

Heart to Heart

St. Tammany
PARISH HOSPITAL

SPECIAL EDITION *including*
2013 ANNUAL REPORT



Getting on Their Feet

**Nurse-Family Partnership Helps Set
First-Time Mothers Up for Success**



1202 S. Tyler St.
Covington, LA 70433
(985) 898-4000
www.stph.org

Our Mission

A full-service acute care facility committed to providing world-class healthcare and the latest technology, St. Tammany Parish Hospital delivers today's life-improving procedures with the utmost care to area residents with emphasis on wellness, preventive care and disease management close to home. STPH is a self-supporting not-for-profit community hospital; it receives no tax funding. STPH.org

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St. Tammany Parish Hospital
Communication Department
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Whimsical Artwork Supports Serious Cause

Women Realtors Group Joins Donor Wall of Honor

"You could say they give a whole new meaning to the words, foundations and support," joked St. Tammany Hospital Foundation Executive Director Charley Strickland about the St. Tammany Women's Council of Realtors annual fundraising event.

Bras for a Cause, as the event is known, features beautifully decorated bras modeled by local male volunteer models, from police officers and doctors to elected officials and college students. Proceeds from the event support breast cancer care and support services for Northshore patients.

"The money stays in our community to benefit people locally," said co-chair Lisa Frazier.

The St. Tammany Women's Council of Realtors achieved the Investor Level on the Donor Wall of Honor in the St. Tammany Parish Hospital lobby in recognition of the fundraiser's success since 2011.

The 2014 Bras for a Cause to benefit St. Tammany Hospital Foundation



and Slidell Memorial Hospital Foundation is 6-9 p.m. Oct. 14 at the Northshore Harbor Center in Slidell.

This fourth-annual fundraiser will feature live and silent auctions, music and an open bar. Guests also will enjoy lively bidding as male models display the decorated bras to be sold to the highest bidders.

How to Participate

Want to sponsor a bra or reserve a table at the 2014 Bras for a Cause event? Contact Lisa Frazier at 985-707-2204 or lisa@alltls.com or Tina Richard at 985-502-1961 or tinasold@charter.net.

Tickets are \$50 in advance and \$60 at the door. Donors who give \$500 or more will be listed as "D" or "DD" event sponsors. Reservations can be made for tables of 10. Sponsors also can spend \$150 to purchase and decorate a bra to be auctioned.

To sponsor a bra or reserve a table, contact Frazier at 985-707-2204 or lisa@alltls.com or co-chair Tina Richard at 985-502-1961 or tinasold@charter.net.

Third-party events are organized by an individual, group, club or business to raise money for the Foundation through a planned event or activity.

For more information on third-party fundraising opportunities, contact Foundation Specialist Nicole Suhre at 985-898-4171 or nsuhre@stph.org.



ST. TAMMANY HOSPITAL
FOUNDATION

1202 S. Tyler St.
Covington, LA 70433

Telephone 985-898-4141
Fax (985) 871-5744
Email: foundation@stph.org
www.sthfoundation.org

Our Mission

The St. Tammany Hospital Foundation is a 501(c)3 non profit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital.

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Raising the Roof for Pediatric Care

St. Tammany Hospital Foundation Seeks
to Reclaim No. 1 Spot in Raffle House Ticket Sales

St. Tammany Hospital Foundation will look to match its rookie-year performance in 2013 and again finish first in ticket sales as part of the 2014 St. Tammany Home Builders Association "Raising the Roof for Charity" Raffle House fundraiser.

The Foundation received \$82,500 for pediatric advancement at St. Tammany Parish Hospital for its first-place finish last year, the largest portion of proceeds shared by four Northshore charities. Hospital employees, volunteers and board members sold 892 tickets.

"We know we can do it again," said Nicole Suhre CFRE, foundation specialist.

Raffle House tickets are \$100 each, and only 7,500 will be sold.

This year's Raffle House is located in TerraBella Village in Covington. The 3,000-square-foot two-story home built by Susan Meyer of Conbeth

Development LLC features three bedrooms and three-and-a-half baths.

Tickets may be purchased at the STPH gift shop, all STPH facilities and locations throughout Covington, Mandeville, Madisonville, Franklinton, Bogalusa and Metairie.

A complete listing of Raffle House ticket outlets is available at www.sthfoundation.org/rafflehouse.

To purchase a ticket by phone, contact Suhre at 985-898-4171 or nsuhre@stph.org.



St. Tammany Home Builders Association's "Raising the Roof for Charity" Raffle House tickets are \$100 each, and only 7,500 will be sold. A complete listing of where you can buy Raffle House tickets is available at sthfoundation.org/rafflehouse. You also can purchase a ticket by calling Foundation Specialist Nicole Suhre at 985-898-4171. The drawing will be held at 2 p.m. Saturday, May 31 at the Raffle House.

Guided by the Light

STPH Surgeons Combining Latest Da Vinci Robot, 'Firefly' Technology for Increased Precision, Faster Recovery



St. Tammany Parish Hospital has become the first Northshore hospital to pair groundbreaking fluorescent imaging technology with the unmatched precision of the latest-generation da Vinci robotic surgery system. The technology improves surgeons' visualization of blood flow and vascular tissue during minimally invasive procedures.

So-called "firefly" fluorescent imaging is one of several new da Vinci Si surgery system features STPH acquired in December 2013. Urologist Sunil Purohit MD was the first Northshore physician to use the firefly feature to remove a tumor at STPH.

The approach means less pain, diminished blood loss, a faster recovery and no visible scar.
"This is the future of surgery."

-Katherine Williams MD, obstetrician and gynecologist

Additional features include enhanced resolution of real-time 3-D optics, new patient-safety features and technology that allows physicians to complete certain surgeries through a single small incision.

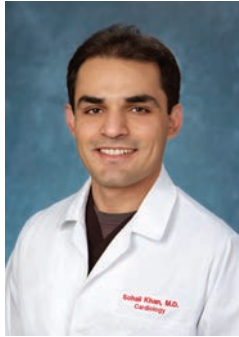
Guided instrument exchange and automated safety checks build on da Vinci's core systems that have been safely used for years at STPH for gynecological and urological operations.

It is named for the lightning bug with good reason. A special dye injected into the patient's body reacts with a protein in the blood to make vascular tissue appear fluorescent — or "firefly" — green during surgery, said Northshore oncologist and gynecologist Patricia Braly MD, who also



Peripheral Artery Disease and Stroke

By Sohail Khan MD, Cardiologist
Covington Cardiovascular Care



About 185,000 amputations occur in the United States each year. Hospital costs associated with the procedure totaled more than \$8.3 billion in 2009 alone. Similarly someone in the United States suffers a stroke every 40 seconds, according to the American Stroke Association.

The main cause of both incidents, studies show, is Peripheral Artery Disease (PAD), which commonly

is undiagnosed or goes unnoticed by healthcare professionals or patients alike.

An amputation or a major stroke can have an adverse impact on quality of life, but St. Tammany Parish Hospital can help you avoid those pitfalls.

A large part of Dr. Sohail Khan's practice as a cardiologist with Covington Cardiovascular Care at St. Tammany Parish Hospital is focused on PAD, which occurs when arteries, most commonly in the pelvis and legs, become narrow. The situation is similar to the blockages and narrowing in the heart vessels that lead to heart attack.

People with PAD have four to five times more risk of having a heart attack or stroke. The most common symptoms of PAD include, but are not limited to, cramping, pain or tiredness in the leg or hip muscles while walking or climbing stairs. Typically, the pain goes away with rest but can return when you walk again.

Left untreated, PAD can lead to gangrene and amputation and in the case of neck vessels, can lead to stroke.

Dr. Khan recently treated Covington resident Raymond Chenevert, 60, who had a history of high cholesterol.

Chenevert credits fast, quality care from Dr. Khan and STPH with saving his life.

As blockages in Chenevert's heart vessels predisposed him to blockages elsewhere, Dr. Khan performed an ultrasound of his neck blood vessels and found a critical blockage on the left side of the neck. Dr. Khan

brought Chenevert back to the hospital and inserted a stent on the left side of the neck vessel.

"This really prevented a major stroke from happening," Dr. Khan said. "Mr. Raymond is back to his normal activities, and because of his brush with death ... he is more careful about his diet and is exercising every day."

has extensive experience in robotic surgery at STPH. Fluorescence allows the surgeon to better see anatomical landmarks, capillaries and other vascular tissue during surgery, in addition to a more detailed view of the blood supply to the kidney during the procedure.

"The optics are much better," Dr. Braly said.

The firefly technology also improves physicians' understanding of kidney cancers and helps them remove tumors more safely while sparing healthy kidney tissue.

The latest da Vinci Si robot refines the fundamental advancement of robotic surgery: Excellent optics and the need for tiny, less painful abdominal incisions. It also builds on STPH's unrivaled experience among Northshore healthcare providers that use da Vinci systems.

"Experience is golden," said Covington obstetrician and gynecologist Katherine Williams MD, who has completed nearly 400 hysterectomies and other gynecological surgeries using da Vinci technology. "Experience means patient safety."

Traditional laparoscopic surgeries that required several smaller incisions can now be done with the new robot's Single Site feature. A tiny camera and special surgical instruments all enter the patient's body through a single incision made in the navel.

The approach means less pain, diminished blood loss, a faster recovery and no visible scar, said Covington general and vascular surgeon Surendra Purohit MD, who has used the new Single Site technology for gall bladder surgeries at STPH.

"This is the future of surgery," Dr. Purohit said.

Even when multiple incisions are required for laparoscopic surgery, those incisions can be smaller, Dr. Williams said.

"This means more precision in every respect," Dr. Williams said.

Simple



Here are seven simple steps you can take to lower your risk of peripheral arterial disease and stroke:

- 1 Exercise
- 2 Quit Smoking
- 3 Control Cholesterol
- 4 Eat Better
- 5 Manage Blood Pressure
- 6 Lose Weight
- 7 Reduce Blood Sugar





Building for a Better Tomorrow

EMERGENCY DEPARTMENT EXPANSION, ADDITION PLACE EMPHASIS ON **QUALITY**

St. Tammany Parish Hospital remains focused on patient care as expansion of its Emergency Department and construction of new third-floor patient rooms moves into full swing. “We remain focused on patient needs,” said Chief Operating Officer Sharon Toups, who noted that Emergency Department capacity will be maintained or expanded over the two-and-a-half-year construction period. “We’ve planned the expansion so there will be no disruption in patient care, including in the Emergency Department.”

A population change on the Northshore, including continued growth in the number of families with young children, was the main reason for the latest hospital expansion. STPH will add 8,600 square feet of space for pediatric and adult emergency and trauma care in its Emergency Department to meet that growing community demand. A new third-floor patient unit, also under construction, will include 21 new private patient rooms.

The phase of the project that began in December and will continue through this spring involves renovation of existing space. Completion of that round of work — pegged for May — will coincide with the opening of a new ambulance entrance and a temporary pedestrian entrance on the east side of the hospital, said Support Services Project Manager Randy Willett.

A later phase of the Emergency Department expansion will include a new, permanent pedestrian entrance. That work is expected to start in 2015, Willett said.

A large crane that will be on the hospital grounds through May is related to the 3North patient-room addition, which is slated for completion in late 2015.





EXPANSION AT A GLANCE

Emergency Department

- + 10 additional emergency services beds for a total of 30
- + Specialized care settings built into the Emergency Department to accommodate:
 - Pediatric emergencies
 - Geriatric emergencies
 - Mental health emergencies

3North

- + The new all-private-room unit will be based upon the principles of the Healing Arts and Evidence-Based Design, much like the 4South unit opened in April 2008
- + 21 new private rooms, bringing the hospital to 232 licensed beds

The current phase of the project signals change is coming to the STPH campus; however, that change doesn't mean disruptions to patients or area commuters.

The hospital carefully planned the multiphase project and is constantly evaluating patient-care procedures, which allowed for significant gains in quality-of-care measures in 2013 as it prepared to begin the \$21 million expansion.

The hospital moved into the top 10 percent of U.S. hospitals in patient satisfaction in 2013, according to national benchmarks on quality of care. It made that improvement even as its Emergency Department caseload grew to 39,268 in 2013 from 37,984 in 2012, according to hospital figures.

Despite an increase in the number of patients, the length of stay in the Emergency Department was down from 2.8 hours in 2012 to 2.1 hours last year, said Chief Nursing Officer Kerry Milton.

Patients with fractures or other painful conditions also are receiving faster relief, having to wait an average of 26 minutes in 2013 compared with 64 minutes a year earlier, Milton said.

The most notable change came in the number of patients leaving without being seen, which was less than 2 percent in 2013. The ED saw an 87 percent drop in the number of patients leaving without being seen, from 806 in 2012 to 105, or 0.27 percent in 2013.

It's an important measure of patient satisfaction, as patients who leave without being seen often do so out of frustration over wait times.

“We remain focused on patient needs. We've planned the expansion so there will be no disruption in patient care, including in the Emergency Department.”

-Sharon Toups, Chief Operating Officer

It's the result of a multitude of changes over the past two years to boost efficiency, improve access to emergency medical treatment and simply performing exams more quickly. Much hinges on a revamped and relocated triage area. Creating the new triage — despite another new one coming in the next two years as a result of the expansion — was key to making sure efficient

access to care not only remained uninterrupted but continued to improve.

Triage was moved closer to the front door so the triage nurse could be in visual and audible contact with the waiting area and front door. It also helped decrease door-to-provider time, improve pain management efficiency, facilitate and promote registration, and promote direct bedding when beds are available.

“We are constantly looking at our process for improvement,” Milton said.





Baptist Community Ministries *Makes a Difference*

Foundation Helps First-Time Mothers, Children through Research-Driven Program

The St. Tammany Hospital Foundation's Donor Wall of Honor will grow by one when Baptist Community Ministries joins the Ambassador Level for its support of the hospital and its mission.

That includes its critical support of St. Tammany Parish Hospital's 10-year-old Nurse-Family Partnership, an evidence-based community healthcare program for women who are expecting their first baby, less than 28 weeks pregnant and Medicaid eligible.

The program provides nurse home-visits every one to two weeks during the mother's pregnancy until the baby is two years old. Nurses cover topics from infant care and positive parenting to the mother's health and personal goals.

"It's a holistic approach," said Linda Serpas, program supervisor.

Nurse-Family Partnership is driven by research on how best to improve the health of vulnerable mothers and children at a critical time. The nonpartisan Coalition for Evidence-based Policy rates it a top-tier social program that produces sizable, significant benefits.

Those benefits – improved health and development – can last a lifetime.

"What happens between conception and your third birthday influences your health and well-being for the rest of your life," said Elizabeth Scheer, vice president of health grants at Baptist Community

How You Can Help

You can make a difference in lives of first-time mothers and their children by donating to the St. Tammany Parish Hospital Nurse-Family Partnership. Contact Foundation Executive Director Charley Strickland 985-898-4141 or cstrickland@stph.org.

Ministries. "From a funder's perspective, there is no better place to invest to foster long-term success for first-time moms, their babies and society."

NFP outcomes include a 48 percent reduction in child abuse and neglect and an 82 percent increase in months of maternal employment.

STPH likewise tracks the program's outcomes and reports a 78 percent reduction in maternal alcohol use and a 25 percent drop in prenatal smoking between 2004 and 2013. In the same period, 96 percent of

children were up to date on their immunizations.

An additional grant from Baptist Community Ministries allowed Nurse-Family Partnership at STPH to offer mental health services, which are scarce in low-income and uninsured communities.

"During the three-year grant period, mental health services were provided by a licensed professional counselor and a psychiatrist to 20 mothers per month," said Sandy Matthews, manager of the STPH Community Wellness Center.

STPH Chief Nursing Officer Kerry Milton described the program as one of the most significant community initiatives in the hospital's history.

"This is about breaking the cycle of poverty among young, underserved mothers in our community," Milton said.



Healthy Eating

Abry Crosby, Food Services Manager and Chef at St. Tammany Parish Hospital, is always looking for ways to make the dining experience for patients and employees healthier. He offers the following two recipes that fit that bill:



Pork Tenderloin with Mango Salsa

Pork

2 pork loins, silver skin removed
¼ cup chile powder
2 Tbsp. cumin, ground
2 Tbsp. black ground pepper
1 tsp. garlic powder
2 Tbsp. olive oil

Mix the dry ingredients in a bowl. Coat pork loins liberally with the dry mix. Add olive oil to pork loins and rub in evenly. Cover in a pan and refrigerate overnight. Preheat grill to 400-450 F. Grill the pork loins three minutes on each side. Cook the loins to an internal temperature of 140 F. Remove the loins from the grill and blast chill 30 minutes before slicing.

Mango Salsa

1 mango, diced
½ green bell pepper, diced
½ red bell pepper, diced
1 medium red onion, diced
1/8 tsp. salt
Juice from half a fresh lime
1 Tbsp. cider vinegar
1 Tbsp. olive oil

Gently mix all ingredients in a bowl. Keep cold until service. Serve 2 Tbsp. per person with pork tenderloin.

Edamame Ginger Salad

Salad

2 cups edamame, shelled and drained
1 cup corn, cut and drained
1 lb. green beans drained
1 cup tomatoes, diced
1 ½ cup black beans, drained

(fresh-blanching or frozen products may be used)

Combine ingredients in a large bowl. Toss with just enough dressing to coat.

Dressing

2 Tbsp. ginger, peeled and minced
1 Tbsp. garlic, peeled
1/4 cup rice wine vinegar
1 Tbsp. reduced sodium soy sauce
1 tsp. Dijon mustard
1 Tbsp. honey
1 Tbsp. lemon juice
½ cup salad oil

Combine ginger and garlic in a food processor for 1.5 minutes. Add remaining ingredients and mix for 1 minute.



Rest Assured

STPH Implements Guidelines, Creates Awareness of Safe Sleep Environments for Infants

While pastel-hued crib bumpers and plush creatures look cozy next to sleeping infants, the American Academy of Pediatrics wants parents to understand that they are potential lethal hazards to sleeping babies.

Their recommendation? Remove the bumpers, puffy blankets and other soft objects from cribs.

“A crib with soft items and blankets is not safe,” said Diana Brovold RN MSN, director of women and children’s services at St. Tammany Parish Hospital.

STPH, a 2013 Louisiana Safe Sleep Champion Hospital, is participating in a nationwide public-education effort by the National Institute of Health’s Safe to Sleep campaign to promote safe sleep environments for all infants.

The hospital has developed new evidence-based policies following the program’s guidelines to boost awareness among patients and caregivers of what a safe sleep environment for babies looks like.

It’s a message that challenges the popular idea of a soft, cozy crib for babies. Pillows, toys and other soft objects should be removed from the crib, according to the campaign, while babies should be dressed in a sleeper and placed on their backs on a firm mattress with a fitted sheet.

STPH’s new policies, developed and introduced throughout 2013, include hospital nurses addressing the sleep environment with new mothers preparing to return home after delivery. Classes for parents-to-be include components on safe sleep practices, while brochures given to new parents include illustrations of what a safe sleep environment should look like, Brovold said.



* Image courtesy of the Safe to Sleep® campaign, for educational purposes only; Eunice Kennedy Shriver National Institute of Child Health and Human Development, <http://safetosleep.nichd.nih.gov/>; Safe to Sleep® is a registered trademark of the U.S. Department of Health and Human Services.

The STPH Nurse Family Partnership also discusses safe sleep with the new mothers it serves.

The message extends beyond the crib itself. The nationwide Safe to Sleep initiative — formerly known as Back to Sleep — also warns of the dangers of co-sleeping with an infant and second-hand smoke from cigarettes in an infant’s sleep environment.

The Back to Sleep campaign has helped reduce the rate of Sudden Infant Death Syndrome, or SIDS, by improving public awareness of the importance of placing infants on their backs to sleep. The national rate of SIDS dropped by more than 50 percent in the 1990s after the Back to Sleep campaign began.

“It’s a new approach that is really about changing our mind-set about what a baby’s sleep environment should look like,” Brovold said.

Safe Sleep Environment

To reduce the risk of Sudden Infant Death Syndrome and other sleep-related causes of infant death:

1

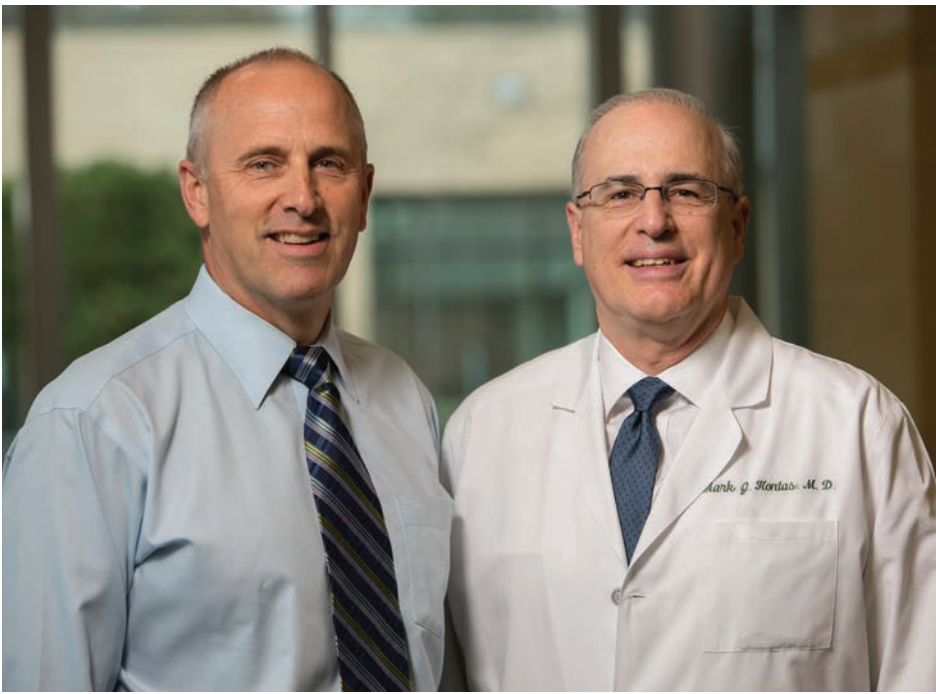
Always place your baby on his or her back to sleep, including naps

2

Room share — keep your baby’s sleep area separate but in the same room where you sleep

3

Use a firm sleep surface free from soft objects, toys, blankets and crib bumpers



“Our goal is to get the patient back to their normal activity level as quickly as possible.”

-Roch B. Hontas MD

Maintaining the Framework

Nationally Recognized Orthopaedists Expand STPH Bone, Joint Resources

From youth sports injuries to osteoarthritis, bone and joint conditions can be painful and debilitating. Joint discomfort is also widespread: Some 50 million Americans have been told by a physician that they have arthritis, gout or other joint-related conditions, according to the Centers for Disease Control and Prevention.

St. Tammany Parish Hospital expanded the scope and expertise of its orthopaedic services by adding the experienced orthopaedic practice of Mark J. Hontas MD and Roch B. Hontas MD, now the Bone and Joint Clinic at St. Tammany Parish Hospital.

The pair of orthopaedic surgeons has provided expert diagnoses and treatment of joint-related conditions on the Northshore for nearly 30 years.

The hospital's partnership with the Hontas brothers expands the scope and ease of patient access to highly experienced orthopaedic specialists within the hospital network. Benefits include streamlined patient registration into the hospital system and improved communication between clinic and hospital healthcare providers through better, faster access to patient medical records.

“This is about putting the patient at the center of care,” said Dionne Williams, physician practices administrator.

The Bone and Joint Clinic at STPH provides the full range of orthopaedic care, from knee and hip replacements to treatment of acute injuries from sports or other

activities. The goal of treatment for each patient is to ease pain or discomfort and to help the patient return to normal daily activities, Dr. Roch Hontas said.

“Our goal is to get the patient back to their normal activity level as quickly as possible,” he said.

New diagnostic technology and less invasive orthoscopic procedures have accelerated patient recovery times after joint-related procedures, he said. And exercise can be helpful in easing joint pain and preventing injury. Even moderate exercise improves the strength and flexibility of the muscles that support and protect the joints.

Exercise has the added substantial benefit of improving overall health by strengthening the heart muscle and lowering blood pressure, Dr. Roch Hontas said.

The clinic location remains at 71211 Highway 21, Suite A, in Covington, less than a mile from the main STPH campus. Their phone number remains 985-893-9922.





THE NORTSHORE'S HEALTH SYSTEM

The governing board and administrative leadership of St. Tammany Parish Hospital work closely together to plan and grow this community hospital to ensure it meets its mission to deliver world-class healthcare to the residents of western St. Tammany and surrounding areas.

2013 represented a year filled with changes throughout the system. From expansion and renovation to introduction of new technologies, St. Tammany Parish Hospital delivered on its commitment to grow in relation to population and healthcare needs in the service district.

Launch of Computerized Physician Order Entry (CPOE) was one example of the complex series of Health Information Technology (HIT) improvements. In 2013, the hospital named Dr. Patrick Torcson vice president of clinical integration to ensure that physician care remained on the forefront amid integration of medical informatics into the system. HIT improvements help STPH reduce the cost of care while maintaining or improving quality and outcomes.

To that end, 2013 was also a year of introspection, as the management team focused on increasing efficiency, decreasing waste and eliminating excess inventory, staffing and logistics. The goal was to identify and eliminate \$2.1 million in waste. By year's end, the initiative had identified nearly 600 opportunities, representing \$3.34 million in savings.

Amid this focus on increasing efficiency and decreasing waste, St. Tammany Parish Hospital kept its focus on the metrics that matter most — quality of care and patient satisfaction. STPH was a top 10 hospital in the state and among the top 15 percent of hospitals nationwide for patient outcomes in 2013, according to the federal government's Hospital Compare website. According to Press Ganey Associates, the leading source for patient satisfaction measurement, our community hospital is among the top four percent of hospitals nationwide, outperforming its Louisiana peers and similar hospitals nationwide.

STPH was a top 10 hospital in the state and among the top 15 percent of hospitals nationwide for patient outcomes in 2013.

Those exceptional quality and satisfaction scores stem from the people who deliver care in our facilities every day. STPH continued its progress in 2013 to elevate the involvement of nurses and caregivers in decision-making, planning and leadership roles via its

Pathway to Excellence and Shared Governance systems.

Another achievement in 2013 focused on STPH's fiscal reputation. In 2013's volatile healthcare financial environment, the hospital maintained A and A- bond ratings from Fitch and Standard & Poor's. As part of its commitment to reinvest gains into its caring mission, STPH provided a combined \$33 million in uncompensated and compassionate care, delivering on the promise to care for our community no matter the circumstances. Compassionate healthcare programs include:

- Inpatient and emergency care for all
- Community education on health, diabetes and parenting
- Cancer resources and support
- At-home visits for new moms
- Free immunizations, medical attention and registration for government assistance
- Hospice care

St. Tammany Parish Hospital continued its longstanding commitment to the community by providing \$170,000 in fundraising and sponsorship for fellow not-for-profits whose missions closely align with the hospital's. The hospital foundation plus local schools, health, wellness and community organizations measurably impact our mission.





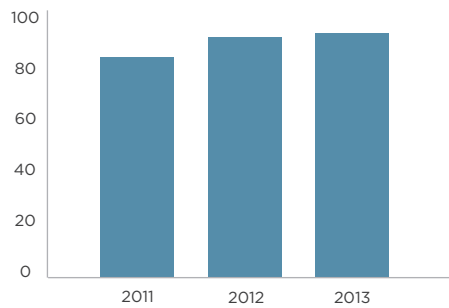
In 2013, the hospital supported a variety of causes including west St. Tammany public, private and parochial schools, American Heart Association, Children’s Advocacy Center, Children’s Museum of St. Tammany, Council on Aging St. Tammany, Covington Bicentennial, Covington Food Bank, Great 100 Nurses, National Alliance on Mental Illness, New Heights Therapy Center, Northshore Families Helping Families/ Access, St. Tammany West Chamber, United Way, Youth Service Bureau and YMCA West St. Tammany.

Coupled with a rising need for emergency care on the Northshore, the hospital embarked upon a two-and-a-half-year expansion that will increase private rooms and emergency capacity. Last year saw the groundbreaking and beginning construction phases. Once complete, the expanded Emergency Department will provide 30 services beds including

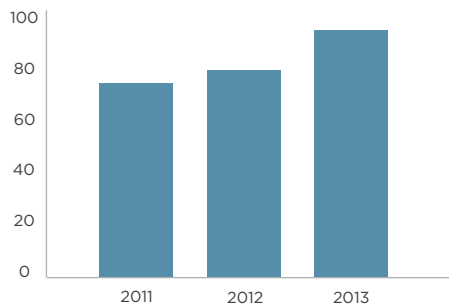
care settings to accommodate pediatric, geriatric and mental health emergencies. The new unit of 21 private rooms, 3North, will be built upon the principles of the Healing Arts and Evidence-Based Design, much like the 4South unit that opened in April 2008.

Overall, 2013 was another step forward in the long-term strategic plan for growth at St. Tammany Parish Hospital. The year ended with solid evidence that our community hospital delivered high-quality care from exceptional, caring healthcare providers in safe and modern environments close to home.

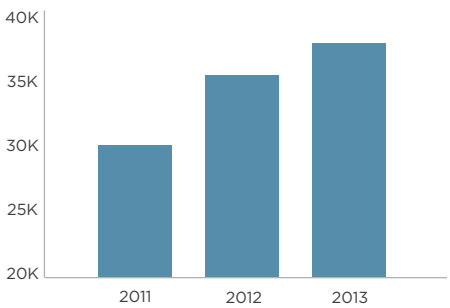
Likelihood to Recommend



Overall Percentile Ranking



Emergency Department Census





CONNECTING COMMUNITY GENEROSITY AND WORLD-CLASS HEALTHCARE



St. Tammany Parish Hospital has remained at the forefront of healthcare on the Northshore thanks in large part to \$11 million in contributions over the past decade from individuals, corporations, foundations and organizations who invested in programs, facilities, outreach endeavors and medical technology.

In a record-breaking fundraising year, the St. Tammany Hospital Foundation proudly recognizes the 1,400-plus donors who made gifts in 2013 totaling nearly \$1.8 million in philanthropic dollars. That represents a 56 percent year-over-year increase in fundraising to benefit the hospital.

A concentrated effort on major gifts resulted in unparalleled support from the Foundation's community partners last year. The individual donor on the Northshore continues to set the pace of giving to the hospital.

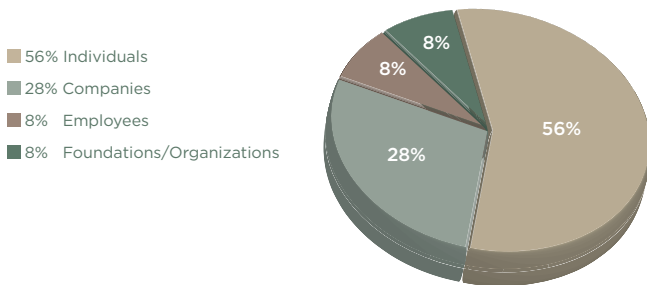
Special events including the 25th Monster Mash benefiting the Parenting Center, Angels of Light supporting Hospice and the Get Lucky! Golf Tournament advancing Pediatrics all proved to be successful. Third-party events such as the St. Tammany Home Builders Association "Raising the Roof for Charity" Raffle House, the St. Tammany Women's Council of Realtors Bras for a Cause and Dr. Bob Capitelli's Dakota Celebrity Bartender Night rounded out the event calendar.

Annual programs including the year-end letter penned by STPH President and CEO Patti Elish as well as the always-outstanding We Care Employee Campaign made their mark in the fundraising year. Little Rembrandts, an art project with students at Lyon Elementary School, paved the way for the Super Bowl auction in early 2014 to support Healing Arts.

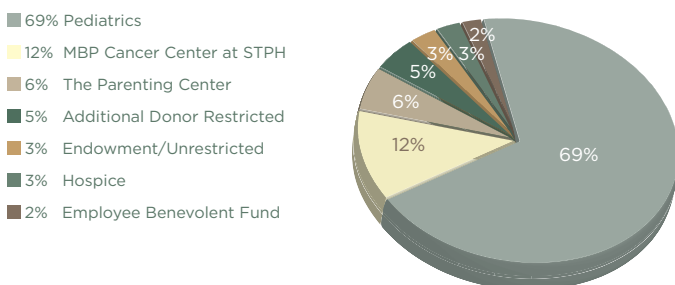
Planned gifts increased in 2013 as donors created charitable gift annuities which pay them an income for life and subsequently benefit the Foundation. This is the power of legacy giving.

The partnership of Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital saw a year of grants, fundraising programs and projects

Sources of Funding 2013 \$1,798,841



Stewardship of Gifts 2013 \$1,798,841





culminating with the Benefits of Home Gala and the entire month of October dedicated to Geaux Pink events all ensuring comprehensive cancer care in our community.

A decade of support to your community hospital Foundation has resulted in unrivaled care on the Northshore transforming healthcare for generations to come.

About the Foundation

Founded in 2003, the Foundation is a 501(c)3 nonprofit governed by a volunteer board of community leaders committed to the development of relationships and financial resources to support the healthcare programs, projects and services of STPH which is a self-supporting not-for-profit community hospital that receives no tax funding. The full 100 percent of each gift is used to fund programs, equipment and facilities at STPH!

If you would like to donate your time or support to the Foundation, contact Executive Director Charley Strickland at 985-898-4141 or cstrickland@stpg.org.

STPH Calendar Highlights

As the Northshore's health system, St. Tammany Parish Hospital hosts events, meetings and opportunities for you to improve and maintain your physical and emotional well-being. We've provided a short sample of the many upcoming events below, and please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

Co-Parenting Classes

**April 14, 28; May 12, 19; June 23, 30;
6-8 p.m.**

St. Tammany Parish Hospital Parenting Center

A two-part series for divorcing parents who want to keep their children from becoming children in the middle. Learn methods and communication skills that help keep children out of the divorcing parents' issues. There's also a children's version for ages 6-12 years, held at the same time, to provide children help with issues they may confront as their parents go through a divorce. Register no later than 1 p.m. on the Friday prior to the first session. For more information, please contact ksupan@stph.org or 985-898-4435.

Healthy Eating

**April 30; May 28; June 25
10:30-11:30 a.m.**

Mary Bird Perkins Cancer Center at STPH

Learn about the power of nutrition in health and healing at Fighting With Your Fork, a free program led by Hailey Story MS RD LDN, dietitian for Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. This class, which is open to individuals with a cancer diagnosis and their caregivers, offers simple and tasty recipes made with nourishing ingredients, demonstrations of easy cooking techniques and lessons on how to easily incorporate healthy eating habits into your life. For more info, call 985-276-6831.

Breastfeeding Support Group

**May 1; June 5; July 3
Noon-1 p.m.**

St. Tammany Parish Hospital Parenting Center

STPH certified lactation consultant answers questions relating to breastfeeding your baby. Expectant moms are also encouraged to attend as well as new mothers – with their baby! For more information, please contact ksupan@stph.org or 985-898-4435.

Tai Chi/Mindful Meditation

**May 1, 8, 15, 22, 29;
June 5, 12, 19, 26 (Every Thursday)
9-10 a.m. (Tai Chi)**

10-11 a.m. (Meditation)

Paul D. Cordes Outpatient Pavilion

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital will offer free Tai Chi classes, led by Erlinda R. Nye, and Mindful Meditation classes, led by Ellen LaRocca LMT, to help you learn to use the power of movement to boost their immune system and meet the challenges an illness brings. For more information, call 985-898-4581.

New Family Center Open House

**May 3, 17; June 7, 21
(First and Third Saturdays,
contingent upon holidays)
10 a.m. to noon**

St. Tammany Parish Hospital

Expecting families are invited to tour the St. Tammany Parish Hospital New Family Center to learn all about the private birthing suites, rooming in, skin-to-skin program and more. The cost is free, and participants should meet in the third floor lobby. For more information, contact ksupan@stph.org or 985-898-4436.

Plan and Learn

**May 6, 13, 20
(Theme: Bugs, Flowers and Showers)
June 3, 10, 24
(Theme: Sand and Sea)
July 8, 15, 22**

(Theme: Let's Get Going)

9:30-10:15 a.m.

St. Tammany Parish Hospital Parenting Center

Parents and their children, 16 months to 4 years, are invited to play and learn together through music and movement, arts and crafts, and story time. Class size is limited. Your payment in full reserves your place for these monthly series. For more information, please contact ksupan@stph.org or 985-898-4435.

Breast Cancer Survivor Support Group

**May 6; June 3; July 2
(First Tuesday, contingent on holidays)
7 p.m.**

Mary Bird Perkins Cancer Center at

St. Tammany Parish Hospital

This free support group is open to anyone receiving treatment or who has completed treatment for breast cancer. For more information, contact jfreudenberger@marybird.com or 985-276-6832.

Cardiac Education

**May 8; June 12; July 10 (Part I)
April 24; May 29; June 26; July 31 (Part II)
8:30-10:30 a.m.**

Paul D. Cordes Outpatient Pavilion

St. Tammany Parish Hospital will hold its Cardiac Education Program, Parts I and II to discuss an array of topics. Each part consists of three free classes that discuss everything from introduction to cardiac anatomy and nutrition for a healthy life to pharmacology and benefits of exercise stress management. For more information, please call 985-898-3780.

Babysitting Training

**May 27-28; June 16-17; July 28- 29
9-4 p.m.**

St. Tammany Parish Hospital Parenting Center

The two-day Safe Sitter program offers CPR, choking rescue, injury management, safety for the sitter, babysitting as a business, child care basics and more. For more information, please contact ksupan@stph.org or 985-898-4435.

Living Tobacco Free

**May 28-July 23
Noon to 1 p.m. or 5:30-6:30 p.m.**

STPH Conference Center

We'll provide you with the tools and resources you need to quit smoking for good. Classes held every Wednesday for nine weeks. This free program requires reservations, which can be made by calling 985-898-4468. Refreshments will be provided.