a stroke last year, he was brought to North Oaks Medical Center's emergency room for treatment.

Understandably scared and concerned, John turned to his doctors for reassurance that he would receive quality care. His doctor was able to share that John was in good hands -- not only is North Oaks a verified Level II Trauma Center, it is also a certified Primary Stroke Center.

"We're proud to be recognized for the effort and hard work of our team," states Tyler Brignac, North Oaks Medical Center's trauma program manager. "We have so many who come to us, not realizing they are being seen by some of the best and most skilled professionals in the region."

Last February, the North Oaks Shock Trauma Center earned official verification from the American College of Surgeon's Committee on Trauma. The Louisiana Department of Health also designated North Oaks as a Level II Trauma Center.

As one of only five trauma centers in the state and the first in the region, Brignac points out that the North Oaks Emergency Department is a busy place, with about 80,000 visits expected this year. In 2016, 1,224 were for trauma-related conditions. He adds that the department's busiest time is Thursday through Saturday, with the busiest hour 7-8 p.m. About 220 patients per day come to the Emergency Department.

The majority of trauma patients are victims of motor vehicle crashes, falls, assaults and purposely inflicted injuries, Brignac reports.

In the two years before certification, North Oaks Shock Trauma Center treated nearly 2,000 injured patients and was forced to transfer many out of the area to receive care.

"As a Level II Trauma Center, we are able to initiate immediate, lifesaving care for all of our injured, 24/7," Brignac adds. "Because the first hour is so critical, we are saving the lives of patients who may have died during transfer to other facilities."

The Level II Trauma Center offers coverage provided by 27 emergency department physicians, six trauma/critical care-trained surgeons and four midlevel providers with assistance from specialists in orthopedic surgery, neurosurgery, anesthesiology, radiology, ENT (ear, nose and throat) and ophthalmology. All of the Emergency Department nurses caring for trauma patients have Trauma Nurse Care Curriculum certification, providing indepth training and skills.



STROKE SUPPORT GROUP PROVIDES FORUM

By North Oaks
Contributing Writer
Nanette Russell White



Whether you are a stroke survivor or caregiver, the Stroke Support Group of Hammond provides a forum for learning, listening and socializing with others.

This free stroke support group offers comfort and education for survivors and their caregivers on the last Monday of each month from 12:30-1:30 p.m. in the conference room at North Oaks Rehabilitation Hospital, 1900 S. Morrison Blvd., Hammond.

Dr. Meghan Savage, a speech language pathologist and assistant professor in Communication Disorders at Southeastern Louisiana University, began the group when she saw a need in this area to provide support to stroke survivors and their caregivers.

"Members of the group celebrate each others' successes, no matter how small or large. They also help problem solve life challenges due to the stroke," Dr. Savage explains.

"We have had a variety of guest speakers, and topics have included how to prevent a second stroke, exercise after stroke and dealing with grief after a stroke. We welcome anyone who is interested in attending."

The group is co-sponsored by North Oaks Health System and SLU.

For more information, contact meghan.savage@selu.edu or (985) 549-2346.

UPCOMING DATES:

APRIL 24 • MAY 22
JUNE 26 • JULY 31
AUG. 28 • SEPT. 25
OCT. 30 • NOV. 21

12:30 – 1:30 P.M.
NORTH OAKS
REHAB HOSPITAL



UPCOMING DATES:

MAY 11 • JUNE 8
JULY 13 • AUG. 10
SEPT. 14 • OCT. 12
DEC. 1

12 – 1 P.M.
NORTH OAKS
REHAB HOSPITAL

TRAUMATIC BRAIN INJURY/SPINAL CORD INJURY SUPPORT GROUP PROVIDES HOPE

If you or a loved one have been affected by a brain injury, you already know the challenges it can pose. But, there is help available.

Each month on the second Thursday, the Traumatic Brain Injury/Spinal Cord Injury Support Group meets at the North Oaks Rehabilitation Hospital to offer support, socialization and education for survivors of traumatic brain and spinal cord injuries and their caregivers.

"The TBI/SCI Support Group was formed because we realized there was a void for such a service," shares Rehabilitation Services Inpatient Operations Manager Michael Williams. "There are numerous people who are involved in life-changing situations every day. We felt like patients and their loved ones still needed more from us. Thus, the support group was created to offer emotional comfort and moral support in such a trying time in their lives."

Southeastern Louisiana University co-sponsors the meetings, with the goal of providing the best educational resources, as well as stories of hope and love.

The group meets from noon to 1 p.m. at the North Oaks Rehabilitation Hospital, 1900 S. Morrison Blvd. Registration is not required.

For more information or questions, contact Dr. Jackie Guendouzi at jguendouzi@selu.edu or (985) 549-2503.

In addition, patients like John may take comfort in knowing that North Oaks Medical Center was recertified as a Primary Stroke Center in 2016 by The Joint Commission, a nonprofit health care accreditation organization. This means that the North Oaks program has been evaluated and found to be in compliance with stroke care best practices to "foster better outcomes for patients," notes Dr. Socrates Zapata, North Oaks Stroke Program medical director.

"This means that the program meets critical elements of performance in achieving long-term success in providing prompt stroke care," he explains.

Someone in the United States has a stroke every 40 seconds. And it is the fifth leading cause of death in Louisiana. Since North Oaks became a Level II Trauma Center, 194 visitors have come to the emergency room with stroke symptoms.

Stroke patients who arrive at the emergency room within three hours of their first symptoms may be treated with certain drugs that can improve their outcomes. They are also less likely to have disabilities than those who received delayed care, Zapata adds.

North Oaks Rehabilitation Hospital is also stroke certified, caring for those who require extra help before they are ready to return to daily activities. The team works closely with the patient and his or her family during daily therapy sessions.

To learn more about the North Oaks Shock Trauma Center and the Stroke Center, visit www.northoaks.org/trauma.



**American Heart Association
American Stroke Association
CERTIFICATION**

Meets standards for

Primary Stroke Center

Foundation Supports North Oaks Health System's Mission to Improve Lives

The North Oaks Board of Commissioners recently announced the formation of the 501(c)(3) nonprofit organization dedicated to philanthropic and advocacy efforts supporting the health system.

The newly formed North Oaks Foundation will help improve health in Tangipahoa and Livingston parishes, according to health system officials.

A volunteer board of directors governs the nonprofit organization and includes: **Chairman Guy Recotta Jr.**, clerk of court for the City Court of Hammond; Vice Chairman **Alton Lewis**, president of First Guaranty Bank; Treasurer **Stan Dameron**, president of American Bank and Trust; **A.J. Bodker**, retired educator, Tangipahoa Parish School System; **Cally Berner**, director of event and conference services for Southeastern Louisiana University; **John Crain, Ph.D.**, president of SLU; **James Nelson, M.D.**, retired surgeon; **Judy Nesser**, owner, K-Team Printing and Imaging; and **Ann Smith**, retired educator, Tangipahoa Parish School System.

"In partnership with contributors, the North Oaks Foundation will provide funding for programs and equipment purchases which may not otherwise be possible for the health system to fund through its operations," explains Recotta. "Areas of focus to start will include patient and employee assistance programs, acquisition of major equipment and technology, physician recruitment and the establishment of a mobile clinic to bring medical care to patients with transportation challenges. As a patient and a member of the health system's Board of Commissioners for 12 years — six of which were spent as chairman — I have seen firsthand how hard the staff and physicians work to help keep our community healthy. I am honored to help further their efforts through the foundation."



NORTH OAKS
• FOUNDATION •

Speaking on behalf of the North Oaks Health System Board of Commissioners, Chairman Blake Daniels affirms, "We are delighted to have the support of this stellar group of professionals on our inaugural foundation board. They represent many of our community's leading organizations and partners. Likewise, attorney Skip Philips Jr. and CPAs Ed Burns and Dennis James are to be commended for helping to lay the legal and financial groundwork for the foundation."

Smith adds, "I am honored to be a member of this inaugural board and our efforts to reach out and help others where there is great need. My focus will be concentrated on creating a strong connection between the health system and the northern reaches of Tangipahoa Parish. Because of past experiences with North Oaks, I have confidence in its mission to improve lives, every time and with every touch."

The foundation announcement culminates a year of significant accomplishments for North Oaks Health System. President/Chief Executive Officer Michele K. Sutton, FACHE, explains, "Our newly designated Level II Trauma Center is saving lives by providing timely, expert care to victims of trauma. Mothers are having healthier babies because of programs initiated by our Labor and Delivery Unit, which received the national Blue Distinction® Center+ designation for excellence in Maternity Care. And, for the second year running, our clinics and diagnostics services rank in the top 10 percent in the nation for outstanding patient experience, earning these teams national acclaim as Press Ganey Guardian of Excellence Award® recipients."

Sutton continues, "We are truly appreciative to have the support of the North Oaks Foundation board of directors and those who have helped us establish it. With the help of our foundation and the generosity of our community, we look to build on these successes to improve the health of our region."

The foundation already has benefited those in need. The organization collected an astounding \$45,000 from North Oaks physicians, employees and vendors to provide assistance to nearly 300 North Oaks team members who lost homes, cars and other belongings during the devastating floods in August 2016.

Staci Arceneaux serves as director of volunteer services and the foundation. She joined North Oaks in June 2015 after 11 years with Children's Hospital in New Orleans as the assistant director of development. A native New Orleanian, she received a bachelor's degree in Marketing from the University of New Orleans.

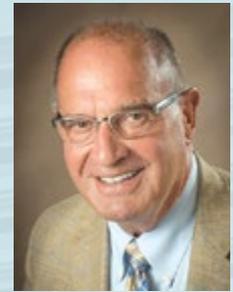


Staci Arceneaux

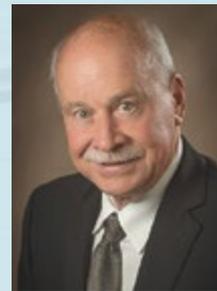
NORTH OAKS FOUNDATION BOARD OF DIRECTORS



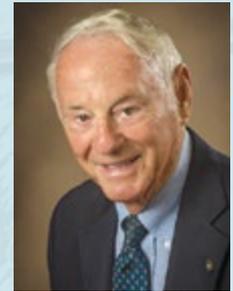
Guy Recotta



Alton Lewis



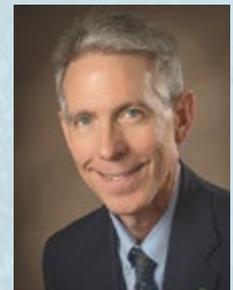
Stan Dameron



AJ Bodker



Cally Berner



John Crain



James Nelson



Judy Nesser



Ann Smith

For more information or to donate, contact the North Oaks Foundation at (985) 230-6674. You also may visit www.northoaks.org/foundation.

**IMPROVE
INSPIRE
SUPPORT
HEAL**

Community NEWS BRIEFS



Primary Care Clinic Opens in Walker

North Oaks Physician Group has opened a Primary Care Clinic in Walker. The new clinic specializes in comprehensive health care for adults, age 18 and older, and is staffed by Internal Medicine Physician Joseph Heneghan, MD. He is highly experienced in treating patients with thyroid issues, Attention Deficit Hyperactivity Disorder (ADHD), high blood pressure and many other complex health conditions.

“Collaboration between you and your primary care provider is key when it comes to your health,” Dr. Heneghan remarks. “The passion I have for my patients’ health motivates me every day to help them achieve their goals and improve their overall well-being.”

North Oaks Primary Care – Walker is located at **28799 Walker South Road, Suite 1, Walker**. Hours of operation are 8 a.m.-5 p.m., Monday-Friday. For appointments or more information about accepted insurance plans, call toll-free **(844) APPT-NOW [277-8669]**.

Financial Assistance Center Opens

Are you confused about your North Oaks bill?

Do you want to know how much your procedure is going to cost?

Or, do you need a little extra time to pay your bills?

A new Financial Assistance Center (FAC) on the North Oaks Medical Center campus is now open to provide our patients with consistent and personal guidance regarding their financial responsibilities for care received at North Oaks facilities.

The FAC is available to all patients who have questions about their bills or require assistance with paying.

Services the FAC provides include:

- Offering financial counseling to help patients with applying for coverage, including Affordable Care Act (ACA) plans, Medicaid or charity
- Providing financial estimates for care and collecting payments in advance of non-urgent services when appropriate
- Delivering excellent customer service to NOHS patients seeking assistance with their bills or services
- Proactively following-up with patients to discuss questions and options after they receive their bills
- Assisting patients with financial estimates for care.

The FAC is located in the Cashier’s Office on the Medical Center’s first floor, near the Gift Shop, and may be reached at **(985) 230-2580**.

Providers are choosing

NORTH OAKS

Providers have a choice in practice locations and we are delighted they have chosen North Oaks Health System.

Join us in welcoming them to our region.

**Employed by North Oaks Health System*



Jimmy Adams, DO
Neonatology
Pediatrix Medical Group
(985) 345-2700



Amber Bowling, NP*
Nurse Practitioner
North Oaks Emergency
Department
(985) 345-2700



Harmanjot Grewal, MD*
Rheumatology
North Oaks
Rheumatology
(985) 230-1835



Rene Hymel, DPM
Podiatry
Restoration Foot
Specialists
(985) 956-7771



Amy McDonald, NP*
Nurse Practitioner
North Oaks Hospital
Medicine Department
(985) 345-2700



Robert Moore, MD
Perinatology
North Oaks Perinatology
(985) 230-7790



Richard Pearl, MD
Cardiology
Louisiana Heart Center
(985) 340-1966



Courtney Rome, MD
Pediatrics
Children’s International
Medical Group
(985) 543-0565

COMMUNITY EDUCATION

All classes and meetings are held in the E. Brent Dufreche Conference Center, located within North Oaks Diagnostic Center, unless otherwise noted.

CPR AND FIRST AID CLASSES

American Heart Association Healthcare Provider CPR—\$50 (for medical professionals)

This American Heart Association class is designed for health care providers. It provides a lecture on cardiovascular health and risk factors; and demonstrations of American Heart Association basic life support techniques for choking victims, rescue breathing and CPR for adults, children and infants. Participants are introduced to and participate in the use of an Automated External Defibrillator (AED). Participants must successfully complete manikin check off, AED simulation and a written exam in order to successfully complete this certification.

American Heart Association First Aid Class—\$50 (for the layperson)

A certified instructor will train individuals to become familiar with how to recognize and care for victims of illnesses and sudden emergencies. Upon proper demonstration of all skills outlined in the course, participants will receive a card signifying successful completion that is valid for 2 years.

American Heart Association Heartsaver AED CPR Class—\$40 (for the layperson)

This class incorporates demonstrations of the American Heart Association's lifesaving techniques for choking, rescue breathing and CPR for adults, children and infants. Participants are introduced to and participate in the use of an Automated External Defibrillator (AED). Participants must successfully complete manikin check off and AED simulation in order to successfully complete this certification.

**The American Heart Association (AHA) strongly promotes knowledge and proficiency in Basic Life Support, Advanced Cardiac Life Support and Pediatric Advanced Life Support and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. 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.*

DIABETES EDUCATION

Diabetes Education Meetings

Diabetes Education meetings are offered for those with diabetes, along with their family members and friends, to share experiences, motivate each other, energize their outlook and renew their commitment. The group is facilitated by North Oaks Diabetes Education, which has been recognized by the American Diabetes Association for Quality Self-Management Education. Meetings are held monthly.

CLASSES FOR FAMILIES & CHILDREN

Seat Safety Checks

A certified child passenger safety technician is available by appointment to install and provide instruction on proper use of child passenger safety seats and boosters to ensure the safe transport of children of all ages.

Prenatal Class: Breastfeeding

This class is for parents who may be considering breastfeeding or who have already decided to breastfeed their baby. Topics include the benefits of breastfeeding, positioning the baby properly, nutrition, as well as pumping and storing breast milk.

Prenatal Class: Families Under Construction

This class focuses on preparing your home for your newborn, pregnancy anatomy, true and false labor, as well as hospital procedures.

Prenatal Class: Labor & Delivery

This class focuses on decreasing anxiety, options for pain relief during childbirth, the four stages of labor and delivery, as well as vaginal and cesarean births.

Prenatal Class: Relaxation Techniques

This class teaches the many techniques available to help you through labor and childbirth, such as imagery, progressive muscle relaxation, massage, various breathing techniques and position changes during labor.

Prenatal Class: Infant Care and Tour

This class explores topics such as medical testing on newborns, crying and colic, infant massage, illness, postpartum depression and when to call your doctor after delivery. A tour of Women & Children's Services at North Oaks Medical Center concludes the class.

Prenatal Class: American Heart Association CPR for Family & Friends

This class teaches adult, child and infant CPR and ways to prevent common injuries and choking.

Something for Siblings

This class is for the new big brother or sister (ages 3-10) to help him or her adjust to the new baby.

SUPPORT GROUP MEETINGS

AWAKE (Alert, Well And Keep Energetic) Support Group

This support group is designed for those with a sleep disorder, along with their families and friends, to explore the link between snoring and heart disease.

Lauren L. Davis, MD, a Pulmonologist and North Oaks Sleep Disorder Specialist, serves as guest speaker. Meetings of this nationally recognized support group are facilitated by North Oaks Sleep Disorders Center, which is accredited by the American Academy of Sleep Medicine.

Stroke Support Group of Hammond

This support group offers support, socialization and education for stroke survivors and their caregivers. Meetings take place the last Monday of every month from 12:30-1:30 p.m. in the Conference Room of North Oaks Rehabilitation Hospital, 1900 S. Morrison Blvd. in Hammond. It is co-sponsored by North Oaks Health System and Southeastern Louisiana University. For questions or more information, please contact **Dr. Meghan Savage** at meghan.savage@selu.edu or at (985) 549-2346.

Traumatic Brain Injury/Spinal Cord Injury Support Group

This free support group offers support, socialization and education for survivors of traumatic brain injuries and spinal cord injuries and their caregivers. Meetings take place in the Classroom of North Oaks Rehabilitation Hospital, located at 1900 S. Morrison Blvd. in Hammond. This support group is co-sponsored by North Oaks and Southeastern Louisiana University. For questions or more information, please contact **Dr. Jackie Guendouzi** at jguendouzi@selu.edu or (985) 549-2503.

WEIGHT LOSS SEMINAR

Feel Like the Ideal You

April 20 & May 18 - 5:30 p.m.

Learn how Ideal You at North Oaks can help you reach and maintain your weight loss goal! Arrive 15-30 minutes early to receive a free body composition analysis scan. To register or to schedule a free consultation, call **Ideal You at North Oaks** at ext. 1880 or register online at northoaks.org/idealyou.

Note: If you have bereavement support needs or questions, please call North Oaks Hospice at (985) 230-7620.

CommUnity is printed and published by North Oaks Health System with the leadership of the North Oaks Board of Commissioners.

The information in this newsletter is meant to complement the advice of your health care providers, not to replace it. Before making any major changes in your medications, diet or exercise, talk to your health care provider.

The North Oaks Health System mission is to improve lives, every time and with every touch.



Community e-Newsletter Sign-Up

If you would rather receive North Oaks *CommUnity* as an e-newsletter instead of in printed/mailed form, sign up online at www.northoaks.org/community.



©2017 North Oaks Health System



Women Helping Women



Two convenient locations to serve you:

HAMMOND

North Oaks Clinic Building
15813 Paul Vega, MD, Dr.
Suite 200
Hammond, LA 70403
(985) 230-APPT [2778]

LIVINGSTON

North Oaks-Livingston Parish Medical Complex
17199 Spring Ranch Rd.
Suite 210
Livingston, LA 70754
1 (844) APPT-NOW [277-8669]