



St. Tammany
PARISH HOSPITAL

Keeping Families Healthy in the New Year

Grant Funds Healthy
Living Initiatives





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 ad valorem tax funding.

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FAMILY FUN FOR A CAUSE

MONSTER MASH CELEBRATES ITS 29TH YEAR

Hundreds of Northshore families enjoyed Halloween-themed fun and games in Covington's Bogue Falaya Park during the 29th annual Monster Mash.

Presented by Metairie Bank Northshore, the October 21st event raised more than \$74,000 to support the STPH Parenting Center with help from vendors, donors and volunteers.

Featuring live music, hands-on activities and food, Monster Mash is the only fundraiser for the STPH Parenting Center, which promotes healthy families and child well-being through its free and low-cost community programs.

Monster Mash in 2018 will mark its 30th year as a favorite fall tradition among Northshore families in 2018.

Learn More

Learn more about the Parenting Center and see a full calendars of programs and classes at stph.org/parentingcenter.



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www.stfoundation.org

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.

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Capital One Grant Expands Healthy-Living Initiatives

A grant from Capital One's Investing For Good program will support expansion of three healthy-living initiatives developed by the STPH Community Wellness Center and STPH Parenting Center to prevent and reduce chronic disease among Northshore children and adults.

The initiatives funded by the grant are elements of the Community Wellness Center's Seed to Stove program. The goal of Seed to Stove is improving health and quality of life on the Northshore through better access to nutritious food options.

“We want children and adults to better understand the importance of nutritious food to health.”

— Lori Cage, STPH Parenting Center director

“This is about helping our community become healthier,” said Sandy Matthews, Community Wellness Center director. Added Lori Cage, director of the Parenting Center, “We want children and adults to better understand the importance of nutritious food to health.”

The Capital One grant will sustain and expand the reach of Seed to Stove in 2018 by:

- Increasing the number of planting beds in the center's teaching garden plot to permit more participation in community workshops where participants learn to grow, harvest and prepare fresh vegetables;
- Bringing hands-on understanding of food preparation and healthy-eating habits by piloting the nine-week Cooking-up Healthy Options and Portions (CHOP) program in a local public middle school;
- Supporting collaboration with the American Diabetes Association to bring healthy-eating events, nutritious lunch options and other activities to local schools through the “5-2-1-0 Let's Geaux” program to prevent obesity, promote good nutrition and encourage healthy-living habits among children.

“Capital One is a longstanding and valued donor to the foundation,” said Nicole Suhre, executive director of St. Tammany Hospital Foundation. “This grant is just another example of the bank's significant investment in our community.”

Losing Weight for a Healthier Retirement

Al Gerena's plans for his upcoming retirement include boating, golfing and enjoying a new home under construction in Fort Myers, Fla.

The 59-year-old former Army pilot will make the transition to a life focused on leisure without the more than 60 pounds he gained during the past five years.

“I want to enjoy my retirement, and I need to lose weight to be able to do that,” Gerena said.

Working with St. Tammany Parish Hospital clinical dietitian Rachel Posner MS RD LDN, Gerena lost 51 pounds and 26 inches in just 15 weeks. During that time, his BMI, a measure of body fat, fell from 40.1 to 33.2 and his percentage of body fat dipped from 39 percent to 32 percent, Posner noted.

Gerena's blood pressure has also improved, and he is optimistic he will soon no longer need medication to control it.

“He is really motivated to improve his health,” Posner said.

Gerena isn't done losing weight. He plans to lose another 20 pounds or more before his milestone 60th birthday in a few weeks.

“I want to be healthy for myself,” he said. “I am not doing this for anybody but me.”

The benefits of weight loss aren't confined to individuals like Gerena who shed 50 pounds or more. Obesity-related threats such as elevated risk for heart attack, hypertension and joint pain improve with even modest weight loss of five to 10 percent, research shows.

Along with getting active, Gerena lost weight by following the Ideal

“The best part of this is feeling better.”

— Al Gerena, patient.

Protein regimen. The low-carbohydrate, low-fat diet involves putting the body into a state of fat-burning “ketosis” by strictly limiting carbohydrates the body uses for fuel, Posner explained.

The four-phase plan combines Ideal Protein-prepared items like breakfast foods, supplements

and snacks with meals of meats and vegetables prepared according to specific nutritional and portion guidelines. Gerena purchased Ideal Protein items through Northlake Surgical Associates of STPH.

Later phases of the diet focus on stabilizing weight and gradually increasing daily intake of calories and carbohydrates. The final phase comprises a year of weekly and monthly coaching sessions with a dietician to discuss weight-loss maintenance strategies, including healthy food preparation tips and ways to cope with food-focused holidays.

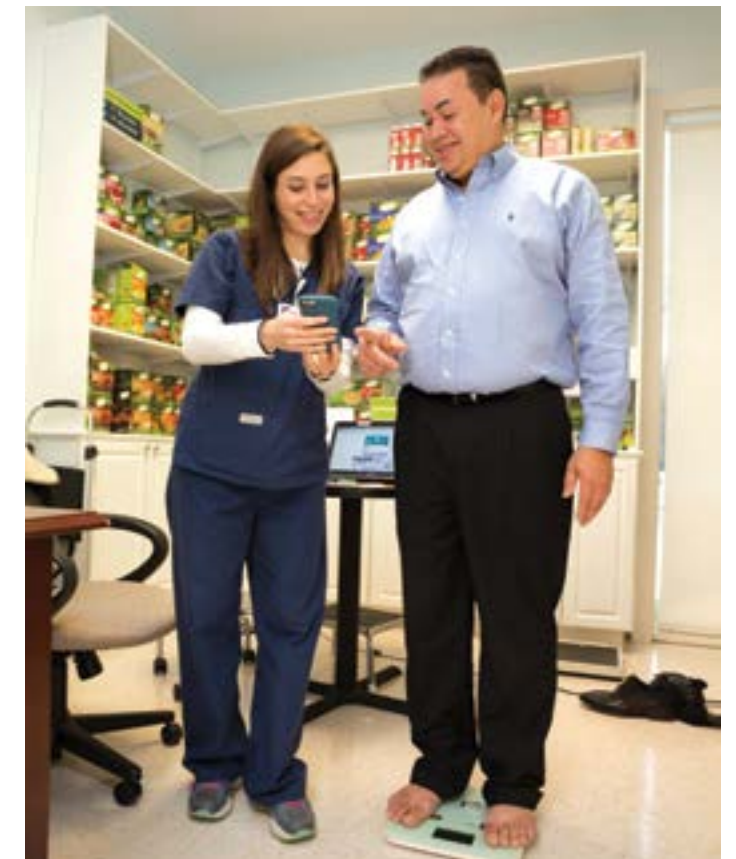
Gerena said sticking to the plan wasn't difficult because he didn't feel hungry. Relying on prepared Ideal Protein items for many meals also made compliance easier, he said.

“I like to be structured, and this gave me something to follow,” he said.

But Gerena's motivation was crucial to his success, Posner noted. “It's up to you to change your life,” she said. “This is really about lifestyle changes.”

Gerena is making those lifestyle changes—and enjoying them. These days, he is walking, running and wearing clothes he had moved to the back of his closet after putting on weight.

“The best part of this is feeling better,” said Gerena.





“It’s a really family-oriented atmosphere, so it’s a natural progression to have the next generation come on board.”

- Janet Kennedy, a 27-year veteran of the hospital’s nursing staff

Family Ties

A Family-focused Culture Brings New Generations to Work

A community- and family-focused culture at St. Tammany Parish Hospital has thrived as it has gained medical technology and expertise to deliver world-class healthcare close to home.

That culture makes STPH the workplace of choice for families with multiple members—and sometimes more than one generation—on a hospital staff of 2,400.

“Family is the norm around here,” said staff pharmacist Andrea Barfield, a second-generation STPH employee.

Barfield is the daughter of Janet Kennedy, a 27-year veteran of the hospital’s nursing staff. Mother and daughter meet for lunch at least once a week and enjoy giving each other a wave when they pass each other in the hallways.

For Kennedy, having a daughter nearby at the hospital is a déjà vu of sorts: years ago, another of her three daughters, Amy Boehm, worked as a technician in the labor and delivery department where Kennedy was a nurse manager.

“It’s a really family-oriented atmosphere, so it’s a natural progression to have the next generation come on board,” said Kennedy.

Family connections abound at STPH. Mother and daughter Barbara and Blanche Jenkins both work in food services. Barbara’s cousin, Jennifer Blucas, works in the pharmacy. Another cousin, Rebecca LeBlanc, works in surgery.

Jena and Karson Sharp, mother and son, work in the hospital’s employee health and environmental services departments, respectively.

Raye Ann Story of corporate compliance has a daughter-in-law, Hailey Story, working at St. Tammany Cancer Center.

Heather Flynn is a neonatal nurse. Her mother, Connie Beaujeaux, and sister-in-law, Chrystal Beaujeaux, work together in the STPH Emergency Department.

“As big as the hospital has grown, there are lots of families, and it’s warm and close-knit,” said Barfield, who notes that STPH staff members are often also connected to patients who are neighbors and relatives.

“You really feel like you are taking care of people who are connected to you,” she said.

Lee Anna Ruberts’ connections to STPH could hardly be closer. She was born at the hospital, a few days after its official opening Dec. 1, 1954. The STPH payroll manager went to work at the hospital in 1993.

Deep connections to STPH run in the Ruberts’ family. Both of Lee Anna’s sisters work at the hospital. The sisters also live within sight of each other’s homes on family property in Folsom. Helen Ruberts is a charge nurse in ambulatory care who has worked at STPH since 1979. The youngest, Sandy, also born at the hospital, has worked in medical records for 23 years.

Nieces and nephews have been born at the hospital, and Helen Ruberts’ son-in-law, Daniel Ellis, works in building services.

Lee Anna Ruberts said she isn’t surprised that multiple family members find a home away from home at work, as she has.

“There is a lot of longevity among employees,” she said. “It’s a big

employer, but it’s also one of the best places to work.”

Critical-care unit charge nurse Richard Satter began working at STPH two months after Hurricane Katrina swamped the Chalmette hospital where he had worked for years.

Since 2007, his wife, Lisa, has worked as a procurement specialist for the hospital. His sister, Leslie Kelt, a microbiologist and head of infection prevention, has worked at STPH since 2007.

Satter attributed the many families on the staff to a reputation for good people.

“It’s a good place to work with good people, and I think that gets around because families talk to each other,” he said.

Satter said he enjoys having family members close by, and added that there is a practical upside to the arrangement. Not long ago, his car battery died while he was at work, so he borrowed his wife’s car to drive home before returning later to get her.

“It’s nice, but it’s also handy,” he said.



Honoring Those Who Heal

National Doctors' Day is March 30

St. Tammany Parish Hospital will honor the healing work of its physicians during National Doctors' Day on March 30.

St. Tammany Hospital Foundation encourages STPH patients, their families and other members of the Northshore community to celebrate a favorite physician with a donation to the foundation in his or her name. The physician will receive a personal acknowledgment of the gift.

National Doctors' Day donations can be made by contacting Emily Vairin, foundation assistant, at 985-898-4110 or online at sthfoundation.org/DoctorsDay.

Gurney Games 2018 Means *Fast-paced Fun*

Colorful teams of costumed racers will compete for the fastest time and other recognition during St. Tammany Hospital Foundation's Gurney Games, scheduled this spring.

A longtime favorite with St. Tammany Parish Hospital employees and race watchers, Gurney Games features teams navigating decorated hospital gurneys through a challenging obstacle course.

Awards will go to teams for the fastest time, most creatively decorated gurney and fan favorite.

Open to the public, the event begins at the Covington Trailhead with a parade of gurneys.

Efforts to "bribe" race judges and win over the crowd are encouraged during this STH Foundation fundraiser that will also feature food, children's activities and music.

Learn More

For additional information visit Sthfoundation.org/gurneygames, or contact Melanie Rudolph at 985-898-4141 or mrudolph@stph.org.



ANGELS OF LIGHT 2017

A Northshore Tradition Benefits Hospice

Lights, music and shared celebration of cherished loved ones illuminated the lobby of St. Tammany Parish Hospital for the annual Angels of Light.

The December 7 fundraiser for St. Tammany Hospital Hospice included performances by STPH employee vocalists and harpist Judy Seghers.

As in past years, the highlight of the 2017 event was the lighting of the Tree for Life decorated with Tribute Angels honoring loved ones both living and deceased.

The 2017 Tree for Life was dedicated in memory of Ellarose Carden by her family. She was a vibrant world traveler, philanthropist,

Ellarose Carden was a vibrant world traveler, philanthropist, art lover and longtime hospice supporter.

art lover and longtime hospice supporter. The Bogalusa-born Carden was a past recipient of the Blue Dove Award in recognition of more than 20 years as a hospice volunteer.

Tribute Angels for this year's event were sponsored by the Dunavant family. Susan and Kenneth Latham and family sponsored the beautiful Luminaria Walkway.

St. Tammany Hospital Hospice provides palliative and supportive care to terminally ill patients and their families in the home through an interdisciplinary team that addresses physical, psychological, social and spiritual needs.

Care Across the Continuum

Hospital Medicine, Palliative Care and Hospice Play Distinct Roles



Hospital medicine, palliative care and hospice play distinct roles in the continuum of care through St. Tammany Parish Hospital. The continuum of care refers to the spectrum of healthcare services it provides to patients over time, both on and off its main campus.

Hospital medicine is a medical specialty focused on the care of patients while they are in the hospital.

Hospitalists guide and oversee the comprehensive care of hospitalized patients, a role that involves continuous communication with each member of the patient's healthcare team, including other physicians.

Hospitalists coordinate care from the time of admission until discharge, when patients return home or transition to another facility for additional care or treatment.

"Making sure that hand-off goes smoothly is a critically important part of the hospitalist's work," said Patrick Torcson MD, chief hospitalist, vice president and chief integration officer for STPH. "We put a lot of focus on that."

Palliative care provides relief to patients with serious illnesses or chronic conditions through symptom management that improves quality of life.

Palliation, or the easing of symptoms, takes many forms. Pain relief is one element of palliative care, which can also mean helping patients with breathing difficulties, guiding them through a complex treatment process or helping them communicate their care preferences to family members.

It is important to understand that palliative care is not end-of-life

"We have patients from 26 to 102 years old. Palliative care can be provided at any stage of diagnosis, but the earlier we start working with a patient, the more relief we can provide."

— Shirley Timmons, a nurse practitioner

care and that palliative care providers often work closely with physicians to provide relief from symptoms.

"We care for people with serious illnesses who may live for years," said Shirley Timmons, a nurse practitioner on the STPH palliative care team. "We have patients from 26 to 102 years old. Palliative care can be provided at any stage of diagnosis, but the earlier we

start working with a patient, the more relief we can provide."

Timmons stressed that pain relief is just one aspect of palliative care.

"We can help with all kinds of stressors," she said.

Palliative care is a growing focus at STPH, which throughout the past two years has developed inpatient and outpatient palliative-care initiatives. In fall 2017, the hospital moved the palliative care clinic to South Polk Street in Covington to provide patients convenient access.

Palliative care requires a physician referral. Timmons encourages patients who think they might benefit from it to ask their doctor.

Hospice care, specific to end of life, is often confused with the broader concept of palliative care.

While both share a focus on providing relief and comfort to patients, hospice patients typically have a life expectancy of six months or less, explained Paula Toups, administrator for home health, hospice and palliative care at STPH.

St. Tammany Hospital Hospice cares for patients in their homes while they are under the care of their physician.

"In hospice, we do palliative care, but palliative care is more comprehensive than hospice," Toups said.



Understanding Urgent and Emergency Care Options

It's easy to think "Call 911" for heart attack, stroke or serious fall, burn or broken bone to get immediate help and transport to the nearest emergency department.

Some accidents and incidents don't feel like an emergency, but they can't wait for the next available appointment in the doctor's office either.

Here is a guide to accessing care where and when you need it:

PRIMARY CARE

Your established primary doctor or nurse practitioner is the best place to start when you're sick or hurt. They know your history including chronic conditions, prescriptions and past illnesses.

St. Tammany Physicians Network offices have evening and weekend hours to accommodate busy schedules and convenient locations in Covington, Mandeville and Folsom, plus pediatrics in Madisonville.

You probably already have insurance and payment preferences on file, so this may be the least expensive, easiest answer. But if your primary care provider is closed, you may need urgent or emergency care.

URGENT CARE

Urgent care is staffed and equipped for diagnosis, testing and treatment. If your primary care office isn't available and your need is not an emergency, urgent care is a reliable resource when you're sick or hurt.

Through the STPH-Ochsner partnership, we offer urgent care after hours, including evenings and weekends in Mandeville and Covington.

Urgent care is usually more expensive than primary care but less expensive than an emergency room, and it is very convenient.

EMERGENCY CARE

If you are experiencing life-threatening symptoms or conditions, the emergency department is best. It is open 24 hours, seven days a week, every day of the year, even holidays. They have the widest range of services for emergency after-hours care, including heart attack and stroke care, diagnostic testing and access to specialists. That specialized care also makes it the most expensive type of care. And if what you are experiencing isn't life-threatening, you are likely to wait to be seen.

St. Tammany Parish Hospital offers two emergency departments in the service district. One is part of the main hospital facility at 1202 S. Tyler St., Covington, and the other is offsite at 2929 Hwy. 190, Mandeville.

Both of these facilities are staffed and equipped to handle even the most alarming emergency needs. This means you should only seek care in these types of facilities when you are experiencing severe symptoms or a life-threatening emergency. Having these types of resources at-the-ready in both locations saves lives and improves healthcare in our service district, but it also means care in these facilities is the most expensive means of seeking healthcare.

Talk to your primary care provider about the types of care in your area and which is right for you under particular circumstances.

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, and 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.-noon

STPH New Family Center | Free

Learn about our private birthing suites, rooming in, skin-to-skin program and more. 985-898-4436

Prepared Childbirth

Tuesdays, February 20 & 27

6-8 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

Tuesdays, Feb. 12 & March 12

6-8 p.m.

STPH Conference Room | Free

Learn helpful hints and what to expect when caring for your new baby. 985-898-4083

Art of Breastfeeding

Monday, March 7

6:30-8:30 p.m.

STPH Parenting Center | 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

New Baby Support Group

Every Thursday

11:15 a.m.-noon

STPH Parenting Center | Free

Join other mothers and their little ones to discuss child development and parenting tips with professionals as well as other parents. ksupan@stph.org or 985-898-4435

For the Kids

Play and Learn

Tuesdays, Feb. 6, 20 & 17

9:30-10:15 a.m.

STPH Parenting Center

\$15/members, \$24/nonmembers
ksupan@stph.org or 985-898-4435

Ballet

Wednesdays, Feb. 7, 21 & 28

2:15-3 p.m.

STPH Parenting Center

\$21/members, \$30/nonmembers
ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays, Feb. 8, 15 & 22

10:30-11 a.m.

STPH Parenting Center

\$6/members, \$12/nonmembers
ksupan@stph.org or 985-898-4435

Toddling Time

Wednesdays, Feb. 7, 21 & 28

9:30-10:15 a.m.

STPH Parenting Center

\$15/members, \$24/nonmembers
ksupan@stph.org or 985-898-4435

CHOP - Cooking Healthy Options and Portions

(Children ages to 12 to 16)

Mondays, March 5 - 26

4-5:30 p.m.

\$60/person

meschete@stph.org or 985-898-4435

For the Grown-Ups

Sister Survivors Support Group

1st Tuesday of each month | 7 p.m.

St. Tammany Cancer Center | Free

Support group open to any female cancer survivor, whether currently receiving treatment or has completed treatment for any cancer diagnosis. jfreudenberger@marybird.com or 985-276-6832

Bereavement Support Group

1st Wednesday of each month | 3 p.m.

STPH Madisonville Conference Room

For adults who have suffered loss. dvanek@stph.org

1 in 4 St. Tammany

2nd Tuesday of each month | 6 p.m.

STPH Women's Pavilion Conference Room

Supports mothers, fathers and their families that have experienced a pregnancy or infant loss. dvanek@stph.org

Living Tobacco Free

Paul D. Cordes Outpatient Pavilion

Louisiana residents who smoked their first cigarette before 1988 and are ready to quit smoking are eligible for free tobacco cessation counseling, one-on-one and group counseling with certified tobacco treatment specialists available. 985-898-4468

Gurney Games

March 2018 | Downtown Covington

sthfoundation.org/gurneygames
or 985-898-4141

Get Lucky! Golf Tournament

Thursday, April 19

Money Hill Golf and Country Club

For more information visit

sthfoundation.org/golf or call 985-898-4141

