

care

CONNECTION

January 2024



ST JAMES
PARISH SCHOOLS

Inspiring Hope and Purpose

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FROM THE CEO

The CDC describes social determinants of health (SDOH) as, “The nonmedical factors that influence health outcomes. They are the conditions in which people are born, grow, work, live and age and the wider set of forces and systems shaping the conditions of daily life.”

Access to quality health care is extremely important to our well-being, but so is living in a safe neighborhood and having quality education, healthy relationships, opportunities to remain social, and steady employment.

How do we address such a broad spectrum of needs? Through partnerships. Our impact as a single entity is limited, but together our reach, creativity, and ability to make positive changes in our community has no bounds.

As you will see in our “2023 In the Community” highlights, we are committed to supporting our schools, fellow businesses, industries, and local government. In this issue we also highlight our growing partnership with the St. James Parish Public School System.

As we begin 2024, we look forward to strengthening partnerships and creating new relationships in our community that allow us to optimize the impact of our mission, vision, and strategies to better serve you now and in the future.

Cheers to health and happiness,

Mary Ellen Pratt

Mary Ellen Pratt, FACHE, CEO

Partnership Spotlight

ST. JAMES PARISH PUBLIC SCHOOLS

“Partnerships between public schools and local hospitals are crucial for the overall well-being of communities. These collaborations can have a significant impact on the health and education of individuals,” says Chris Kimball, St. James Parish Public Schools Superintendent.

St. James Parish Hospital has proudly partnered with the St. James Parish Public School System for over a decade through on-site screening and vaccination events, sports physicals, sponsorships, and career-development opportunities such as student internships, Junior Achievement™ education and “Opportunity Now” placements which seek to offer employment options for youth and adults with disabilities.

Most recently, St. James Parish Hospital was selected as the healthcare partner of Lusher High School Athletics. This partnership included the hiring of a lead Athletic Trainer to establish a sports medicine presence in the community which will include injury prevention, education, and improved care coordination for student athletes.

“Schools benefit from the expertise of healthcare professionals in promoting health and wellness among students. This includes education on nutrition, exercise, and mental health, as well as preventive care and screenings within the school setting,” says Superintendent Kimball. “The partnership between



Meet Amber,

St. James Parish Hospital Lead Athletic Trainer

Amber Petrey, LAT, ATC, is new to the hospital team but not to our community or local high schools. She previously served as an Athletic Trainer at St. James High School while employed by the Ochsner Sports Medicine Institute. Her 15-year tenure with Ochsner allowed her to work alongside sports medicine experts while strengthening her skills and developing herself as a leader in the field.

Amber graduated from Lutchter High School and went on to earn a Bachelor's Degree in Athletic Training from Southeastern Louisiana University. She is licensed by the Louisiana State Board of Medical Examiners and nationally certified by the Board of Certification for Athletic Trainers. She is a member of the National Athletic Trainers Association and serves on the Secondary School Committee for the Louisiana Athletic Trainers Association.

Amber will help facilitate the establishment of a sports medicine presence in our community by leveraging her experience and relationships with healthcare providers.

"I am an advocate for each athlete's overall health and well-being," says Amber. "One of my greatest joys of this job is being a small part of these athletes' journeys and doing my part to help them grow and develop into healthy, young adults."

"I am excited to be back at Lutchter High School where my professional journey began and I take great pride in working for a healthcare team that is willing to invest in our community and its youth."

St. James Parish Public Schools and our local hospital is a powerful means of creating a supportive environment that addresses the comprehensive needs of individuals contributing to the overall well-being, educational success, and future prospects of our community's residents."

"We are extremely excited to see our partnership with the public school system grow under the direction of new superintendent Chris Kimball," says Mary Ellen Pratt, FACHE, CEO. "We look forward to implementing additional wellness services beyond traditional health care and expanding our partnership to support more schools and students in our local community."



WHAT'S NEW

At Your Service

“Some changes we’ve made include piloting room service menus for our swing-bed patients to give them choices for their meals. As we improve this process we will expand the service and add more options,” says Kourtney Wingate, RD, LDN, MPH, Dietitian and Director of Nutrition Services.

“The hospital is also starting to share dining room menus two weeks at a time so that patrons can plan ahead and will soon be kicking off ‘Free-Style Fridays,’ which will allow us to get creative and introduce new dishes to the menu,” says Kourtney.

“Most recently, we were very excited to welcome a new chef to our team.”

Maurice Willis, Chef, now has a leading role in planning menus for patients, visitors, team members and community events such as the hospital’s Heart Health Fair last October.

“I plan to continue putting myself in different cooking environments, because there is something to learn from each,” says Maurice. Maurice is looking forward to all of the positive changes planned in nutrition services, including a new “off-the-grill” menu.

“Once our grilled menu is implemented, this will be a healthy option that people can expect on a regular basis.”

The nutrition services crew at St. James Parish Hospital has been working to enhance the dining experience for patients, visitors, and staff.

3 Fun Facts About Our New Chef

1

St. James Parish Hospital’s new chef Maurice Willis is from Galveston, Texas. He graduated from Nicholls State University with a bachelor’s degree in culinary arts.

2

Maurice started to consider a career as a chef when he was growing up. He would often cook for his younger brother, who is a really picky eater and he really enjoyed the challenge. “I thought, if I can please him, I can please anybody.”

3

One of Maurice’s favorite healthy meals to cook is a simple fajita chicken salad. See a recipe below for a delicious chicken marinade that doubles as a salad dressing!

Chili Lime Dressing & Marinade

- 3 tablespoons olive oil
- Between $\frac{1}{3}$ and $\frac{1}{2}$ cup freshly squeezed lime juice
- 2 tablespoons cilantro, chopped
- 2 cloves garlic, crushed
- 1 teaspoon brown sugar
- $\frac{3}{4}$ teaspoon red chili flakes, (or red pepper flakes—adjust to your preference of spice)
- $\frac{1}{2}$ teaspoon ground cumin
- 1 teaspoon salt



Whisk all ingredients together. Refrigerate $\frac{1}{2}$ to use as a salad dressing. Pour the remaining $\frac{1}{2}$ over chicken and marinate for 2 hours. Discard the marinade that was used with the raw chicken.



Roxanne Jackson Childs, MHA, ESQ Joins SJPH Board

Roxanne Jackson Childs, MHA, ESQ, brings extensive administrative healthcare experience to the hospital's board. She is a healthcare executive and highly skilled leader with over two decades of experience which includes managed care provider contracting and network development.

Roxanne earned a Bachelor of Science from Tulane University in Cellular and Molecular Biology. She earned a Masters of Health Administration from Tulane University School of Public Health and Tropical Medicine. She later attended Southern University Law Center where she earned her Juris Doctorate.



“I was raised in Lutcher, attended Chanel Interparochial School and St. Charles Catholic High School and currently reside in Paulina. I am honored to now have the opportunity to serve our community in this capacity.”

- Roxanne Jackson Childs, MHA, ESQ





A LOOK BACK: 2023 IN THE

We are dedicated to improving the health and well-being of our community inside and outside of the hospital.





COMMUNITY



We are thankful for 2023 and look forward to a **new** year and **new** opportunities to serve and support you.

- Blood Drives
- Career Fairs
- Community Events
- CPR and First Aid Classes
- Education
- Employee Volunteers
- Free Screenings
- Fundraisers
- Health Fairs
- Lunch-n-Learns
- Partnerships
- Puberty Classes
- Safe Sitter Classes
- Sponsorships
- Sports Physicals



St. James Parish Hospital is an equal opportunity provider and employer.

Follow us!


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**Starting
February
2024:**

FREE Community Health Screenings

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Celebrating Heart Health Month

In addition to maintaining a healthy weight, staying active, living tobacco-free, and eating a balanced diet, participating in annual screenings and wellness visits are key factors in managing your risk of heart disease.

St. James Parish Hospital is hosting a FREE Community Screening Event in recognition of Heart Health Month. Screenings will be offered in the hospital throughout the month of February from 8am–4pm Monday through Friday. Patients will register in the hospital lobby. No appointments are needed.

This screening includes several tests that assess cardiovascular risk as well as general health. Results will be available through St. James Parish Hospital's Patient Portal within 24 hours and a copy will be mailed to participants.

! Fasting is recommended for 12 hours before your screening for the most accurate results.

SCREENING SUMMARY

Lipids and Cardiovascular Risk

A complete cholesterol test, also called a lipid panel, measures the levels of lipids (or fats) in your blood. Certain levels of cholesterol are essential, but too much can build up in your blood vessels and raise your risk of heart disease, stroke, and atherosclerosis (clogging or hardening of your arteries).

Routine Chemistry

A chemistry screen measures the levels of several substances in your blood such as electrolytes. This screening offers information about your general health and can help indicate certain issues as well as assist with determining if treatments/medications for a specific condition are working.

Tumor Markers / PSA (included for men)

A PSA test measures the amount of prostate-specific antigen (PSA) in your blood. PSA is a protein produced by both cancerous and noncancerous tissue in the prostate. High levels of PSA can be an indication of certain conditions and/or possible prostate cancer.


 See a listing
of Tests


UPCOMING Events

FREE HEART HEALTH MONTH SCREENINGS

Cholesterol, Chem Profile & PSA Screenings

- Monday–Friday throughout February
- 8am–4pm in the hospital
- Walk-ins welcome

3.20.24 Healthcare Provider CPR/BLS

- 8am–12pm (Hospital Meeting Room)
- RSVP at www.sjph.org/events

2.21.24 Heartsaver CPR & First Aid

- 8am–2pm (Hospital Meeting Room)
- RSVP at www.sjph.org/events

2.22.24 Blood Drive

- 11am–4pm
- Bloodmobile (hospital parking lot)

St. James Parish Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. Our facility also provides free language services.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement.

**Large enough to serve,
small enough to care.**