

STPH PARENTING CENTER
INTRODUCES HEALTHY CHOICES

STPH HELPS LOCAL CPA TRIUMPH
OVER CARDIAC COMPLICATIONS

Heart to Heart

Health News and Information from Our Heart to Yours



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 patient and outpatient care, all of which help to ensure continued good health.

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NATIONAL GREEN STAR AWARDED TO STPH GROUNDS DEPARTMENT

THE STPH GROUNDS CREW LABORS tirelessly to beautify the hospital grounds and has recently been thrust into the national landscaping spotlight. For the first time in St. Tammany Parish Hospital history, the grounds department entered the national Grounds Management Green Star Award competition—and won it. The crew includes Grounds Supervisor Robin Percle and Grounds Technicians Vicky Clelland, Robert Garrett, Dennis Holden and Clell Shaw.

“This award makes us feel like we are really accomplishing something. I’m very proud of my crew and know that I could never do all of the work here without their dedication,” said Percle.

Percle and her five-person crew maintain the hospital grounds and all offsite STPH locations. And not only does the crew maintain the beauty of the grounds, they assure the grounds are maintained in a condition that is safe for visitors and staff.

“Robin and the entire grounds crew have contributed to the consistently high



Sweeping gardens throughout the hospital grounds keep the crew including Vicky Clelland, left, busy.

aesthetic value of the surroundings of our hospital, making it a pleasurable place to work and visit. We are very proud of their accomplishment,” Sharon Toups, Chief Operating Officer, said. “They do a great job and deserve it.”

The annual PGMA Program brings national recognition to grounds maintained with a high degree of excellence.

TOBACCO-FREE: A GOOD HEALTH DECISION

ST. TAMMANY PARISH HOSPITAL IS A mission-driven community hospital. The staff and leadership are united in the mission to serve the healthcare needs of our community.

As such, the board and executive leadership have set a date to stop accommodating the detrimental health habit of smoking.

To help all employees, physicians, patients and visitors with the transition, the hospital established a task force to execute a six-month campaign of smoking cessation assistance, education and communication to prepare everyone for the change.

On the 2007 Great American Smokeout, November 15, St. Tammany Parish Hospital announced its official campaign to become a tobacco-free organization, at

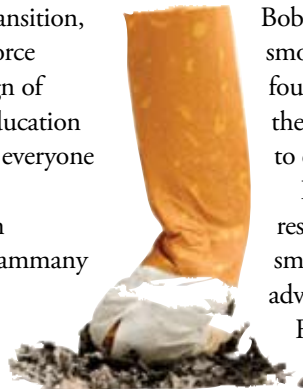
all locations, inside and outside.

The campaign will end with Kick Butts Day, April 2, 2008, on which St. Tammany Parish Hospital and all its locations will go tobacco-free.

“The physician staff is championing the tobacco-free initiative because they care deeply about the health and wellbeing of our patients, families and employees,” Chief Medical Officer Bob Capitelli MD said. “We know that smoking is harmful, and as an organization founded and dedicated to the good health of the people of St. Tammany Parish, we want to eliminate smoking from our campuses.”

Recognizing the deep addiction that can result from smoking, the hospital is offering smoking cessation opportunities, assistance, advice and support to all interested parties.

For more information, please call 898-4581.



CWC CELEBRATES 10 YEARS OF SERVING WOMEN, INFANTS & CHILDREN

ST. TAMMANY PARISH HOSPITAL'S Community Wellness Center (CWC) serves the community through a variety of health and wellness programs and offerings. The CWC's relationship with the federal Women, Infant and Children (WIC) Program passed the 10-year mark this fall. The program serves to safeguard the health of pregnant and postpartum women, infants, & children up to age 5 who may be at nutritional risk by providing nutritious foods to supplement diets, education on healthy eating, and referrals to local community resources.

St. Tammany Parish Hospital first began the delivery of WIC services to the local community in 1997 when the state began consolidating health units, moving all services to Slidell. "The hospital chose to assist the state in maintaining the WIC program in western St. Tammany as part of its mission to serve the community," said Kathy Hill, STPH head of food services. "In our first two weeks of beginning the program, 550 vouchers were issued. It was a great program then and an even better program today." Currently, almost 2,100 vouchers are issued with more than 1,000 visits each month.

The goal of the program is to decrease the risk of poor birth outcomes and improve the health of young, growing families. WIC is a national program funded by the U.S. Department of Agriculture and provides nutrition education, a brief medical screening,

supplemental nutritious foods, and pre- and post-natal education.

"But our WIC program is so much more than nutritional supplements," Judy Wischkaemper, RN, CWC director, said. "Our nurses strongly emphasize personalized education ranging from breastfeeding to smoking cessation. For instance, our WIC site has the highest breast feeding participation in

the Florida Parishes because of the dedication of our nurses."

Unless there are special nutritional needs, participants visit only four times a year to receive vouchers, she said. "Often people think of WIC as a program you sign up for to receive free formula after a baby is born. But that is not the case. Expectant mothers should get in the program before delivery to ensure proper education and understand the resources available to them."

The CWC is located at 1505 N. Florida Avenue, thanks to a partnership between STPH and St. Tammany Parish. Additional community health services such as

immunizations and Medicaid applications are also available at CWC.

For more information, contact the CWC at 871-6030.

(above) Joice and Nathan Holden meet with CWC Clinical Supervisor Robin Birdsong RN about WIC and other health resources.



10 YEARS

WIC: FREE FOOD PROGRAM FOR PREGNANT AND POST-PARTUM WOMEN, THEIR INFANTS AND CHILDREN

- Encourages patients to access preventive health care
- Provides supplemental food and nutrition education
- Offers breastfeeding classes through the hospital and CWC
- Loans breast pumps to WIC participants in need
- Provides vouchers for nutritional groceries
- Has generous allowable income level for participants



ST. TAMMANY HOSPITAL
FOUNDATION

(985) 898-4174
fax (985) 871-5744
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. Through the development of philanthropic support, the foundation seeks to fortify our promise to provide world-class healthcare close to home, now and for generations to come.

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Please write to us at
St. Tammany Hospital Foundation
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Covington LA 70433
if you wish to have your name removed from the list to receive fundraising requests supporting the St. Tammany Hospital Foundation.

HEALTHY CHOICES START YOUNG

CHILDHOOD OBESITY IS ON THE RISE NATIONALLY, and our own Northshore is no exception. Recognizing that proactive steps are necessary to reverse this alarming trend, the St. Tammany Parish Hospital Parenting Center is launching an initiative to start off our youth toward healthy lifestyles through improved eating and active habits.

The Parenting Center is first in Louisiana with Animal Trackers and Healthy Hops. These national programs are built on evidenced-based research and supported by the National Institutes of Health. More than that, they work because children learn in interactive classes that demonstrate how exercising and eating healthy can be fun.

Purchase of these programs was made possible through The Parenting Center's annual fundraiser Monster Mash.

Together, healthy diet and physical activity help prevent obesity and chronic disease including diabetes, hypertension, cancer and heart disease. Learning these lessons early has long-term impact on young people's health and well-being throughout their lifetime.

"In our current environment, parents often have less time to plan nutritious meals, and children have more sedentary pursuits," Lori Cage, STPH Parenting Center director, said. "The result is that families tend toward fast, inexpensive, fatty meals and TV or video games instead of healthy diets and outdoor play. Too much of this lifestyle results in childhood obesity and juvenile diabetes."

obesity and juvenile diabetes."

The action-filled, fun, educational Animal Trackers promotes physical activity. The Parenting Center has incorporated the program into its Pre-K at Play (three- and four-year-olds) and Play Pals

(two-year-olds) classes. It incorporates physical activity targeting gross motor skills and preschool learning concepts. Children imitate animals each month such as crawling like a lizard or hopping like a kangaroo all the while having fun and developing motor skills.

"Animal Trackers gives children the opportunity to learn and practice the gross motor skills necessary to catch a ball, run with ease, kick and jump, balance and ride a bike or inline skate," Carmen Fouquet, STPH interactive instructor, explained.

Healthy Hops promotes healthy eating for children and is in the process of being incorporated into existing classes. The Healthy Hops program helps children discover the body and its amazing systems, as well as the eating habits that keep their own bodies running at peak performance. Cage said children will learn through activities such as songs, coloring and naming healthy foods that make their bodies GO versus foods that make their bodies SLOW.

The Parenting Center has also recently added Hands on

Help...Positive Food Choices for Parents and Kids in which a STPH diabetic educator teaches ways to control and counteract media and cultural contributors to poor health.

"In reality, teaching children about healthy decisions and the positive impact they have on their bodies and mental well-being involves a long-term, comprehensive approach. It is really about changing behaviors and making choices," Cage said. "This initiative teaches children and families the importance of good health and physical activity and promotes a sense of well-being and healthy choices.

"Being healthy is not hard, but it does involve making the right choices," she concluded.

In 2006, nearly 8,000 adults and children participated in Parenting Center programs and classes. Classes are open and have minimal fees. Space is limited. For information call 898-4435.



Charles Sandoz (foreground) and Maggie Martin, Kaitlyn Fischer, Lilly Smith and Aurora Lander (l-r) take turns hopping like kangaroos during Animal Trackers.



ON THE COVER: Maggie Martin leads the trail of little lizards through a tunnel during Animal Trackers, an exercise play program to promote good health habits among toddlers and their parents, in which the toddlers mimic animals in action.

DIAGNOSTICS—THERE IS A DIFFERENCE



Tiffany Raiford RT(RMR), chats with her patient as she performs an MRI on the new large-bore, short-barrel, high-resolution Espree.

“THE 64-SLICE CT AND SPACIOUS new MRI have already made a tremendous difference in diagnostic imaging and patient convenience at the Paul D. Cordes Pavilion,” Melonie Lagalante, STPH Cordes Pavilion director, said.

“With these two new pieces of equipment, we now offer a full array of diagnostic services for patients who may need more than one test done in a day,” Lagalante continued. “Patients can schedule all of their appointments at one convenient location.”

The new equipment was installed at the pavilion on Hwy 1085 just a few months ago and patients are finding the equipment to be conveniently located and more comfortable.

Linda Macquinn of Hammond had this to say about her recent MRI experience: “Traditional MRIs can be claustrophobic, but this new MRI is less frightening because it is not as confining.”

The Magnetom Espree™ magnetic resonance imaging unit has the largest opening of MRIs and uses a magnetic field, radio frequency waves, and computerized image processing to produce cross-sectional images of the anatomy.

STPH MRI Supervisor Tiffany Raiford R(MR) says the MRI is perfect for those who get anxious or highly claustrophobic during an MRI. “With one foot of

spacious headroom, you won't feel like you're nose-to-nose with the top of the magnet. And due to its short design, most exams can be done with your head outside the system.”

The Siemens 64-Slice CT Somatom® Sensation scanner significantly improves how physicians view inside a patient's body with superior image clarity. STPH CT Supervisor, Tammy Lott RT(R) said there are other benefits as well. “From start to finish the entire procedure takes 10 minutes with the scan itself 30 seconds or less. Patients love the shorter exam time.”

With the new CT, STPH is also able to identify and treat a wide range of clinical problems including those related to the heart such as stroke, carotid artery disease, abdominal aortic aneurysms and other peripheral vascular disorders. “This separates us from most of the other CT scanners in the area,” Pat Maltese, head of radiology, said. “We have the most current and accurate technology on the market today.”

Appointments for diagnostic imaging at the STPH Cordes Pavilion are available 7 am to 6 pm Monday through Friday. The pavilion is located at 16300 Hwy. 1085, Covington, a half-mile west of Hwy. 21. MRIs and CT scans require a physician's order. To schedule an appointment, call 871-5665.

THE TIME TO GIVE IS NOW!

Year-end is a great time for pausing to review, reflect and plan. Thoughtfully addressing your charitable giving priorities between now and December 31 can assure benefits for both you and the St. Tammany Hospital Foundation. The amount and timing of your charitable gift is totally within your control which is a sure way to take advantage of the opportunity to make charitable gifts while also reducing your tax liability.

Here are **five tips** to help make the most of your year-end giving:

- 1. Talk to your advisor.** Your CPA, attorney or other advisor can help you understand the impact of a gift on both your income tax and your estate plan.
- 2. Do your giving early.** Don't wait until the last minute if you want to make a gift of non-cash assets such as stock or real estate. This also applies to life-income gifts such as charitable gift annuities or trust arrangements.
- 3. Calculate your income.** Get a handle on your tax liability for the year. This alone may motivate you to increase your giving before year-end.
- 4. Review your stocks.** Consider the securities that you have held for more than a year and have appreciated the most. If you sell the stock, you will incur capital gains tax on the appreciation. If you gift the stock, you get a charitable deduction for the full value of the stock. If you can't use all of income tax charitable deduction, you can carry it forward for up to an additional five years. Such gifts are deductible up to 30% of your adjusted gross income.
- 5. Consider a life-income gift.** You can make a gift now, obtain tax benefits and receive income for the rest of your life.

For additional information, contact Charley Strickland, executive director STH Foundation at 985-898-4141 or cstrickland@stph.org

WANT TO GIVE RIGHT NOW?

Take advantage of the postage-paid gift envelope included in this issue or give online at www.sthfoundation.org. Simply click “Give Online.”



TECHNOLOGY + COM

Maybe you chased one too many fly balls at softball, or perhaps the stress of Hurricane Katrina red tape finally got to you. It doesn't really matter. All you know is that you have this sharp pain in your chest, and the only thought you have is: "Am I having a heart attack?"

"After my first heart attack, the nurses and other staff were a lifeline for a patient totally unprepared for such an event."

—Al Autin

Mandeville Certified Public Accountant Al Autin knows these thoughts all too well. After similar pains last February, Autin had an angiogram that indicated need for heart surgery. Before he could schedule the surgery, he had a massive heart attack resulting in quadruple bypass at St. Tammany Parish Hospital.

"In his transition from the cath lab until he had surgery, Mr. Autin benefited from an Intra Aortic Balloon Pump which uses fiber optic technology," Shannon Holley RT(R), Cath Lab Supervisor, explained. "The balloon inflates with the rhythm of the heart (counter pulsation) and basically gives the patient's heart a rest." Autin's open heart surgery was successful, but complications with his case resulted in a 50-day stay at STPH.

"At one time I was on a ventilator for three weeks and the doctor told my wife I might have a thirty percent survival chance. I had no idea how long I'd been out, and when I came around I asked my wife if she had remembered to file the corporate tax deadline extensions. My cardiologist said he knew I'd be okay then," Autin joked.

Through respiratory issues, fluid build-up, kidney failure, being resuscitated twice, hematoma removal, wound issues, use of STPH's home health services and now cardiac rehab, Autin is on the road to recovery and a huge proponent of STPH. "I'm sure there are aspects of the hospital's services I haven't seen, and I don't want to. What I already know is, no matter what area of service, the quality and level of caring at St. Tammany are great."

Autin is benefiting from the comprehensive heart care available at St. Tammany, with services from diagnostic procedures through heart surgery to cardiac rehab. No other hospital in the entire southeast Louisiana region has quality as high as St. Tammany's.

STPH recently received five gold stars from The Joint Commission in their Quality Report on Heart Attack Care, a detailed report at qualitycheck.org that compares the performance of STPH to similar organizations in terms of National Patient Safety Goals and National Quality Improvement Goals. Visit stph.org and click Quality to learn more.

But quality of care is elevated at St. Tammany by the personalized nursing care. "I once mentioned that I'd been in the hospital since February and missed seeing spring," Autin said. "The next day my CCU nurse, Felipe Cañas, got approval to take me outside in my wheelchair with my oxygen tank to the front of the hospital. I saw flowers blooming and heard birds singing. I hadn't asked for anything verbally, but he had listened and heard what I needed. That was the first time I'd been outside in over a month."

On another occasion, Autin mentioned to his night nurse that he used to buy Ponchatoula strawberries from vendors on the roadside. "The nurse said she had some, checked my chart to make sure it was okay, and there I was at three in the morning eating Ponchatoula strawberries in the hospital."



PASSION = NEW LIFE FOR CPA

As an accountant in the hospital during tax season, Autin used the hospital's free wi-fi internet connection to file extensions electronically from CCU. "It was quiet in the middle of the night and when I couldn't sleep, I worked. The staff knew I had a good attitude about healing when they saw me working," he said.

Louise Dill, STPH rehabilitation nurse manager, said her staff accommodated Autin by using therapy to build strength in transferring, walking and ambulating independently. "We motivated him to be as independent as possible before going home," she said.

"I was extremely pleased with the quality of care at St. Tammany Parish Hospital overall and in particular, CCU and Rehab," he said. "Besides being professional, they are very genuine people."

Once an outpatient, Autin enrolled in Cardiac Rehab where the highly specialized and credentialed staff taught him lifestyle objectives, including a focus on exercise, proper diet and stress management. They are also working with him on an exercise regimen to help him regain his strength and endurance.

Autin says he was like a baby learning to walk all over again. "I was in poor physical condition as you can imagine. I had to start off slow."

Cardiac rehab staff include certified Advanced Cardiac Life Support registered nurses and masters prepared Clinical Exercise Specialists who work with participants to improve cardiovascular health with exercises that increase aerobic capacity, muscle strength and flexibility. The benefits are numerous, among them improved exercise tolerance, eased symptoms, improved blood lipids, reduced stress and reduced mortality rates.

"I do group warm-up exercises then the treadmill, stationary bike, ergonometer and free weights as well as a cool down session," he said of his rehab regimen. He has 25 more sessions to attend and is still battling fluid build-up and shortness of breath, but is determined to return to a more productive lifestyle. As a self-professed workaholic, Autin admits it is a challenge to find time for cardiac rehab, but he knows it is necessary to his future health.

Cardiac Rehab Coordinator Jan Fox RN said as part of his rehabilitation, Autin attended the center's Friday educational classes, "Exercise for Health" and "Living Well with Diabetes and Nutrition."

"The doctors, nurses and other healthcare professionals have all been very good and kind throughout everything. There were numerous memorable events regarding quality of service and the



At Autin's cath lab experience included a highly specialized Intra Aortic Balloon Pump, inflating the balloon with the rhythm of his heart.

caring nature of people working with me," Autin said.

"Through utilizing so many of our cardiac services, he is a perfect example of the comprehensive care we have for cardiac patients here," said Fox.

"The staff of St. Tammany Parish Hospital is made up of dedicated and competent human beings who do their best to provide state-of-the-art treatment and care to their patients," Autin concluded. "After my first heart attack, the nurses and other staff were a lifeline for a patient totally unprepared for such an event. Cardiology Services at St. Tammany present a complete regimen for healthy living with medical care, diet and exercise advice. One just has to follow the healthy-living rules!"





SHOP TO GIVE

IF YOU ARE AMONG THE MANY savvy individuals who choose to do their holiday shopping online, the St. Tammany Hospital Foundation has a great way for you to shop and give. Why not take advantage of online shopping this season and do your charitable giving at the same time?

“AHPshoppingmall.com allows users to shop their favorite merchants and select a charity of their

choice as a donor recipient,” Charley Strickland, executive director of the St. Tammany Hospital Foundation, explained.

“The website is a gateway to shopping their usual websites, however by going through AHPshoppingmall.com, a percentage of the buyer’s purchases will be donated to the foundation,” she explained.

Over 1,300 major retailers, including Target®, Macy’s®, Best Buy®, and Expedia®, have partnered with AHPshoppingmall.com. Shoppers simply visit the site, select St. Tammany Parish Hospital Foundation as the charitable recipient, and then shop as usual. Prices are the same for the buyer. The merchant donates a portion of the sale from each item to the foundation

on the consumer’s behalf.

The concept behind AHPshoppingmall.com is a “win-win” situation, said Strickland. “It’s an aggregated product site with charitable aspects. The nonprofit groups get attention, while consumers make the purchases they want and make a donation at the same time.”

Another holiday gift giving idea is Helen’s Select White Peony White Tea by DÉMURS Fine Tea. This tea is both charitable and a wonderful gift idea. The proceeds from the sales of this tea are donated to STHF by DeMurs Fine Tea and benefit the STPH Cancer Resource Center. Helen’s Select may be purchased in the STPH Gift Shoppe, at Campell’s Coffee & Tea, select Rouse’s Markets or online at www.demursfinetea.com. It comes in an attractive reusable glass container and makes a unique gourmet gift item.

The Foundation is a 501(c)3 nonprofit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital, which is a community hospital that receives no public funding. Any gift, no matter how large or small, is worthwhile. This holiday season, why not broaden your gift giving and give while you shop. Shop AHPshoppingmall.com and Helen’s Select by DÉMURS Fine Tea and designate St. Tammany Hospital Foundation as your charity of choice.

PARENTING CENTER FUNDRAISER A HIT

THE 19TH ANNUAL MONSTER Mash presented by Statewide Bank raised more than \$100,000 for the St. Tammany Parish Hospital Parenting Center.

Statewide Bank was the presenting sponsor for this year’s event and has committed to sponsoring the 2008 and 2009 events as well. Additional sponsors included Planet Kids Academy & Pre-School; LaPorte, Sehart, Romig & Hand; PoolCorp; Ochsner for Children; Enterprise and Northrop Grumman.

Local businesses including Mele Printing, Champagne Beverage Company, Inc. and food vendors such as Sweet Daddy’s, CC’s Coffee, Bayou Country Grill, Mandeville Cub Scouts Pack 111, Ponchartrain Yacht Club, Mama & Sons Snowballs, and others participated in the event to help make it a success.

Monster Mash proceeds benefit The Parenting Center. The center supports Northshore parents by offering parenting classes, outreach programs, support groups, interactive opportunities for

parents with their children, as well as encourages optimal child development and enhances the well-being of the family as a whole. Among other crucial programming needs, proceeds from Monster Mash were used to purchase a national program that integrates a healthy lifestyle curriculum into existing classes. The Parenting Center is the first in the state to implement this program as a part of their 2008 initiative to deliver healthy lifestyles to the youth of St. Tammany Parish.

“We continue to grow and serve our community as a valuable resource to families through the generous support of St. Tammany Hospital Foundation, grants, our Monster Mash sponsors, our volunteers, staff and the community that attends Monster Mash. I extend a heartfelt thanks to all who make it possible,” Lori Cage, STPH Parenting Center director, said.

For more information about The Parenting Center, call 898-4435.



ERIC SUHRE



McWILLIAMS FAMILY DEDICATES TREE FOR LIFE

THE ANNUAL ANGELS OF LIGHT CEREMONY presents an opportunity for members of the community to pay tribute to loved ones. Each tribute name is represented on the Hospice Tree of Life by an angel ornament, and each name is read aloud at the annual ceremony. This year's Dec. 6 ceremony marked the 35th anniversary of the original tree dedication that took place in 1972.

This was the first time in the history of the ceremony that the tree was dedicated in memoriam. The 2007 Hospice Tree for Life was dedicated in memory of the Kent W. and Elleonora P. McWilliams by the McWilliams family.

During the ceremony, Penny Doster, daughter of the late Kent McWilliams, who was a founding board member of Hospice of St. Tammany, spoke of her parents and the significance they played in the community. "They challenged others to get involved and showed us that by our own individual efforts we could make a difference in where we live," she said.

Doster's parents moved to the Northshore in 1958 with six children and, according to their daughter, saw the big picture and potential for the area. She credits her parents with being innovative and not being afraid to try new things. "They introduced arts and culture to the area and believed this community was the best place to live and encouraged people to be mindful about planning, proper growth and its impact," she said.

Her father was CEO of Freeport-McMoRan, co-founder of Tchefuncte Estates and at one time, chair of the Louisiana Superdome as appointed by the Governor. He was instrumental in building the Tulane Athletic Department building and held a hundred other voluntary positions too numerous to list.

Doster is particularly proud of her parents' efforts to maintain the integrity of downtown Covington, citing their work to keep the Covington courthouse downtown and purchase of the old Southern Hotel to ensure its safety until the parish could purchase it.

The McWilliams founded a state educational program in the 1980s called Impact, which taught students about free enterprise, and it was Elleonora McWilliams who first

introduced the New Orleans symphony orchestra to St. Tammany Parish schools.

"They understood that it is how you respond to challenges in life that makes a difference. A lot of people don't get involved, but our parents believed in giving back. It is important that people have a giving attitude and shouldn't enjoy benefits without giving back to the community," she said.

Over the years, Doster said she has had very positive experiences with STPH. "When my Dad was at St. Tammany Parish Hospital, we were totally impressed with the service in the Intensive Care Unit. It was a phenomenal experience. The staff was caring and personal.

That's just how they treat people," she said. "The hospital is doing a great job. They try to keep it personal and are on the right track."

The McWilliams family decided to dedicate the Tree for Life in honor of Kent and Elleonora because it was for a cause they believed worthwhile, and to also involve the community more by increasing awareness about the wonderful works of the hospital,

Hospice and Foundation. "It is important to support something our father felt strongly about," Doster said.

In addition to the Tree for Life dedication sponsorship, Dr. and Mrs. A.J. Kreller were this year's first ever Angels Sponsor. Their gift was made in honor of Scott Kreller, John Bailey, Willie Bailey, Leola Prendergast, Scott Cone, Paul Cordes, Andrew Kreller Jr., Florence Kreller and Pat Fleming Kreller.

The Hospice Tree for Life is a long-standing tradition of Hospice of St. Tammany Parish Hospital. Each year at the annual Angels of Light event, the Tree for Life is illuminated and decorated with Tribute Angels in a beautiful holiday ceremony. Each Tribute Angel represents a special person, living or deceased, honored or memorialized by friend or family. Every light on the Tree for Life represents the extraordinary care and comfort provided to all hospice patients.

Proceeds support Hospice of St. Tammany Parish Hospital. Hospice's mission is to dedicate themselves to the care of the terminally ill.

To order your Angel of Light, call 898-4171.



*When dad was at St. Tammany,
the staff was caring and personal.
That's just how they treat people.*



STPH HOSPICE PROVIDES CARE IN LIFE AND DEATH

CARING FOR A FAMILY MEMBER or friend is not easy, nor is it something most of us are prepared to do.

Christine Slote knew she was approaching the point of having to do something in February. Her 82-year-old father Henry “Rex” Coffman was battling cancer and losing. She spoke with Hospice of St. Tammany Parish Hospital and listened carefully to the services they provided, but it was not until June that her father’s physician recommended using a hospice program. They did not choose Hospice of St. Tammany at first.

The family realized right away the other hospice was not the right fit for them. Slote recalled how soothing her first meeting with Hospice of St. Tammany had been and set up another meeting. “It was a difficult decision to switch hospices during my father’s illness, but we had to do something.”

St. Tammany Parish Hospital’s Hospice Administrator Angelique Knoblock assisted Slote and her family with the transition of hospice organizations. Slote said she was most impressed with Alden Tryforos RN the weekend on-call nurse, who was available to her 100 percent of the time. “She was available all weekend for me until the transition was made,” Slote said.

“Hospice of St. Tammany can help those facing serious or life-limiting illness for the first time by answering questions and providing support as needed,” Knoblock explained.

“After switching hospice providers, I knew 110 percent that it was the right thing to do,” Slote said. She indicated that attentiveness to her mother Florence “Bobbie” Coffman was a key element in finding the right provider. “Hospice of St. Tammany was so kind to her. Every single nurse was empathetic. They held her hand, gave her hugs, and a social worker still keeps in touch with her today. The social worker even called my brother and sister

who were out of town during all of this.”

The program utilizes a team approach consisting of the hospice medical director, nurses, nursing assistants, social workers, chaplains, volunteers and the patient’s physician.

“The doctor visited my dad at home, and a nurse counseled him after his feeding tube was removed. She helped him understand the fact that he was dying, which is a hard thing to grasp.”

The hospice program is designed to recognize personal worth and dignity of each individual from conception to

visits, chaplain visits, volunteer visits, and bereavement services as needed as well as support groups at STPH’s Outpatient Pavilion for adults and children. Support groups are open to anyone who has experienced the death of a loved one in the community or who is under hospice care. Caregiver Connection support groups are also open to anyone that provides care to individuals (from pediatrics to the elderly) with ongoing medical needs.

“In June, my Dad needed some medication and a nurse came by to deliver it. It was then that he passed away, and she knew exactly what to do. We didn’t even have to make a phone call,” Slote said.

“Our program has been in place since 1986 and is designed to help guide a person’s pursuit for a rewarding quality of life in their final days and to help their family support them in life as well as grieve for them in death,” Knoblock explained.

“Every experience with St. Tammany Parish Hospital has been a pleasant one under the circumstances. I would definitely recommend them and have. They are not-for-profit and it shows that their main focus is not bottom line. I would not have done anything differently,” Slote concluded.

Hospice of St. Tammany is a member of the Louisiana/ Mississippi Hospice and Palliative Care Organization and the

National Hospice and Palliative Care Organization. It is led by medical director John McNulty, MD, FACP.

Any concerned person may initiate a request for admission. Those who meet patient requirements are recommended for admission. The patient’s physician will then establish the plan of care with the Hospice team. The family and patient have the final decision to select Hospice Care. For more information regarding Hospice of St. Tammany, call 871-5976.

(above) Mr. and Mrs. Henry “Rex” Coffman



“Every experience with St. Tammany has been a pleasant one...I would definitely recommend them...”

death and believes that death, as the final stage of living, is a natural process. Hospice of St. Tammany believes people should have choices regarding their lifestyle in their final phase of life. The program provides palliative and supportive care to terminally ill patients and their families in the home, addressing physical, psychological, social and spiritual needs.

Outpatient services include providing some related medications, medical equipment, nurse visits, social work

GIFTED ATTORNEY PLANS GIFT FOR THE FUTURE

WHEN PIERRE LIVAUDAIS was a young boy attending Folsom Elementary School, he had no idea that he would one day after law school return to settle down in western St. Tammany. Nor did he dream the small, rural region would develop into the municipality it is evolving into today.

After graduating from Tulane Law School in 1962, Livaudais opened his law practice, which has now been in existence for over 40 years. At 70, he still practices with no set timeline for retirement. He assists clients with estate planning on an almost daily basis and chose to leave a bequest to St. Tammany Hospital Foundation in his own will, making him a member of the Legacy of Caring Society.

“As you become older I believe it is important to think about how to give back to the community and encourage others to do so, too,” Livaudais said. “I personally think it is important to help finance and support our community hospital’s future.”

He says it is a benefit to have a hospital, particularly such a good one with a good regional reputation.

“I remember when the movement was started to build a hospital here. When I grew up there were only a few physicians around and you had to go to New Orleans or Baton Rouge for healthcare. That was two hours either way because that was before the Causeway was built,” he explained.

An expert on the subject of estate planning, Livaudais says that a formal estate plan may limit estate tax consequences. “When you give to a 501(c)3 organization, it is a tax-free donation for the donor. I can bequeath as much as I want with no taxes. The donation goes farther. However; if you were to give to an individual, you may be taxed with a gift tax. With a will, you can provide support for charitable causes that have had special meaning to you,” he said.

“Mr. Livaudais’ bequest represents an unparalleled opportunity for the foundation to foster the growth and excellence at St. Tammany Parish Hospital,” said Charley Strickland, STHF

executive director. “It makes a direct impact on the future of healthcare in our community.”

A pillar of the community, Livaudais is a past president of the former Covington Chamber of Commerce (now the St. Tammany West Chamber), a former member of numerous civic boards, participated in the Indigent Defender Board system for St. Tammany and Washington parishes for over 25 years, and continues to support local youth in 4-H.

With no children of his own, Livaudais feels it is important to preserve the quality of the hospital for years to come, and it is only right to give back to a community that has been good to him.

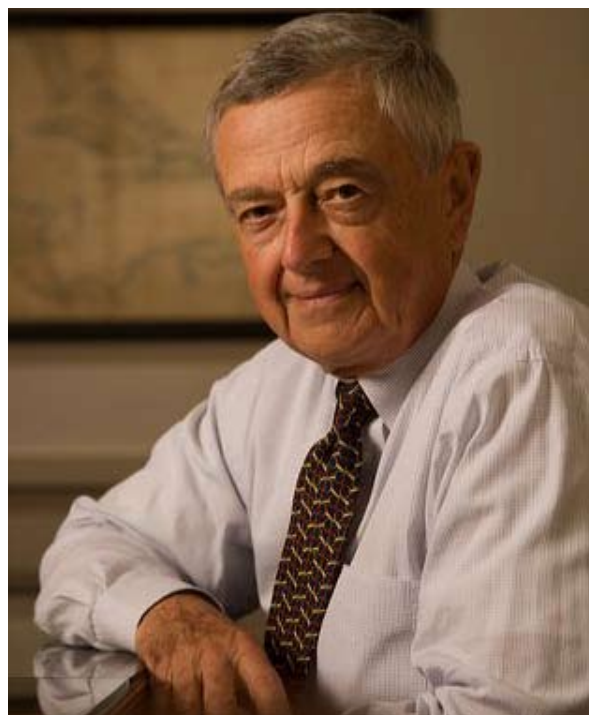
A bequest is an easy way for an individual to transfer ownership of specific assets to persons or charitable organizations upon death. A will is the document through which the transfer is accomplished. Your attorney can assist you in drawing up a will and using the appropriate language necessary to accomplish your wishes.

Bequests are a type of planned gift. They are gifts made now but are realized in the future by the charitable beneficiary. Other types of planned gifts are charitable gift annuities, insurance policies, and charitable remainder trusts. All planned gift donors to the foundation are recognized as members of the Legacy of Caring Society.

For more information about how you can become a member of the Legacy of Caring Society at St. Tammany Hospital Foundation, call Charley Strickland at (985) 898-4141 or email cstrickland@stph.org.

“My gift will have an impact on the community for years to come and it excites me to be a part of that future,” Livaudais concluded.

(Above) Pierre Livaudais in his law office in Mandeville.



“With a will, you can provide support for charitable causes that have had special meaning to you.” — Pierre Livaudais



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 and local newspapers for additional learning opportunities for individuals of all ages.

NEW BABY SUPPORT GROUP

MONDAYS, DEC, JAN, FEB; STPH Parenting Ctr. Free; peer support for new parents; 898-4435

MUNCHKIN THEATER

DEC 10; 10:30 AM TO 11 AM; STPH Parenting Ctr. \$6/child; early child creative development, puppets, dress up, story time; 898-4435

WHO'S THE BOSS

DEC 12, 5:30 PM TO 7 PM; *Chahta Ima, Lacombe*; JAN. 10, 5 PM TO 6:30 PM; *Pineview, Covington*. FREE; positive behavioral strategies for parents; 898-4435

STORY TIME

DEC 14; 10 AM; STPH Parenting Ctr. FREE; fun story time for children and parents; 898-4435

WEIGHT NO MORE SUPPORT GROUP

DEC 17, JAN 21, FEB 18; 7 PM; STPH Conference Ctr. FREE; Gastric bypass surgery support group; 898-4063

ALZHEIMER'S SUPPORT GROUP

DEC 26, JAN 30, FEB 27; NOON TO 1:30 PM; Cordes OPP. FREE; supportive group for caregivers; 898-4043

ACTIVE PARENTING OF TEENS

JAN 3, 10, 17, 24, 31, FEB 7; 7 PM TO 9 PM; STPH Parenting Ctr. \$50/member, \$75/non-member; positive discipline, enhanced communication, responsibility and cooperation; 898-4435

WHAT'S GOOD ABOUT ANGER?

JAN 9, 16, 23, 30, FEB. 6, 13; 7 PM TO 8:30 PM; STPH Parenting Ctr. \$5/person/session; teens develop ways to channel anger; 898-4435

CARING FOR THE CAREGIVER

JAN 10, FEB 14; 1 PM; Cordes OPP. FREE; Share hope and support with other caregivers. 898.4414

LOOK GOOD, FEEL BETTER

JAN 10, 6:30 PM, Cordes OPP. FREE; for women undergoing cancer treatment with skin, nail and hair tips, products included; 898-4481

I, 2, 3, 4 PARENTS

JAN 12, 9 AM TO 1 PM; STPH Parenting Ctr. \$25/members/STPH employees, \$35/nonmembers (includes book); parenting skills for birth to 4-yr-olds; 898-4435

AARP DRIVING CLASS

JAN 15; 12:30 PM TO 4:30 PM; STPH Conference Ctr. \$10; AARP 4-hour driving class; 898-4043

INFANT/CHILD CPR

JAN 16, 6 PM; FEB 7, 9 AM; STPH Parenting Ctr. \$20/person, \$30/couple; skills to know in an emergency; 898-4435

CANCER CONNECTION SUPPORT GROUP

JAN 16, FEB 20; 7 PM; Cordes OPP. FREE; support to individuals/caregivers going through a cancer experience; 898-4581

LET'S KICK THE HABIT

JAN 22, 29, FEB 5, 12, 19, 26, 11:30 AM; Cordes OPP. FREE; tobacco cessation program every Tuesday to help kick the habit for good, lunch included; 898-4581

TAMING THE TEMPER

FEB 27; 6 PM TO 7:30 PM, *Pineview, Covington* FREE; explores anger, yours and child's; 898-4435

DECEMBER						
25	26	27	28	29	30	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	1	2	3	4	5

JANUARY						
30	31	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	1	2

FEBRUARY						
27	28	29	30	31	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	1



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