

# Heart to Heart

SPECIAL EDITION *including*  
2009 ANNUAL REPORT



## COWs Roam the Hospital



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

**Our Mission**

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both inpatient and outpatient care, all of which help to ensure continued good health.

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St. Tammany Parish Hospital  
Communication Department  
1202 S. Tyler St.  
Covington LA 70433

commdept@stph.org

**PHOTOGRAPHY:**

Rick Olivier

**DESIGN & ART DIRECTION:**

Scott Ott Creative Inc.



# STPH Relocates Specialty Rehabilitation Services

Cardiac, pulmonary and outpatient rehabilitation programs at St. Tammany Parish Hospital have new homes, thanks to growing programs and exciting improvements to the hospital's campus.

The cardiac and pulmonary rehabilitation programs moved from the Tchefuncte Medical Office Building to the Paul D. Cordes Outpatient Pavilion, 16300 Highway 1085.

Cardiac and Pulmonary Rehabilitation departments provide the following services: cardiac and pulmonary rehabilitation, pulmonary function testing, echocardiogram, electrocardiogram (EKG) and Holter monitoring services and the Coumadin, pacemaker/implantable cardioverter defibrillator (ICD) and Dr. Aluizio Stopa's clinics.

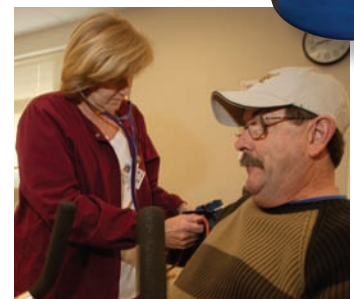
Outpatient rehabilitation moved from the Cordes Outpatient Pavilion to the STPH Riverside Building, 1414 South Tyler St. at the corner of 8th on the main campus. Outpatient rehabilitation at STPH will continue to offer a full range of individualized treatment plans for adult and pediatric patients, including physical, speech and occupational therapy services.

The new location includes 1,200 square feet of additional space, in the beautifully renovated building that once housed Schoen Funeral Home. The larger space includes a second gym area that offers a more structured setting to support maximum concentration among neurological patients, said Michelle Fell, STPH outpatient rehabilitation manager.

A new sensory integration room provides a quiet treatment area for children with autism, and a fully functional kitchen is used for occupational rehabilitation services focused on daily living activities.

All telephone numbers remain the same:

Outpatient Rehab: 985-892-4622; Cardiac Rehab: 985-898-3750; Pulmonary Rehab: 985-898-3785.







# Combat Type 2 Diabetes Risk

## *Lifestyle Changes*

Type 2 diabetes impacts the lives of millions of Americans, but many others are unaware of their risk of developing this potentially life-threatening disease.

“Exercise, diet and weight loss are tremendously effective in minimizing individual risk,” David Cuccia MD, St. Tammany Physicians Network’s newest partner in the Covington location, said. “There is so much you can do to prevent it.”

Obesity and family history are key risk factors, and losing just 2 pounds can lower risk by 16 percent, Cuccia explained. A visit to your primary care physician is an excellent first step.

In type 2 diabetes, the pancreas does not produce enough insulin or the body’s cells do not respond to it, allowing blood-sugar levels to rise. Over time, high blood-glucose levels can harm the kidneys, eyes and heart.

Symptoms that indicate the need for screening include excess thirst, frequent urination, headaches and blurred

vision. The risk is particularly notable for those who experienced gestational diabetes during pregnancy, as up to 60 percent have been shown to develop type 2 diabetes within 10 years.

But even small lifestyle changes can greatly reduce your risk. Commitment to daily exercise like a lunchtime walk or other daily physical activity can help manage blood sugar levels, said Jeannette Rousseau LDN RD CDE, St. Tammany Parish Hospital diabetes educator.

Avoiding high-sugar drinks is also important, while adding foods such as nuts, whole grains, fresh fruits, vegetables and fish rich in Omega-3 fatty acids, like salmon or tuna, are also beneficial steps, said Diane Navoy RD, STPH dietician.

“These small changes can make a big difference,” Rousseau added.

For more information, visit Dr. Cuccia by calling 985-871-5900 to set an appointment.



1202 South Tyler  
Covington, LA 70433

Telephone (985) 898-4174  
Fax (985) 871-5744  
Email: [foundation@stph.org](mailto:foundation@stph.org)  
[www.sthfoundation.org](http://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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## Roam the Hospital

Cows are not roaming the hallways and elevators at St. Tammany Parish Hospital, but COWs are. Computers-On-Wheels are changing the way STPH staff develop and maintain medical records.

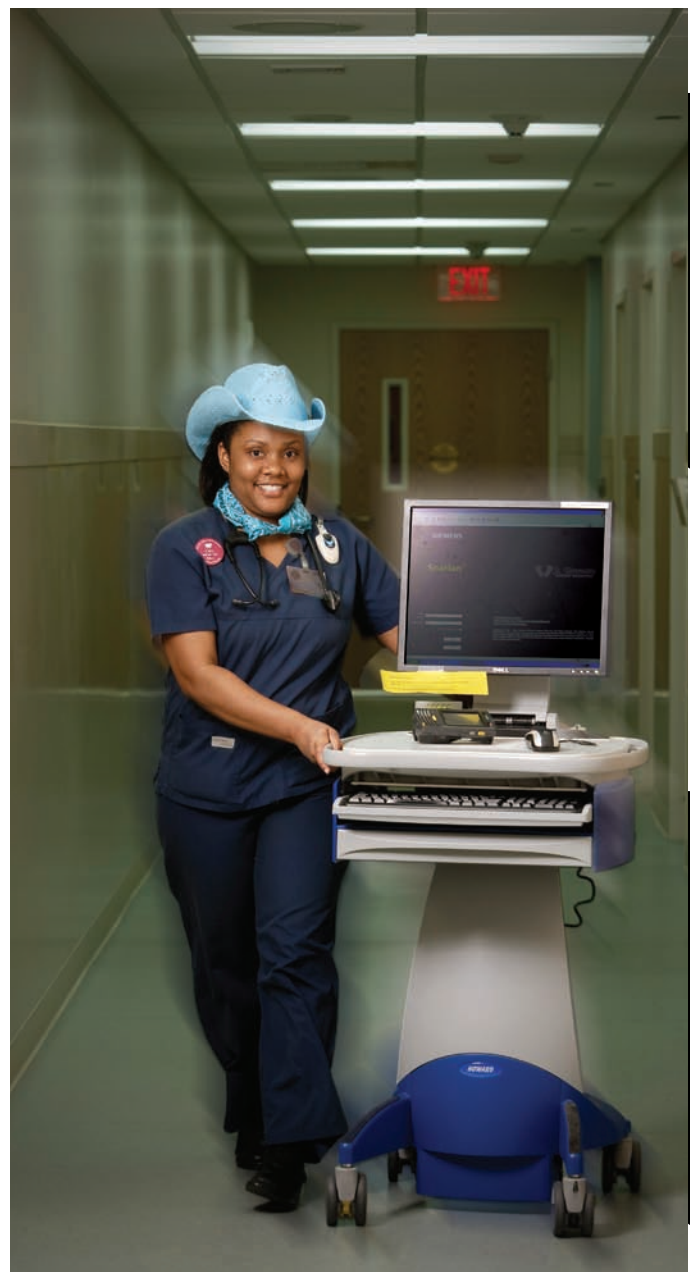
For many years, clipboards and stacks of paper files have been as familiar at hospital nursing stations as, well, nurses themselves.

But a steady push toward electronic health records is changing the scenery at St. Tammany Parish Hospital as clipboards and paper give way to technology that improves the quality of patient care.

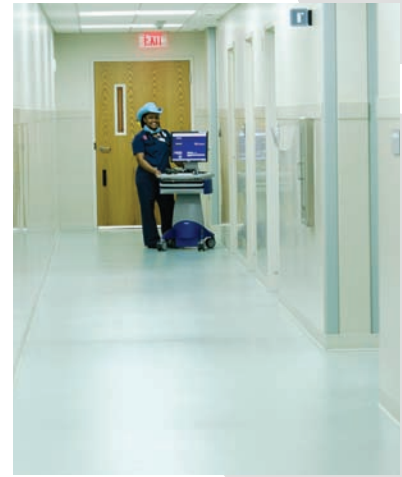
At STPH, perhaps the most visible sign of the steady march into the age of electronic health records are Computers-on-Wheels, affectionately known as COWs among the hospital staff.

The central feature of these rolling work stations is a wireless laptop computer that serves as a mobile port of entry for nurses to update patient progress, record medications and enter other notes as they move from room to room caring for patients.

And where the nurses go, the COWs go, too. The units are small enough to bring into patient rooms, allowing nurses to update medical records at their patients' bedside as they check their progress, said Cherie Fauchaux, clinical applications manager.



Yulanda Dyson RN wrangles a COW in the halls of STPH's newest nursing unit.



Some nurses prefer to leave the COW in the hallway while they step inside patient rooms, but both options highlight the emerging role that electronic health records play in the lives of nurses and patients alike.

“You look around now and the landscape has changed as we move toward new technology,” said Melanie Hunley, STPH department head of health information management.

And that change is evident throughout the hospital. There are nearly 60 COWs in use in departments throughout STPH, from the intensive care unit to surgery and pediatrics.

“The old days of walking back to the nursing station to flip through three inches of papers and quickly write your notes are gone,” said Tim Lessing, STPH chief financial officer.

Information entered by nurses using the COWs forms part of the patient’s comprehensive medical record. Over the next few years, STPH will adopt additional technology that expands the types of patient records the hospital stores in secure electronic format.

Lessing said he envisions a day in the next few years when electronic health records will give STPH physicians and nurses comprehensive, real-time access to patient information, from X-rays and test results to current prescriptions at local drugstores.

“It will be to the point that if a nurse or physician needs access to a patient’s health information, they will be able to access that information immediately,” he said.

The ease of sharing information among healthcare providers,

especially when a patient is under the care of several specialists, is a key benefit to electronic health records. If the physician has instant access to the patient’s complete medical history, including past diagnoses and treatment, he or she can design the best plan of treatment, Lessing explained.

“When we get into the full electronic health record in the next few years, we will have that full picture,” he said.

That full picture relates to the biggest benefit of electronic health records: improved patient safety through reduced medical errors. The shift to electronic health records could decrease medical errors that cause roughly 44,000 deaths at U.S. hospitals every year, according to a widely cited report by the Institute of Medicine. Electronic health records can reduce medical mistakes linked to illegible handwritten notes or by flagging patient allergies, potentially dangerous drug interactions or other crucial information.

Lessing described the continuing move to electronic health records at STPH as an investment in safety and quality.

“The COWs are a crucial step toward the electronic health record, which is itself a big step in improving the quality of patient care,” he said. “That is what this is all about.”







St. Tammany Parish Hospital offers state-of-the-art treatment of cardiac arrhythmias, which are irregular heartbeats caused by disruptions in the heart's electrical activities.

The type and severity of arrhythmias vary, with some patients experiencing symptoms that include palpitations, dizziness, fainting or loss of consciousness.

In some cases, arrhythmias can be life-threatening.

At STPH a minimally invasive procedure called a catheter ablation can correct atrial fibrillation and other arrhythmias in many patients, often eliminating the long-term need for blood-thinning medication.

Catheter ablations are performed by an electrophysiologist, a cardiologist with specialized training in the diagnosis and treatment of heart rhythm disorders.

## HIGH-TECH

### Treatment for Heart Rhythm Disorders

Dr. Ravi Kanagala, the only full-time electrophysiologist on the Northshore, said most arrhythmias cannot be corrected with surgery, making catheter ablation a safe, highly effective treatment option for many rhythm disorders.

STPH's cutting-edge biplane fluoroscopy unit enhances the safety and accuracy of ablative procedures by giving Dr. Kanagala two simultaneous views of the patient's heart. During the procedure, Dr. Kanagala pinpoints the area causing the heart's abnormal rhythm and then uses radiofrequency burns to destroy that tiny area of tissue.

Catheter ablations are done at STPH on both an inpatient and outpatient basis, depending on the needs of the patient.

The biplane unit's excellent visualization, along with the use of sophisticated mapping systems, reduces the need for radiation during the procedure, another added benefit for patients, said Shannon Holley, supervisor of the STPH cardiovascular catheterization lab.

Patients are sedated for the procedure, which can last from 30 minutes to several hours. Many are up and walking within four hours, and those who require a stay at the hospital are usually discharged within 24 hours, Dr. Kanagala said. Discomfort is minimal, and can be relieved with over-the-counter medication, he said.

In most patients, the rhythm disorder corrects almost immediately after the ablation.

"Patients feel better very quickly," Dr. Kanagala said.

# Good Habits for Sound Sleep



“O gentle sleep, Nature’s soft nurse! How have I frightened thee?” William Shakespeare famously asked, and the latest medical research backs up what most of us already know from experience: Good sleep is crucial to optimum well-being.

Good sleep habits can prevent or correct common interruptions to a good night’s rest, which can adversely affect mental and physical functioning.

Habits that promote good sleep include maintaining a regular wake time, going to bed only when drowsy, and establishing soothing pre-sleep rituals such as a warm bath, said Laura Weller RRT RPSGT, coordinator of the St. Tammany Parish Hospital Sleep Disorders Center.

Likewise, it is equally important to avoid habits like falling asleep with the television on or excessive daytime napping, Weller said. In fact, experts go so far as to recommend reserving the bed for sleep, intimacy and times of illness.

An occasional restless night is normal, but frequent restless nights and daytime fatigue may signal that investigation of a possible sleep disorder is appropriate, Weller said.

In 2009 the American Academy of Sleep Medicine reaccredited the STPH Sleep Center, and its three employees became registered polysomnographic technologists through the Board for Registered Polysomnographic Technologists.

The center offers treatment for a wide range of sleep disorders, including sleep apnea and insomnia.

More information is available by calling [985-871-5987](tel:985-871-5987).







## Jicama Apple Salad

*This “wonderful and bright” spring and summer salad is a great side dish in the warm months and can be prepared a day ahead of time, said Abry Crosby, STPH executive chef.*

### INGREDIENTS:

2 cups apple, cored, julienne, unpeeled  
2 cups jicama, peeled and julienne  
2 cups green cabbage, shredded  
½ cup purple onion, finely julienne  
½ cup red pepper, finely julienne  
2 cups fresh pineapple, julienne  
2 Tbsp. fresh parsley, minced

### DRESSING:

2 Tbsp. sugar  
1 pinch salt  
3 oz. rice wine vinegar  
3 flakes dry red pepper  
1 oz. fresh lime juice  
¾ cup olive oil  
(or vegetable oil)

Combine apple and jicama pieces, 1 Tbsp. lime juice and 4 cups cold water. Let sit at least 30 minutes or overnight.

To make the dressing, combine sugar, salt and rice wine vinegar in a small saucepan. Bring to a boil and immediately remove from heat. Add red pepper flakes and set aside. When cool, add lime juice and oil. Dressing may be made up to three days in advance.

To make the salad, begin by thoroughly draining apple and jicama. Then toss together apple, jicama, cabbage, pepper, onion, pineapple, parsley and rice wine vinaigrette. Garnish with parsley.

Serve cold.

Makes six to eight portions.



# Planned Giving

*Gives Generous Donors  
Excellent Opportunities*

One of the most popular ways to support the work of St. Tammany Hospital Foundation is through gifts of cash that can be given outright or pledged over three-to-five years.

But the foundation offers a huge range of additional giving opportunities, including non-cash gifts such as real estate, securities or insurance policies and planned gifts like charitable remainder trusts, charitable gift annuities and most importantly bequests. These gifts require planning, including careful consideration and often the assistance of a professional adviser on matters such as taxes and income.

The hospital foundation's Web site, [www.sthfoundation.org](http://www.sthfoundation.org), offers an array of useful tools on planned gift options. The 10 Ways to Give section provides a detailed overview of planned gift opportunities ranging from charitable remainder trusts to real estate contributions.

A helpful Gift Planning option on the Web site allows prospective donors to compare the impact on taxes and future income stream



Jewell Lorio, past president of the St. Tammany Hospital Guild, and Dr. Adrian Cairns, chairman emeritus of the St. Hospital Foundation, take a moment to discuss their participation in the newly formed Planned Giving Council.

of various planned gift options, whether they are made now, after the donor's lifetime or in partnership with St. Tammany Parish Hospital. Many planned gifts offer valuable tax and income benefits while providing vital support to the hospital's commitment to excellence in healthcare on the Northshore.

The hospital foundation's newly created Planned Giving Council will further advance its planned gifts program. This committed volunteer group of friends and supporters of the foundation will meet monthly for about six months in 2010 to make recommendations to the Board of Trustees on matters such as giving policies, investments, professional advisors and the Legacy of Caring Society.

"This is a substantive council that will have a long-lasting impact on philanthropy at St. Tammany Parish Hospital," said Greer Polansky, senior consultant with Corporate DevelopMint, who is implementing the creation of the council. "They are the legacy building group that is the heart of planned giving for the foundation."

For more information, contact Charley Strickland, executive director of the St. Tammany Hospital Foundation, at 898-4141 or [cstrickland@stph.org](mailto:cstrickland@stph.org).

# Salmen Family Foundation

*Funds Educational Opportunities at STPH*

A second grant from the Salmen Family Foundation has provided additional training and certification in palliative and hospice care to several members of the Hospice of St. Tammany nursing staff and other care providers.

"It is so valuable to be able to provide our clinical staff with the best possible education in palliative care," said Angeliqe Knoblock, department head for hospice and home health at STPH.

These grants from the Salmen Family Foundation also provided educational opportunities for hospice volunteers and staff, said Charley Strickland, executive director of the St. Tammany Hospital Foundation.



# Parenting Class

*focuses on nurturing*

## Family Bonds

Building mutually supportive relationships with their children is the dream of most parents, but one that is sometimes thwarted by the stress of parenting's daily challenges.

The Parenting Center at St. Tammany Parish Hospital is offering a unique, globally recognized course to help parents and children develop healthier, happier connections with each other.

The center will offer the 16-week Nurturing Parenting Program from July 29 to Nov. 18. Classes will be held 6 p.m. to 7:30 p.m. on Thursdays at 1505 North Florida St., Suite B, Covington.

The class is open to all Northshore families with children up to age 12. The cost is \$40 for books and supplies.

Parents are encouraged to attend with their children, who will meet separately with volunteer facilitators during weekly class sessions.

Grants from the Harper Family Foundation and Mitchiner-Gittinger Family Foundation enable The Parenting Center to offer this valuable class twice in 2010. "The generosity of these foundations is greatly appreciated," said Charley Strickland, executive director of the St. Tammany Hospital Foundation. "We are fortunate to have funders in our community who continue to make successful parenting a top priority."



The class will follow the curriculum developed by Family Development Resources Inc., whose evidence-based, nurturing parenting strategies have been taught around the world for more than 20 years, said Paula Jarrell, education coordinator for The Parenting Center at STPH.

The class includes individual assessment of participant needs and covers 18 subject areas, from the importance of touch and stress management strategies to developing empathy and finding alternatives to spanking.

The nearly four-month class duration helps participants make lasting, meaningful changes in their parenting techniques, Jarrell said.

"People who want to make substantial change need time, and this gives them that," she said.

The class is open to parents looking to further develop positive parenting techniques as well as those in search of nurturing ways to deal with family crises or other special challenges.

Class size is limited, and pre-registration is necessary.

For more information or to register, contact The Parenting Center at 898-4435.



# *Embracing* Palliative Care

Palliative care enhances the quality of life of patients with chronic disease through management of pain and other symptoms and through psychological, spiritual and social support.

The physical and emotional comfort of patients is a priority of palliative care, which can be provided in the hospital after acute illness and also in the home.

Any patient with a life-threatening disease that does not respond to curative treatment may benefit from palliative care, explained Dr. Jack McNulty, hospice medical director at St. Tammany Parish Hospital and president of the Palliative Care Institute of Southeast Louisiana.

“Our main focus is comfort for the patients and their families,” Dr. McNulty said.

Individuals with conditions as different as heart disease, lung disease and Alzheimer’s disease may benefit from palliative care, a fast-growing subspecialty of medicine.

Palliative care is not the same as hospice, although both stress the comfort of the patient. Hospice provides care to patients who are generally in the last six months of life, if the disease process follows its normal course, explained Angelique Knoblock, STPH head of home health and hospice services.

Patients with chronic conditions may have many of the same needs as hospice patients but may receive palliative care for many years, Knoblock said.

St. Tammany Parish Hospital continues to advance palliative care on a number of fronts, including through the formation of a palliative care committee and the participation of medical students in palliative care and hospice rotations.

Andrew Esten, a fourth-year medical student at Tulane University School of Medicine, shadowed hospice nurses providing palliative care to patients in their homes.

“You could see the idea of care for the whole patient,” Esten said.

Stuti Nagpal, also a fourth-year medical student at Tulane, was struck by the spiritual element of palliative care during her time with STPH care providers.

“It addresses every aspect of patients’ needs,” Nagpal said.



## A gift from the Palliative Care Institute of Southeast Louisiana

The St. Tammany Hospital Foundation received a gift from the Palliative Care Institute of Southeast Louisiana that allowed key nursing staff to attend a conference at the Center to Advance Palliative Care in Atlanta.

Donna Berbling, STPH hospice nursing director, attended the conference with Kathy McWhorter, STPH director of nursing.

The conference reinforced STPH protocols to ensure that patients with chronic disease benefit from palliative care, said Berbling, who serves as co-chair with McWhorter of a new STPH palliative care committee.

“The idea is to put additional assessment processes in place to ensure optimal delivery of palliative care,” she said.

Over the years, the institute has funded a variety of educational opportunities for STPH nurses, noted Charley Strickland, executive director of the hospital foundation.

The institute is headed by Dr. Jack McNulty, hospice medical director.

“We appreciate that Dr. McNulty strives to educate our hospital and community in the value of palliative care,” Strickland said.



*St. Tammany Parish Hospital  
2009 Annual Report to the Community*

St. Tammany Parish Hospital is a not-for-profit community hospital dedicated to delivering world-class healthcare close to home. This mission is central to every action the hospital leadership takes from providing needed programs to expanding medical services.

**KEEPING THE COMMUNITY HEALTHY**

The St. Tammany Parish Hospital Board of Commissioners, its administration and staff live the mission of delivering world-class care every day. Decisions about the future growth, scope of care and plans for the hospital are guided by that central philosophy. In 2009, STPH provided some \$17.7 million in compassionate community healthcare plus nearly \$20.3 million in uncompensated care to benefit the residents of west St. Tammany, east Tangipahoa and Washington parishes.

At STPH, we believe our community value extends beyond traditional inpatient and emergency care. Compassionate healthcare includes comprehensive programs that our community needs. Examples of such mission-driven programs include:

- Community educators providing diabetes education and parenting skills training
- A cancer resource center that provides the latest scientific research, free wigs and support groups for those battling cancer
- A community wellness center, which ensures vulnerable populations have access to WIC, Medicaid and LaCHIP plus at-home visits for new moms, immunizations and medical attention
- A hospice program, which delivers the most compassionate palliative care to terminally ill patients



St. Tammany Parish Hospital strives to improve the overall health and wellbeing of our neighbors close to home. In 2009, STPH sponsored the American Heart Association HeartWalk, Council on Aging St. Tammany, Covington Fire Department, the Covington Food Bank and Medical Clinic, Great 100 Nurses, Hospice Foundation of the South, the Junior League programs for children, Louisiana Breast Cancer Task Force, March of Dimes, Safe Harbor Women’s Shelter, St. Tammany Healthcare Alliance, United Way and Youth Service Bureau. We also recognize the need to promote healthcare to the next generation by supporting local high schools and partnering with leading education and community organizations including Delgado, the Chamber St. Tammany West, Southeastern Louisiana University and Sullivan (name?).

The hospital sponsors, hosts and participates in support groups, educational opportunities, health fairs, screenings and other activities designed to improve our community’s health every month of every year. In 2009, STPH employees donated \$140,000 to community organizations, causes and pursuits including our own St. Tammany Hospital Foundation, whose purpose is to ensure STPH will be here for generations to come.

#### KEEPING THE COMMUNITY SAFE

STPH remains committed to quality. The Joint Commission’s National Patient Safety Goals and the federal government’s Patients’ Perspectives of Care Survey (HCAHPS) are public comparison web sites that enable consumers to compare hospitals by quality and safety goals. We are also proud to report our quality initiatives and accomplishments on our own web site, [www.stph.org](http://www.stph.org).

In 2009, STPH invested in hardware, software and extensive training throughout the system to strengthen our information technology systems to further protect patients from the possibility of “Never Events.” Electronic medical records, medication reconciliation and laboratory bar coding systems combine with highly personalized care at STPH to ensure every patient receives precisely the correct care and every caregiver has precisely the correct information at hand to diagnose and treat today’s patients.

Our “Go for 0” campaign at St. Tammany Parish Hospital serves as a constant reminder to everyone throughout the hospital system that winning the fight against the spread of infection is literally in our own hands. The Centers for Disease Control (CDC) state that handwashing is the single most effective measure for preventing infections. The “Go for 0” campaign aligns St. Tammany Parish Hospital with hospitals and healthcare providers throughout the United States in teaching everyone the power of clean hands and in mitigating infection risks throughout our system. Since the campaign’s inception, STPH has continued progress in the goal for our patients to have zero healthcare associated infections. Our results show that our best practices in place have prevented the spread of infections at our hospital.

#### HELPING THE COMMUNITY’S ECONOMY

As the parish’s largest private employer, STPH is a significant, positive economic force in St. Tammany Parish and the Northshore region, returning dollars into the economy through the purchasing power of the largest hospital in the parish and its employees, whose salaries return dollars to the communities of St. Tammany, Washington, Tangipahoa and surrounding parishes.

Salaries and benefits paid to our staff of nearly 1700 employees topped \$103.8 million in 2009. Combined with the purchasing power of STPH itself, the total annual return to the local economy through STPH is estimated to be over \$200 million.

In 2009, STPH completed the \$600,000 renovation of the historic Schoen Funeral Home building into the STPH Riverside Building, and continued toward opening the \$10 million Medical Office Building projects adjacent to the main campus.

#### KEEPING WORLD-CLASS HEALTHCARE CLOSE TO HOME

As a not-for-profit community hospital, STPH reinvested its 2009 gains into expansion, community health initiatives and community services, remaining true to our mission by keeping world-class healthcare, close to home.

#### SOUND GOVERNANCE ENSURES FUTURE SUCCESS

The Board of Commissioners of St. Tammany Parish Hospital is appointed to six-year, staggered terms by the St. Tammany Parish Council, plus one staff physician who is elected annually by the STPH active medical staff.

Standing (l-r): Greg Lemons, Vesey Richardson, James Core, Tom Davis, Jay Saux MD;  
Seated (l-r): Pizzie Romano, John Evans and Sue Osbon





# Keeping St. Tammany Parish Hospital Healthy, Keeps our Community Healthy

St. Tammany Hospital Foundation would like to thank our donors and friends for investing in our Northshore community by supporting St. Tammany Parish Hospital with nearly \$1 million in 2009.

Giving to St. Tammany Hospital Foundation touches so many lives in so many ways. From providing the latest in high-tech equipment to administering far-reaching community resources such as The Parenting Center, Hospice, Community Wellness Center and Cancer Resource Center to offering renown compassionate nursing care, your financial support enables St. Tammany Parish Hospital to bring comfort and healing to the community we are privileged to serve.

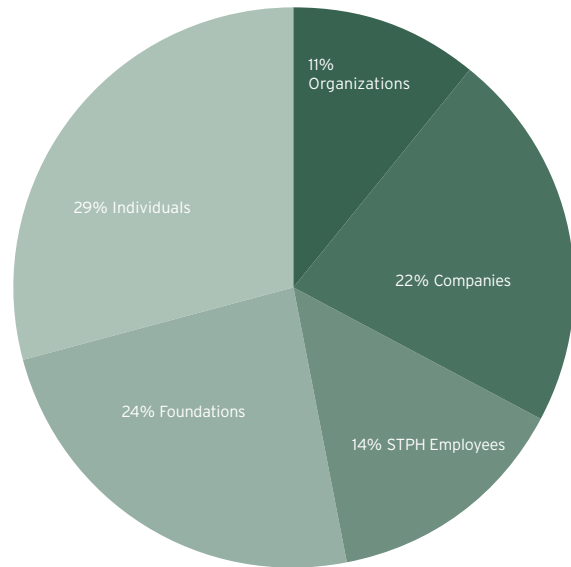
Over \$500,000 was raised through the major and planned gifts programs from individuals, organizations and foundations including the Harper and Mitchiner-Gittinger family foundations, the St. Tammany Hospital Guild, the Dorothy L. Blossman Charitable Foundation and the Rufus Upton Lea estate.

Annual support for the foundation was at an all time high with special events, the WE CARE Employee Campaign and mailings bringing in nearly \$400,000. The spectacular Heart of Fashion runway show and luncheon joined Monster Mash, Gurney Games and a record-breaking Angels of Light celebration to make for a stellar year of events. Third party events benefiting the foundation included the Goodyear Memorial Golf Tournament, Dakota Celebrity Bartender Night and Delgado Butterfly Project.

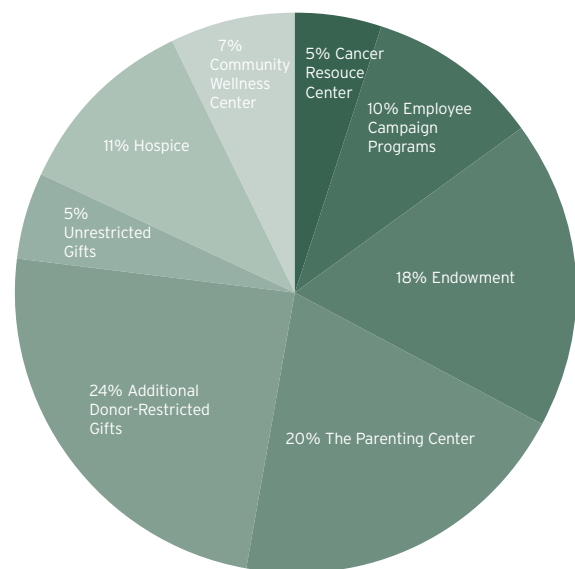
In spite of the unsettling financial forecast, it was good to know that a gift to the foundation was a sound investment in our community's healthcare. We have been fortunate – our outlook is positive and our position is solid. Fully 100% of each gift continues to be used to fund the programs, equipment and facilities at STPH.

A volunteer board of trustees leads the foundation. Their time, money and service has incredible value and impact on the foundation's success. The foundation was established in 2003 to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital. The hospital is a self-supporting, not-for-profit community hospital and receives no tax funding.

Since its inception through the end of 2009, nearly \$6 million has been raised in support of the hospital's world-class healthcare.

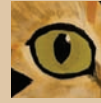


Sources of Funding \$937,821



Stewardship of Gifts \$937,821







# STPH Calendar Highlights

As your community hospital, STPH hosts events, meetings and opportunities to improve and maintain physical and emotional wellbeing. A short sample of upcoming events is provided below, but please check [www.stph.org](http://www.stph.org) and local newspapers for additional learning opportunities for individuals of all ages.

APRIL						
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
MAY						
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					
JUNE						
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

## New Baby Support Group

**Every Thursday, except holidays  
11:15 am to 12 pm**

STPH Parenting Center

FREE. Join other mothers and their little ones for information and support. What a great opportunity to discuss child development and parenting tips with other parents as well as professionals. Breastfeeding mothers and their newborns are encouraged to attend our Breastfeeding Support Group. Ages birth to 7 months. 985-898-4435

## Breastfeeding Support for Mothers

**Apr. 1, May 6, Jun 3; 12 pm to 1 pm**

STPH Parenting Center

FREE. Join our certified lactation consultant for questions and answers relating to breastfeeding your child. A short educational topic will be addressed monthly. Expectant mothers are encouraged to attend. 985-898-4435

## Caregiver Support Group

**Apr. 14, May 12, Jun 9; 2 pm to 3 pm**

Paul Cordes Outpatient Pavilion

St. Tammany Parish Hospital is offering a support group for individuals caring for stroke survivors and those afflicted with aphasia, as well as other debilitating conditions. 985-898-4134

## Genetic Cancer Risk Assessment & Counseling Program

**Apr 21, May 19, Jun 16; 8 am to 4:30 pm**

Paul Cordes Outpatient Pavilion

Dr. Superneau works with you and your medical team to provide information to help you make informed decisions about medical management options to reduce your cancer risk. Program is co-sponsored by Mary Bird Perkins Cancer Center and the Leonard C. Thomas HOS Foundation. Appointments available. 985-898-4581

## New Family Center Tours

**Apr 3, 17 or May 1, 15 or Jun 5, 19;  
10 am to 12 pm**

New Family Center at STPH

Prospective new parents can tour the New Family Center and preregister for their birth plan on first and third Saturdays each month. Tours take approximately 30 minutes. 985-898-4536

## Cancerfit: Where Healing Begins Exercise & Wellness

**Tuesdays/Thursdays, except holidays  
10:30 am to 12 pm**

West St. Tammany YMCA

FREE. Personalized consultation twice per week to evaluate current physical status and set goals for what you want to accomplish. A collaborative effort with the West St. Tammany YMCA. 985-898-4581

## Skin Cancer Screenings

**April 6, 10 am to 1 pm**

Wal-Mart in Bogalusa

**April 29; 5:30 pm to 7:30 pm**

Paul Cordes Outpatient Pavilion

FREE. Co-sponsored by Mary Bird Perkins Cancer Center. 985-898-4581

## Using Lamaze Techniques

**April 10; 4 pm to 7 pm**

STPH Conference Center

Relaxation and pain control techniques will be practiced weekly to help you through the childbirth experience. This is a series of 6 classes. 985-898-4083

## Prepared Childbirth

**April 13; 7 pm - 9 pm**

STPH Conference Center

FREE. Learn the signs of labor, stages of labor and what to expect during childbirth. Breathing and relaxation techniques demonstrated for use during labor. Anesthesia options will be discussed. This is a series of three classes. 985-898-4083

## Mindful Meditation: An Ally in Your Cancer Recovery

**April 14; 10 am to 11 am**

Paul Cordes Outpatient Pavilion

FREE. Guided by a Certified Meditation Instructor, the class will introduce various meditation, guided-imagery and simple relaxation techniques. Open to individuals with a cancer diagnosis, their caregivers and health professionals. Co-sponsored by the St. Tammany Hospital Foundation and the Leonard C. Thomas HOS Foundation. 985-898-4581

## Baby Chat for Siblings

**May 1; 10 am to 12 pm**

STPH Conference Center

FREE. This is a fun class for siblings of newborns to help them understand the changes that occur when mom and dad bring home the new baby. Girls and boys ages 3 and up welcomed! A parent is required to stay with the child. 985-898-4083

## Baby Care Basics

**May 11; 7 pm to 9 pm**

TPH Conference Center

FREE. Learn helpful hints and what to expect when caring for your new baby. This is a series of two classes. 985-898-4083

## Look Good, Feel Better

**May 13; 6:30 pm to 8 pm**

Paul Cordes Outpatient Pavilion

FREE. Enhance your appearance and improve your self-image during cancer treatment. Cosmetics and skin care products are provided. This event is co-sponsored by the American Cancer Society. 985-898-4481

## Boot Camp for New Dads

**May 15; 9 am to noon**

STPH Conference Center

Veteran dads orient rookies on the realities of fatherhood, including baby and new mom care plus this new fatherhood role. Cost of the class is \$10.00 and includes an official "Boot Camp" t-shirt. 985-898-4083

## Breast Cancer Screening

**Jun 17; 10 am to 1 pm**

Mandeville, Call for location

FREE. Clinical breast exams provided by a physician or nurse practitioner for women 18 and older. Mammograms are available for women 40 and older who have not had a screening in the past 12 months. Co-sponsored by Mary Bird Perkins Cancer Center and Woman's Hospital. Appointment required. 888-616-4687

## Prostate Cancer Screening

**June 19; 10 am to 1:30 pm**

Wal-Mart in Bogalusa

FREE. Includes a physical exam by a physician and a PSA blood test. Recommended for men over age 50 and African American men beginning at age 45 who have not been screened in the last 12 months. Co-sponsored by Mary Bird Perkins Cancer Center. 985-898-4581

## Lymphedema Prevention Clinic

**Jun 24; 8 am to 5 pm**

Paul Cordes Outpatient Pavilion

FREE. One-on-one appointments for cancer survivors who have had lymph node removal and have not been diagnosed with lymphedema. Appointment necessary. 985-898-4581