
Heart to Heart
St. Tammany PARISH HOSPITAL
SPECIAL EDITION including 2014 ANNUAL REPORT
WALKER
HEROES
FOR YOUNG HEARTS
Living4Burke Screenings a Lifesaver for Young Athletes
VOL 11: NO 2 SPRING 2015 | EXPANDING TELEMEDICINE | FACES OF GIVING | FIT FOR DUTY | CONSTRUCTION UPDATE

St. Tammany
PARISH HOSPITAL

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

St. Tammany Parish Hospital
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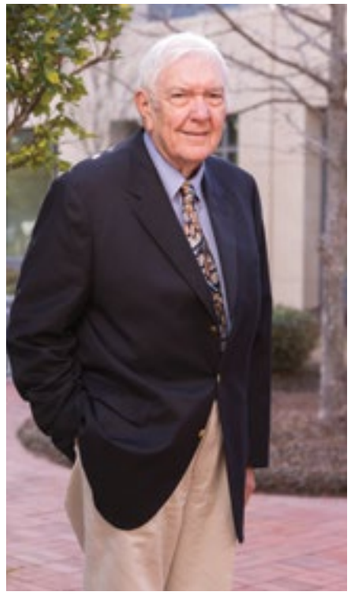
RICK OLIVIER PHOTOGRAPHY
THINKA DESIGN & BRANDING

FOUR FACES OF GIVING

An artist, a retired physician, an athletic insurance executive and a Northshore public servant are among the longtime supporters of the St. Tammany Hospital Foundation. Their support and volunteer work make possible the life-improving procedures offered by St. Tammany Parish Hospital, a not-for-profit community hospital focused on providing world-class healthcare on the Northshore.



Gerald Foret MD: Family Man, Family Practice

For 36 years, Gerald Foret MD practiced family medicine and geriatrics in Franklinton, where he and his wife, Gayle, raised two sons.

Eleven years into retirement, Dr. Foret's legacy as a Northshore physician continues personally and professionally. The Family Medical Clinic in Franklinton, which he founded in 1968, is now part of the St. Tammany Physicians Network, and one of his sons — both are physicians — practices there.

Dr. Foret runs into former patients nearly every day.

"I enjoyed my relationships with my patients, and I still do," he said.

Supporting the foundation is important to the Forets, both avid fans of Louisiana State University football who also closely follow their granddaughter's basketball team.

"We've been fortunate, and I feel we need to give something back," Dr. Foret said.

Their preferred way to give to the foundation is in the form of appreciated securities.

"You get a (tax) deduction for the current value, and you don't pay capital gains," Dr. Foret said. "From a tax perspective, it's a good way to go."

Trudy Williamson: A Life in Art

At 87, Trudy Williamson still works to promote the arts on the Northshore. She fulfills that commitment by mentoring young artists in her Covington home studio and supporting the arts at St. Tammany Parish Hospital.

Williamson's support includes donating two paintings to the St. Tammany Hospital Foundation's Healing Arts Initiative, which works to enhance patient recovery and well-being through art and music. She also has been a consistent donor to St. Tammany Hospital Hospice since 2004. In 2008, she dedicated the Hospice Tree for Life to the memory of her husband, E.L. "Chick" Williamson.

Best known for her oil paintings of flowers and landscapes and contemporary abstracts, Williamson is interested in a range of artistic media, including printmaking techniques that draw on ancient Egyptian traditions and encaustics. She has been a driving force with the St. Tammany Art Association since its inception more than 50 years ago.

"People who have had surgery or who are fighting an illness can find calm and peace in art," said Williamson, who moved to St. Tammany Parish in the 1960s and raised four children here with her husband.

She has enjoyed watching STPH expand over the years to keep pace with community growth.

"The hospital is such an asset to the community in terms of quality of life," Williamson said. "I want to support that."

Hank Miltenberger: Man on the Move

Hank Miltenberger has a unique perspective on St. Tammany Parish Hospital's role in the community. In 2009, he spent more than two weeks in the hospital after a cycling accident left him with multiple fractures and collapsed lungs.

"The doctors and nurses made me want to get better after an accident that should have killed me," said Miltenberger, CEO of insurance-services firm Gilsbar Inc. and a longtime St. Tammany Hospital Foundation supporter pre-dating his hospital stay.

Miltenberger did get better — fast. An avid competitor, the lifelong Covington resident ran a marathon less than a year later.

He views the hospital's role as bigger than personal experience. Its ability to attract top-notch clinicians means local residents can remain close to home during treatment, he said.

"Philanthropy is key to having a hospital like this in our community," Miltenberger said. "We have a hospital that responds to community needs and that is a matter of quality of life, so I encourage people to help it serve all of us."

Lee Alexius: A Legacy of Service

Lee Alexius' ties to St. Tammany Parish Hospital run deep. Each of the longtime Covington City Councilman's four children was born there, as were two of his grandchildren.

But service to the hospital and support for the St. Tammany Hospital Foundation are also family traditions: Alexius' father was comptroller and later hospital administrator during STPH's formative years.

"We have strong feelings about Daddy's legacy and what he did for the hospital, so that's our biggest connection to it," said Alexius, a 1963 graduate of St. Paul's School with a bachelor's degree in mechanical engineering from Louisiana State University.

Alexius worked as a St. Tammany Junior High School teacher and coached basketball, softball, track and volleyball in Bush prior to a three-decade career with BellSouth.

"I feel like much of the hospital's reputation for excellent care and the close relationship between the community and the hospital's staff was formed while dad was there," Alexius added. "It is something that continues today."

His own legacy of community service continues. Alexius, who has been on the Covington City Council for 20 years, will begin a new term in office this summer.

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FOUNDATION

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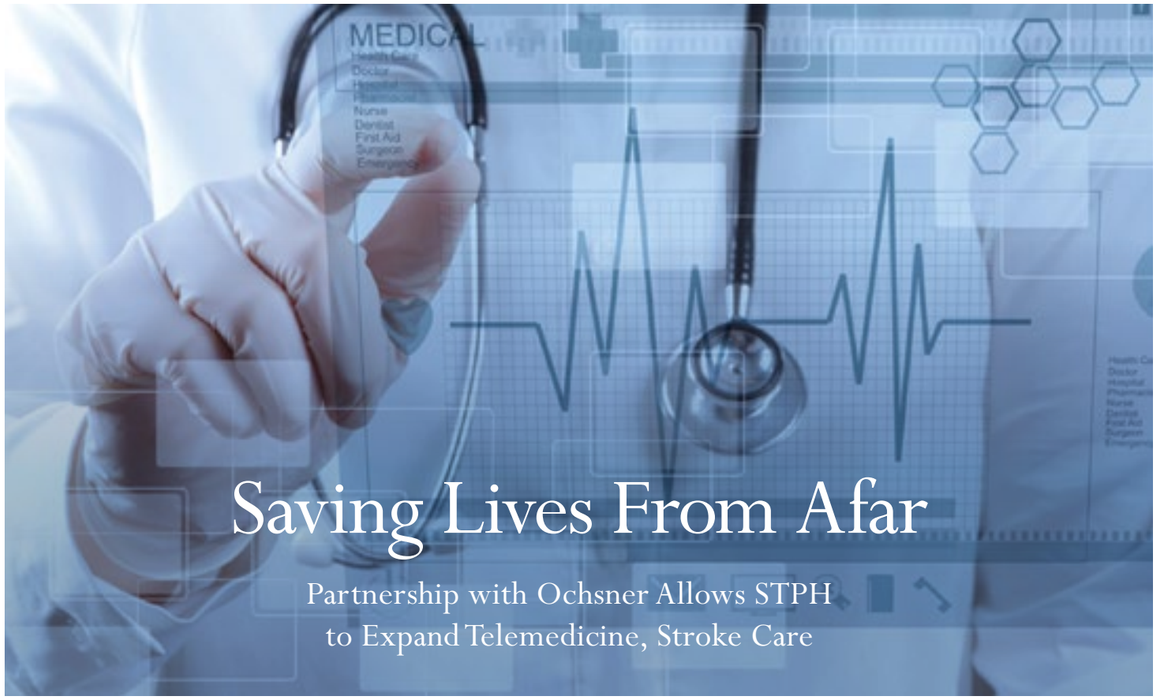
Our Mission
The St. Tammany Hospital Foundation is a 501(c)3 nonprofit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital.



Saving Lives From Afar

Partnership with Ochsner Allows STPH to Expand Telemedicine, Stroke Care

When St. Tammany Parish Hospital announced a strategic long-term regional partnership with Ochsner Health System, comprehensive neuroscience care, such as stroke care and neurosurgery, was among the top three areas for initial growth.

The treatment of a recent STPH stroke patient underscores how the institutions are using technology and clinical collaboration to enhance their already-excellent stroke programs.

The patient was resting after a successful outpatient procedure when her nurse detected a subtle change in her speech that seemed like something more than drowsiness related to surgical sedation.

That symptom culminated in a first-of-its-kind use of telemedicine equipment that allowed STPH and Ochsner clinicians to successfully collaborate on the patient's treatment.

Michael Isabelle MD of STPH's Emergency Department and a team of emergency nurses used mobile telemedicine equipment that gives them around-the-clock, remote access to Ochsner's stroke specialists.

Speed is critical in treating stroke patients, who lose thousands of irreplaceable brain cells a minute. Clot-busting medicine is highly effective in treating strokes caused by clots that block the flow of blood to the brain, but Tissue Plasminogen Activator, or tPA, can cause additional brain injury under certain circumstances.

The STPH team faced additional complexities in this patient's care. She had been in surgery less than an hour earlier, meaning potential additional risk to the use of tPA, and the team had never treated a stroke patient in the hospital's surgery recovery area.

Dr. Isabelle did not want to lose time by moving the patient to the Emergency Department.

"I needed to do there what I usually do in the emergency room," Dr. Isabelle said.

That included using telemedicine equipment to consult with an Ochsner stroke specialist. Live, two-way transmissions allow Ochsner vascular neurologists to see and hear the patient, information that is critical to determining the size and location of a brain lesion and the best way to treat it.

"It allows me to treat the patient wherever they are," said Gabriel Vidal MD, a vascular neurologist with Ochsner's TeleStroke program. "With telestroke, the specialized physicians can share their expertise remotely, allowing for the patient to be treated without delay, and, in most cases, prior to or without the need to be transferred."

TeleStroke consultations can allow patients to remain at STPH for treatment. In this more complex case, however, the patient was airlifted to Ochsner Medical Center in New Orleans, where she was treated successfully for stroke.

Brain scans and other information the STPH team sent to Ochsner allowed for faster treatment after the transfer.

"The boxes were checked by the time she got there," said Mary Krentel RN, PACU department head at STPH.

The partnership will only enhance a stroke protocol for non-emergency patients that STPH was already developing at the time of last year's unique TeleStroke consultation.

The protocol includes informing all non-emergency employees about the signs of stroke, said Lisa Sharp RN, Emergency Department nurse supervisor.

"This experience gave us insight into developing a protocol that has shaved minutes off the (treatment) process," Sharp said.

Learn More

Want to learn out more about how St. Tammany Parish Hospital's regional clinical partnership with Ochsner Health System will expand healthcare on the Northshore? Visit stph.org/ochsnerpartnership

From the Recipe Files of Chef Abry

Shrimp, Squash & Cheese Strata

Abry Crosby, Food Services manager and Chef at St. Tammany Parish Hospital, is always looking for ways to make eating healthier. Here's the latest recipe to enjoy during breakfast!

Ingredients

1 ½ tablespoon vegetable oil
1 cup yellow onion, diced
1 cup squash and zucchini, diced
2 tablespoon fresh garlic
¾ cup red bell pepper
3 tablespoon parsley, dry
¼ teaspoon oregano, dry
½ teaspoon thyme, dry
½ tablespoon no-salt Cajun seasoning
1 ¾ cup shrimp, raw and peeled
1 cup cholesterol-free eggs
1 cup eggs
1 ⅔ cup skim milk
⅔ cup reduced fat mozzarella cheese, shredded
½ cup low fat, low sodium cheddar cheese, shredded
2 low sodium dinner rolls or 3 pieces sliced low sodium bread, cut into small pieces

Method

Preheat oven to 350° and spray a 13x9 baking dish.
In a skillet, sauté onion in oil until lightly brown. Add squash and garlic, and cook until squash begins to soften. Remove from heat and stir in bell pepper, herbs, seasoning and shrimp.

Beat both types of eggs together in a bowl. Beat milk into eggs. Stir in into shrimp and squash mixture. Stir cheese and bread into squash mixture. Then pour into sprayed pan.

Bake uncovered at 350° for 30 minutes. Turn and finish for 15 more minutes. Cook to 165°. Serve.

**You may freeze the strata before baking.*

Nutrition Facts

Serving Size 1 each (171g)
Servings Per Container 1

Amount Per Serving	
Calories 140	Calories from Fat 60
	% Daily Value*
Total Fat 6g	10%
Saturated Fat 2g	10%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 3g	
Cholesterol 160mg	53%
Sodium 200mg	8%
Potassium 270mg	8%
Total Carbohydrate 7g	2%
Dietary Fiber less than 1g	3%
Sugars 4g	
Protein 15g	

Vitamin A 15%	•	Vitamin C 30%	
Calcium 15%	•	Iron 6%	
Thiamin 8%	•	Riboflavin 20%	
Niacin 2%	•	Vitamin B6 8%	
Folacin 4%	•	Vitamin B12 8%	
Phosphorus 15%	•	Zinc 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

HEROES

FOR YOUNG HEARTS

Living4Burke Screenings a Lifesaver for Young Athletes

Jennifer Arceneaux didn't have a reason to worry about her son's heart. Taylor, 12, played for the Walker Renegades football team in Walker and liked to ride dirt bikes on the weekends, never showing trouble during sports physicals.

But Arceneaux knew the story of Burke Cobb, the 14-year-old from nearby Dutchtown who collapsed and died in 2012 after football practice. Only after his death did his family learn he had hypertrophic cardiomyopathy (HMC), a thickening of the heart muscle that is the leading cause of sudden cardiac death among young athletes.

That's why in April 2014 Arceneaux took Taylor to St. Tammany Parish Hospital, the only hospital in Louisiana to offer low-cost heart screenings for young athletes as part of the Living4Burke program in honor of Burke.

"This supports our growing focus on the pediatric population," said Melonie Lagalante, director of STPH outpatient services. "We were glad to offer this to the community."

The Living4Burke Foundation focuses on educating parents about the risk of sudden cardiac arrest in youth and encouraging them to have their children's heart screened before participating in sports. Founded by Cobb's family after his death, the not-for-profit foundation has screened about 1,700 athletes ages 12 to 22 at schools and community events throughout Louisiana, including about 300 children during a single day of a recent Mandeville soccer tournament.

Standard sports physicals do not include screenings such as EKGs, said Kristen Simpson, Living4Burke founder and Cobb's aunt. About 4.5 percent of Living4Burke's mobile screenings to date have turned up an abnormality of the heart, although many involve conditions that do not require surgery or other medical intervention.

"As a parent, you want to know that your child's heart is healthy, but really the only way you can know that for sure is to have their heart screened," Simpson said.

That message resonated with Arceneaux. But the screening performed at STPH provided her with more than peace of mind. Days after Taylor's tests, she learned he had a quarter-sized hole in his heart. Left untreated, this abnormal opening in the wall between the two upper chambers of the heart could have led to serious heart problems, including an enlarged heart, she said.

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Late last year, Taylor underwent a procedure at Ochsner Medical Center in New Orleans to close the opening in his heart. A device specifically designed to close this defect was placed by Ochsner physician Victor Sam Lucas MD, and tissue will grow over it to close the defect. The device then becomes part of the wall of the heart, Arceneaux said.

"He can play football again next season," she said.

Improving public understanding of the signs of sudden cardiac arrest, including unexplained fainting and knowing what to do in a cardiac emergency, is another important goal for Living4Burke.

In 2014 the organization helped to pass into law House Bill 542, also known as the Burke Cobb Act, which requires high schools to provide CPR training as a requirement to graduate. Starting in 2015, students also must receive hands-on instruction in the use of automated external defibrillators.

"This means the state of Louisiana will now graduate 35,000 life savers each year," Simpson said. "We want people to understand not only the risks of sudden cardiac arrest in youths, but also what they can do to save a life."

SCHEDULE A SCREENING TODAY

Heart screenings for young athletes are available throughout the year at St. Tammany Parish Hospital's Paul D. Cordes Outpatient Pavilion, 16300 Highway 1085, Covington.

The screening costs $150 and includes an echocardiogram, an electrocardiogram and blood-pressure reading.

Hamid Salam MD with Covington Cardiovascular Care at St. Tammany Parish Hospital interprets the results, and parents are notified of the findings.

Appointments are available by calling the St. Tammany Parish Hospital Pre-Access Center at 985-871-5665 and asking for the Living4Burke screening.

Final Phases of Expansion Underway

3 North Unit Opening Soon

Spring brings two noteworthy developments for St. Tammany Parish Hospital's $21 million expansion project: The April opening of 21 new private patient rooms and visible work on the final phases of the multi-year construction project.

The all-private patient rooms in the hospital's 3 North medical/surgery unit incorporate elements of the St. Tammany Hospital Foundation's Healing Arts Initiative, which promotes art as a component of the healing process.

> The new unit uses color and light to offer a soothing diversion for patients …an amber-toned nightlight setting allows STPH clinicians to examine patients during the night without disturbing them with harsh lights.

The new unit uses color and light to offer a soothing diversion for patients, while light fixtures glow at their edges with slowly changing colors. An amber-toned nightlight setting allows STPH clinicians to examine patients during the night without disturbing them with harsh lights.

Other elements of the wood-accented rooms in 3 North are similarly designed to reduce noise and help patients rest. They include rubber-based flooring to muffle sounds and multiuse "touchdown" areas so healthcare providers can discuss plans for care away from patient rooms.

"Patients come here to rest, and the 'touchdown' spaces contribute to a quiet, restful setting," said STPH Chief Nursing Officer Kerry Milton BSN RN MSHA.

Recent progress on the hospital's Emergency Department signals the start of the home stretch for the two-and-a-half-year project that will add 8,600 square feet and create new, specialized treatment areas for pediatric, geriatric and mental-health emergencies and trauma care.

Targeted for completion in 2016, this largest and last phase of the Emergency Department expansion is comprised of three elements:

- A permanent walk-up entrance to replace the temporary entrance
- New waiting areas for pediatric and general emergency patients
- New areas to handle pediatric emergencies

"This is one large phase, and we will work on all three elements simultaneously," said Randy Willett, project manager.

Through it all, the Emergency Department's focus has remained on providing quality patient care, and patient satisfaction reports reflect that. Those scores have remained in the 90th percentile nationwide throughout the construction period at the hospital and along Tyler Street, Milton said, and the number of emergency patients has grown during that time.

"Keeping our focus on the quality of care has allowed us to see rising (patient) satisfaction scores, even as we're expanding the Emergency Department," she said.

Focused on Excellence

STPH Expands Specialty Care Network *by Adding Northlake Surgical Associates*

As part of its mission to provide world-class healthcare close to home, St. Tammany Parish Hospital has welcomed Northlake Surgical Associates to its network of specialty care to expand its surgical services available to patients.

The addition of the well-established Covington surgical clinic gives patients access to experienced, board-certified Northshore surgeons with expertise in a range of surgical procedures, including laparoscopic treatments.

Northlake Surgical's focus includes gallbladder resection, hernia repair, acid reflux therapy and surgeries of the breast, colon, small intestine and stomach.

Bariatric or weight-loss surgery to improve the health of severely overweight or obese patients is another area of specialization for the practice comprised of Michael Carpenter MD, Irene Caillouet MD, Mark Dominguez MD, Ludwig Heintz MD, Mark Jones MD and John Verhulst MD.

The team of surgeons uses minimally invasive techniques whenever possible to provide maximum comfort and speed of recovery for patients.

"Our team provides a wide range of surgical procedures," Caillouet said. "We have a breadth of expertise, and the fact that we're now part of the hospital network means we bring that expertise to every element of patient care."

Temporary Relocation

Northlake Surgical Associates at St. Tammany Parish Hospital has temporarily relocated its practice to the Frederick Medical Office Complex, 1203 S. Tyler St., Suite 210, to renovate and improve its permanent home at 606 W. 11th St.
Their phone number remains the same at 985-892-3766.

The addition of Northlake Surgical is in step with STPH's ongoing effort to expand patient access to medical experts in high-demand areas by integrating specialty clinics into its network. STPH also added cardiology and orthopedic care to its network in the past two years with the addition of Covington Cardiovascular Care and the Bone and Joint Clinic, respectively.

As with those partnerships, adding Northlake Surgical Associates to the STPH specialty care network means more opportunity for physicians, nurses and other caregivers to work more closely to better serve patients, said STPH Chief Nursing Officer Kerry Milton BSN RN MSHA.

"This puts everybody on the same team by directly engaging each member of the medical team in our matrix of best practices to improve patient care," Milton said. "When you are on the same medical team, it naturally means more opportunity for communication and collaboration."

That collaboration includes having Northlake Surgical Associates transition to 100 percent of patient medical records being electronic.

"For everyone to have access to the same data all along the spectrum of care solidifies the quality of the comprehensive surgical care we offer," said Dionne Williams, director of the St. Tammany Physicians Network. "It improves patient care."

Plan Ahead!

The St. Tammany Hospital Foundation is able to provide much of its support thanks to the success of several events throughout the year. We hope to see you at one this year!

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

GiveNOLA Day
May 5

Donor Recognition Celebration
May 21

WE Care Employee Campaign
July 13-August 21

Heart/Night of Fashion
September 17

Monster Mash
October 17

#GivingTuesday
December 1

Angels of Light
December 10

ST. TAMMANY HOSPITAL FOUNDATION

Standing Behind Their Work

Giving to the Hospital Foundation is Personal for Employees

Providing world-class healthcare close to home is more than just a motto for St. Tammany Parish Hospital employees, many of whom have deep roots and connections on the Northshore.

That's why many decide to support the health system they work for by donating to the St. Tammany Hospital Foundation's annual employee campaign, which is on track to hit the $1 million mark when the 2015 campaign kicks off in July.

Susan Bond, an accounting clerk in the hospital's Finance department, first decided to give upon hearing a presentation and personal story from a co-worker who was serving as an employee campaign chairman.

"His wife was battling breast cancer and one of the goals for that year's campaign was to raise money for a breast imaging machine for the breast center," Bond said. "His story really reached me, and I realized I wanted to help my fellow employees and others in the process."

Bond has given since that initial donation in 2003, using her gifts to support an array of funds including the foundation's Healing Arts initiative, the Women's Pavilion, the employee walking trail and, most recently, pediatric care.

> "I know this community well and I know many of the people who have and will benefit from my contributions to the foundation's programs. Giving back to help others is just the right thing to do."
>
> -Annie Moses, Cafeteria coordinator

Knowing that her donation reaches so many people is why Annie Moses, who has been in the hospital's Food Services department as a cafeteria coordinator since 2000, contributes.

"I know this community well and I know many of the people who have and will benefit from my contributions to the foundation's programs," Moses said. "Giving back to help others is just the right thing to do."

Moses and Bond are not alone. More than 50 percent of hospital employees contribute to the WE Care Employee Campaign, which raises between $80,000 and $100,000 from nearly 800 employee donors annually.

Nicole Suhre, foundation specialist, says the generosity is humbling.

"Many of the employees who donate do so because they want to see St. Tammany Parish Hospital thrive," she said. "It's a great feeling to know you're receiving care from a hospital that has employees who believe so much in the services they provide that they're willing to reinvest in the hospital. To be able to say that together we will have given over $1 million to care for our community is amazing."

FIT FOR DUTY

STPH Ensuring Sidelined Firefighters Are Ready to Return to Action

Getting firefighters safely back to work after an injury or illness is critical to the well-being of the communities they protect.

That's why St. Tammany Parish Hospital Wellness Works, with the help of local fire districts, created a workplace wellness program exclusive on the Northshore to determine when area firefighters are ready to return to work after an extended illness or injury.

The Fit For Duty program offers evaluations that simulate the real-world challenges firefighters face on the job.

In the past, local firefighters had to drive to Harahan for such tests.

"This is an investment in the health and wellness of the community's firefighters," said Michelle Fell, manager of STPH's Outpatient Rehabilitation unit.

The program includes two main components.

The first is a medical evaluation of the sidelined firefighter by St. Tammany Physicians Network physicians with special training in firefighting health and wellness requirements.

The second element uses simulated rescue and fire-response operations to test firefighters' ability to safely complete 13 different job functions.

STPH rehabilitation therapists play a central role in the second part of Fit For Duty. After an initial assessment of strength and flexibility, therapists walk alongside firefighters as they complete the indoor and outdoor work-simulation course.

The process includes checking each firefighter's heart rate after tests that include:

- Walking 200 feet at their own pace and up and down two flights of stairs (14 steps per flight) in full firefighter personal protective equipment (PPE).
- Carrying a 26-pound fire extinguisher and 42 pounds of equipment up and down four flights of stairs, in full PPE at their own pace.
- Simulating ceiling and door breaches with specific weight requirements.
- Dragging a 175-pound dummy 100 feet while wearing 75 pounds of firefighting gear and an air mask.

"This tests the gamut of what we do both physically and medically," said Ken Salzer, chief of EMS Fire District 4 in Mandeville.

The program is designed to measure a firefighter's job-readiness regardless of the nature of an injury or illness, said Chief of Administration Clint Ory of Fire District 13 in Covington.

"It's 100 percent reflective of what we do," Ory said.

Ory and Salzer worked with STPH rehabilitation therapists for more than a year to incorporate national standards into the program that also reflects local needs. To test STPH therapists' readiness for their central role in the new evaluations, Ory asked them to lead veteran fire officials from throughout the region through the course.

"They know exactly what they are doing," Ory said of the therapists. "It's an excellent test of wellness and return-to-work readiness."

Salzer agreed that Fit For Duty is an important asset for Northshore firefighters.

"We always told them (STPH) that if they built it, we would come," Salzer said. "Well, they built it, and we did."

Experience the Evaluation

Check out an evaluation and all the details for each step on the hospital's YouTube channel at youtube.com/STPHnews.

DELIVERING ON THE PROMISE OF WORLD-CLASS HEALTHCARE CLOSE TO HOME

As healthcare reform changes medicine nationally and locally, St. Tammany Parish Hospital's Governing Board and Administration work collaboratively to ensure the system's growth delivers on the promise of world-class healthcare for west St. Tammany and surrounding areas. From strategic partnerships and continued expansion to governmental and public affairs, 2014 represented a year filled with opportunities, challenges, growth and achievement.

Quality was on the forefront of our strategic goals in 2014 while St. Tammany Parish Hospital expanded access to specialty healthcare. Its three-year, $21 million expansion continued on track to add a new 21-bed unit of private rooms and an expanded emergency department in 2016. Our hospital was nationally recognized for its quality and safety accomplishments and local understanding of its business practices for the benefit of the patients we serve.

Partnerships

Hand in hand with our community physicians, Mary Bird Perkins Cancer Center and Ochsner Health System, St. Tammany Parish Hospital secured patient access to specialty care closer to home than ever before.

2014 represented a huge leap in St. Tammany Parish Hospital's partnership with community physicians to ensure quality and safety for patients. The St. Tammany Quality Network, with leaders Dr. Mike Hill, medical director, and Jack Khashou, executive director, reached its goal: a 200-member clinically integrated network. Physician members benefit from electronic communication with each other and hospital transcription, emergency, radiology and laboratory plus outside pharmacy and laboratory providers. 2014 also saw the launch of STQN's Clinical Disease Registry to manage high-risk patients and report on key quality indicators.

The cooperative endeavor of St. Tammany Parish Hospital, Mary Bird Perkins Cancer Center and Northshore Oncology Associates achieved exciting milestones in 2014. The center was nationally recognized for exceptional patient experience, 100 percent of the center's nurses and social workers earned specialty certification in cancer care, and we added procedures and multidisciplinary teams for lung cancer. Perhaps most important, the center drastically increased the number of clinical trials and patients in the trials thanks to a NCORP grant. The center hosted 44 screening events, which meant 988 underserved residents of our area were screened. From those screenings, 224 were navigated because of abnormal findings and 12 were diagnosed with cancer. An additional 1,246 people were reached at 15 educational events where cancer information was shared. In addition, there were 20 professional education events with more than 320 physician/healthcare attendees.

> Together, we can serve as the most comprehensive, integrated health system in west St. Tammany Parish.

The hospital executed a major advancement in access to specialty care for west St. Tammany and surrounding areas by signing a joint operating agreement with Ochsner Health System in 2014. The agreement created a long-term, strategic partnership focused on increasing local access to care, improving quality and reducing the cost of healthcare for area patients.

Together, we can serve as the most comprehensive, integrated health system in west St. Tammany Parish. The partnership provides benefits for both organizations, physicians and, most importantly, patients, who have the convenience of being treated close to home at west St. Tammany's preferred hospital, while gaining better access to the depth and breadth of care for which Ochsner is nationally recognized. Our alignment, both clinically and financially, creates greater opportunity for physician recruitment and joint investments in new programs and facilities, including the expansion of patient services and resources in the region.

Expansion

As the population of west St. Tammany grows, so does the need for healthcare services. The board and administration continued its commitment to expand services and infrastructure in 2014.

The three-year, $21 million expansion of inpatient and emergency services started in 2013 made significant progress in 2014. Scheduled for completion in 2016, the project is a series of phases that enable the parish's largest acute care medical center to renovate and expand without sacrificing any emergency response, patient experience or inpatient capacity.

The addition of specialty practices in the service district included Covington Cardiovascular Care, the Bone and Joint Clinic, and Northlake Surgical Associates. Employment of these specialty physicians as part of the hospital's network expands the level of care available to patients close to home. Similarly, the hospital's managed care agreement with People's Health expands access to St. Tammany Parish Hospital and all its healthcare services for the Medicare Advantage clients of the Metairie-based health plan.

Business Leadership

In 2014'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 in its caring mission, STPH provided a combined $37 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, cardiac rehab, pulmonary rehab, diabetes and parenting skills
- Cancer resources, screenings 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 $140,000 in fundraising and sponsorship for fellow not-for-profits whose missions closely align with the hospital. Our hospital foundation plus local schools, health, wellness and community organizations measurably impact our mission.

Prudent leadership steered St. Tammany Parish Hospital to achieve admirable quality, safety and patient experience recognition in 2014, including U.S. News and World Report's Best Hospitals, American Heart Association/American Stroke Association Get with the Guidelines Stroke Gold Plus Quality Achievement Award, Louisiana Department of Health and Hospitals WellSpot and Women's Choice Awards for America's Best Hospitals in cancer, heart, obstetrics, orthopedics and overall care.

Conclusion

In the end, 2014 was yet another step forward in St. Tammany Parish Hospital's long-term strategic growth plan. The year ended with solid evidence that this community hospital delivered high-quality care from exceptional, caring healthcare providers in safe and modern environments close to home.

BEST REGIONAL HOSPITALS
U.S.News & WORLD REPORT
NEW ORLEANS, LA
NEPHROLOGY
2014-15

2014
WOMEN'S CHOICE AWARD
AMERICA'S 100 BEST HOSPITALS FOR PATIENT EXPERIENCE

LEVEL TWO
WELLSPOT LA

2014 GET WITH THE GUIDELINES GOLD PLUS
GOOD NEWS FOR OUR HOSPITAL.
EVEN BETTER NEWS FOR YOU.
St. Tammany

CELEBRATING IMPACTFUL GIFTS THAT CHANGE LIVES

St. Tammany Parish Hospital has remained at the forefront of healthcare on the Northshore for more than 60 years. Literally, generations of families have sought their medical services through STPH. For the third straight year, St. Tammany Hospital Foundation received more than $1.1 million from the Northshore community to make a meaningful impact on the care and services provided by the hospital.

More than 1,600 donors contributed to a prosperous year in 2014. Individuals, including community members, hospital employees and volunteers who gave of their time, talent and treasure, contributed 50 percent of total giving to the foundation. The remaining 50 percent came from local companies, foundations and organizations.

Four signature special events, including Heart and Night of Fashion benefiting the advancement of pediatrics; Monster Mash aiding the Parenting Center; the Get Lucky! Golf Tournament furthering the foundation; and Angels of Light supporting St. Tammany Hospital Hospice were all successful in 2014. The STHF Healing Arts Initiative committee's Super Bowls Auction and the STPH Culture Committee's Elf Auction rounded out the year's events.

Community partners joined forces with the foundation for 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, Playmakers "The Trip to Bountiful," Zephyr's Fan Appreciation Night, #GivingTuesday and the Crescent City Classic.

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

Annual support was an integral part of fundraising this year, including the traditional year-end letter, penned by chairman of the Board of Trustees Laurie McCants, and the always outstanding STPH Employee Campaign.

The partnership of Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital continued to be a conduit of funds to benefit comprehensive cancer care. The Benefits of Home Gala, as well as October's Geaux Pink events, led that effort.

Other donations came in the form of planned gifts that require more planning, negotiation and counsel than many other gifts. Charitable gift annuities are in that category and benefit the foundation while providing those donors a generous income for life.

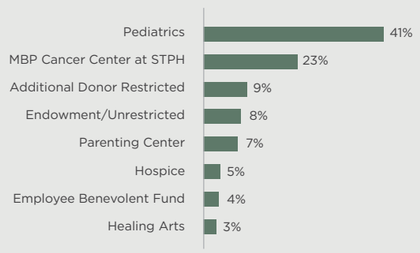
To date, the community has given more than $12 million to the foundation. These gifts offer health and hope to others. Thank you for your unwavering generosity!

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.

Sources of Funding 2014 — $1,133,800

Stewardship of Gifts 2014 — $1,133,800



STPH CALENDAR HIGHLIGHTS

As the Northshore's community health network, 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. Please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

For New Parents

New Family Center Tours

1st and 3rd Saturdays | 10 a.m. to noon
STPH New Family Center | Free
Learn about our private birthing suites, rooming in, skin-to-skin program and more. 985-898-4436

Art of Breastfeeding

Monday, May 4 and 11; July 13 and 20 | 6:30-8:30 p.m.
STPH Conference Room | Free
Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful breastfeeding experience. 985-898-4083

Prepared Childbirth

Tuesdays May 12 and 19; July 14 and 21 | 7-9 p.m.
STPH Conference Room | Free
Learn the physical and emotional changes that occur, how your baby develops throughout pregnancy, the signs and stages of labor, what to expect during childbirth and the breathing and relaxation techniques used during labor. Anesthesia options will be discussed. 985-898-4083

Baby Care Basics

Saturdays May 13 and 20; July 22 and 29 | 7-9 p.m.
STPH Conference Room | Free
Learn helpful hints and what to expect when caring for your new baby. 985-898-4083

Boot Camp for New Dads

Saturdays May 16; July 18 | 9 a.m. to noon
STPH Conference Room | $10
New dads learn from veteran dads about the realities of fatherhood, including caring for baby and mom.
ksupan@stph.org or 985-898-4435

Baby Chat for Siblings

Saturdays May 16; July 18 | 10 a.m. to noon
STPH Conference Room | Free
Siblings of newborns understand the changes that occur when mom and dad bring home a new baby. 985-898-4435

For the Kids

Play and Learn

Tuesdays May 5, 12 and 19; June 9, 16 and 30 | 9:30-10:15 a.m.
STPH Parenting Center | $15/members, $24/nonmembers
Parents and their children, 16 months to 4 years, play and learn together through music and movement, arts and crafts, and storytime.
ksupan@stph.org or 985-898-4435

Pony Rodeo

Saturday, May 16 | 9 a.m. to 1 p.m.
Covington Trailhead (N. New Hampshire Street)
Get on board for our second annual event as we gallop, jump and stomp to the story of "A Pony Rodeo." Healthy snack provided.
ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays May 7, 14 and 21; June 11, 18 and 25; July 9, 16 and 30 | 10:30-11 a.m.
STPH Parenting Center
$6/members, $12/nonmembers
Learning and support opportunity for parents and social time for babies with songs, stories and playtime.
ksupan@stph.org or 985-898-4435

Grow With Us

Tuesdays May 12; June 30 | 10:30-11 a.m.
STPH Parenting Center | Free
St. Tammany Master Gardeners Association/LSU Ag Center leads fun and educational presentations on working in the garden.
ksupan@stph.org or 985-898-4435

Babysitter Training

Tuesdays May 26 and 27; June 23 and 24; July 21 and 22
9 a.m. to 4 p.m.
STPH Parenting Center
$70/members, $80/nonmembers
Two-day program on CPR, choking rescue, injury management, safety for the sitter, babysitting as a business, child care basics.
ksupan@stph.org or 985-898-4435

For the Grown-Ups

Yoga

Every Friday | 10-11 a.m.
Paul D. Cordes Outpatient Pavilion | Free
Wendy McKee, Certified Yoga Instructor, incorporates yoga techniques appropriate for anyone going through a cancer experience regardless of physical strength or abilities. Registration and a medical release are required. 985-789-0793

Living Tobacco Free

Wednesdays May 27-July 22 | noon to 1 pm. and 5:30-6:30 p.m.
STPH Conference Room | Free
Gain the tools and resources you need to quit smoking for good. 985-898-4468

Co-Parenting Classes

Mondays May 11 and 18; June 22 and 29; July 20 and 27 | 6-8 p.m.
STPH Parenting Center
$30/members, $35/nonmembers
For divorcing parents to learn methods and communication skills that help keep children out of a divorce. Children's version available to help them as parents go through divorce.
ksupan@stph.org or 985-898-4435

Boot Camp for New Dads

Saturdays May 9; July 18 | 9 a.m. to noon
STPH Conference Room | $10/dad
Taught by veteran dads who orient rookies on the realities of fatherhood, including caring for baby and mom, and learning what comes with new fatherhood.
ksupan@stph.org or 985-898-4435

Breast Cancer Support Group

Tuesday, June 2 | 7-8 p.m.
Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital | Free
jfreudenberger@marybird.com or 985-276-6832

Grief Support Group

1st and 3rd Mondays | 7 p.m.
STPH Hospice Office
For parents who have experienced the loss of a child from infant to adult.
amarion@stph.org or 985-871-5974