St. James Parish Hospital’s Rehabilitation Department now offers extended hours three days a week to better accommodate the needs of our patients.

The Rehab Department is open Monday through Friday from 8 a.m. to 4:30 p.m. for outpatient appointments. Extended hours—7 a.m. to 7 p.m.—are now offered on three days as well.

We are proud to serve more patients through our Physical, Occupational, and Speech Therapy Services and hope our current patients will enjoy the benefit of more flexible scheduling. School-age and working patients now have the option to make appointments before or after their daily routines.

“We are excited to respond to the growing needs of our community,” says Shannon Juneau, MPT, Director of Rehabilitation. “We are so grateful that more and more patients choose us to help them meet their goals and return to the lifestyle and hobbies they love.”

Schedule an Appointment
Call 225-258-5934 for available times.
After the holidays, we often set health and wellness goals for the new year. Measurement is an integral component of goal-setting. We cannot evaluate what we don’t measure. St. James Parish Hospital is proud to offer opportunities throughout the year for community members to quickly and easily “measure” health numbers such as cholesterol, blood pressure, and glucose.

We invite you to join us this May for our cholesterol and chem profile screenings and for our annual Health Fair and Senior Picnic. Screenings are $5 and will be offered May 24, 25, and 26. These screenings are done with a simple blood test that checks eight different levels. Results are mailed to patients. Our free Health Fair—co-hosted by the parish—is open to community members of all ages. The celebration will be on May 10 at the new Convent Senior Center. Various screenings, educational booths, entertainment, lunch, and other activities will be offered.

We are happy to help you measure and meet your 2017 health goals.

Mary Ellen Pratt, FACHE, CEO

How Does YOUR (Salsa) GARDEN GROW?

Looking for a flavorful opportunity to flex your green thumb? Cultivating a salsa garden may be the perfect way to add healthy, homegrown spice to your family’s menus.

Lots of items grown in Louisiana lend themselves to a fresh, chunky salsa filled with nutrients. Think ripe red tomatoes, sweet onions, and fiery hot peppers. You don’t even need a lot of land to get your garden cooking. Find an area that gets a minimum of six hours of sun daily, and prepare a 4-x-4-foot plot or a similarly sized raised bed to grow your favorite ingredients. See the website below for additional details.

Ready to grow? Visit growagoodlife.com/grow-salsa-garden to learn more.
4 Phases to a Lifestyle Change

Ideal Protein®—originally created to help Olympic athletes in France lose weight while maintaining muscle—differs from many diets because it helps clients through a four-phase plan.

During Phase 1, maximum weight loss occurs and more Ideal Protein foods are eaten to help reset the body’s “ideal” functioning. By Phase 4, clients can apply what they’ve learned to enjoy the foods they love while maintaining weight loss. Clients who have reached their goal and “phase off” still have free, lifelong access to their local coach for tips, tools, and weigh-ins as needed.

FREE to Taste and See
Schedule a quick meeting with our coach to taste a few products and see what the plan is all about. Call 225-258-2014 for an appointment.

Be successful with support. Bring a friend to learn more!

“It’s great to see clients look and feel better, but it’s more rewarding to learn how their lives have improved. When clients tell me they are off of medications or they’re taking family trips because they are healthier, I’m encouraged to share that success with as many people as possible.”
—Emma Taylor, local coach

Bitter Facts About Sugar
• In 1905, Americans ate about 5 pounds of sugar per year, compared to more than 150 pounds today.
• All carbs—not just sweets—become sugar.
• Too much insulin production resulting from excess sugar in your diet can lead to insulin resistance—the root cause of many chronic diseases.

* Info from Ideal Protein Educational Seminar

The Surgical Beat

Benjamin Romick, MD, interventional cardiologist, is a member of our team providing local cardiac support from Ochsner Medical Center—Kenner. Dr. Romick performs pacemaker placements, defibrillator placements, and generator (battery) exchanges locally.

Sometimes heart rhythm problems—such as when the heart beats too fast or too slowly—cannot be treated effectively with medications. These cases often require an implanted device such as a pacemaker or defibrillator, both of which are highly reliable and can be programmed to meet each patient’s needs and medical condition.

A pacemaker is a small electronic device placed under the skin of your chest or abdomen to help prompt the heart to beat at a normal rate and provide electrical stimulation—activating only if needed.

An implanted defibrillator is a bigger device. It can prevent death from cardiac arrest. This device shocks the heart if needed due to a life-threatening rhythm disturbance. Because it has a built-in pacemaker, a defibrillator also has the capability of controlling irregular heart rhythms.

A high-quality lithium battery powers these devices. Batteries wear out slowly over a period of years. When they are depleted, it is necessary to do a battery replacement—called a generator exchange—a fairly simple surgical procedure.

These procedures can save lives and help patients suffering from fatigue or fainting due to an abnormal heart rhythm resume a more active lifestyle.

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“It’s great to see clients look and feel better, but it’s more rewarding to learn how their lives have improved. When clients tell me they are off of medications or they’re taking family trips because they are healthier, I’m encouraged to share that success with as many people as possible.”
—Emma Taylor, local coach

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HEAL AT HOME
Outpatient cardiology appointments are available from 8 a.m. to noon on Mondays, Wednesdays, and Fridays. To schedule an appointment, call 225-258-2037.
A NEW Day for Online Bill Pay

We are excited to offer you a one-stop, online shop for accessing your health information.

Since 2015, St. James Parish Hospital has provided patients a secure option for viewing personal health information online through its Patient Portal. After registering for the service, you can use the portal to access clinical data such as certain test results, medications, allergies, health issues, and immunization records from your electronic medical record.

Most recently, St. James Parish Hospital invested in a new, integrated online bill pay system that streamlines the online payment process for patients. Patients can now view and pay hospital bills from the portal as well—rather than visit another third-party site. In addition, patients can easily make payments on multiple accounts with one click—an upgraded feature of the new system.

**ALREADY ON THE PORTAL?**

Simply visit www.sjph.org, click “Patient Portal,” and log in to see your electronic medical record and any open accounts.

**NEW USERS?**

At your next visit, we will get required information during registration to get you started.

**FORGOT YOUR PASSWORD?**


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.

ATTENTION: 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.