STPH Reaches Out to Young Readers
Starrett Seabrook, STPH Department Head and HOSTS Mentor, shares the joy of reading with Lyon Elementary Students Tatyana Manson, Abigail Anderson, Caleb Self and Ashlynn Smith.

"I think it is important for all adults to take an active role in the education and nurturing of the next generation. As a parent, it is your responsibility and your passion to do just that for your children. As a HOSTS mentor, I am able to do this for another child who may need the extra time, attention and friendship."

– Russell LaBranca, STPH Department Head and HOSTS Mentor

STPH Reaches Out to Young Readers

Every week, seven management team members at St. Tammany Parish Hospital set aside their normal daily tasks and head for Lyon Elementary School in Covington to help first- and second-grade students excel at reading. Their weekly volunteerism reflects longstanding support of the school, as the STPH managers take time off, on hospital time, to make a difference in the community by helping local young readers develop this fundamental academic skill.

“The hospital’s support of our school and our readers has been critical,” says Cindy Lester, coordinator of the Help One Student to Succeed, or HOSTS, program at Lyon. “The hospital is a true partner with us in supporting the education of our students.”

STPH volunteers have participated in Lyon’s HOSTS program since 1998, the year it was established at the hospital. Using a proven national model, HOSTS matches volunteer mentors with children who are reading below grade level to help them to catch up with their peers, Lester explains.

Mentors meet one-on-one with students for 30 minutes each week to read together and work on related topics such as spelling and vocabulary. HOSTS students meet with each of their assigned mentors once a week for a total of two hours of extra reading assistance each week. Lyon’s HOSTS program, the only such program in St. Tammany Parish, is highly effective. By year’s end, 85 percent of student participants are reading at or above grade level, Lester says.

“They just need a little boost to get where they need to be,” she says. But HOSTS’ value isn’t just academic. Students bond with their mentors and look forward to weekly sessions with each mentor.

“They know which mentor comes on which day, and they look forward to all those visits,” Lester says. The Spring Forum for students, mentors and any willing Lyon Elementary parents or community members, is an emotional event, “Because they become close over the year,” she says.

More information on Lyon’s HOSTS program is available by calling 892-0869.
Heart to Heart

educational goals. All clients must be Medicaid eligible to enroll.

It stresses education and healthy choices on subjects as diverse as baby care and nutrition to smoking cessation and birthday. It stresses education and healthy choices on subjects as diverse as baby care and nutrition to smoking cessation and birthday.

STPH’s Nurse Family Partnership provides free home visits for first-time moms from early pregnancy through the child’s second birthday. Free trial classes are available. More information is available at 898-4141.

Lori Cage, director of the Parenting Center.

Two of the STPH Parenting Center’s interactive programs for young children and their caregivers have incorporated evidence-based curriculums to help youngsters avoid the epidemic of childhood obesity.

Play Pals (for 2-year-olds) and Pre-K at Play (for 3- and 4-year-olds) now contain elements drawn from Animal Trackers and Healthy Play Pals (for 2-year-olds) and Pre-K at Play (for 3- and 4-year-olds) now contain elements drawn from Animal Trackers and Healthy Play Pals (for 3- and 4-year-olds).

Two of the STPH Parenting Center’s interactive programs for young children and their caregivers have incorporated evidence-based curriculums to help youngsters avoid the epidemic of childhood obesity.

It’s about making individualized plans that women can stick to,” says Melissa Gispert, a nutritionist and registered dietician who coordinates the program. More information on the program is available at 898-3776.

The center’s additional low-cost programs serve children as young as 8 months. Free trial classes are available. More information is available at 898-4141.现.

More information on the Nurse Family Partnership is available at 871-6039, ext. 1.

The Parenting Center likewise receives key foundation support, including funds raised by the Monster Mash and Carnaval des Enfants events. More information on the foundation and giving opportunities is available at 898-4141.

Rebuilding a Life, through the Hard Work of Rehab

Late last summer, after his right arm mysteriously went numb, 47-year-old Dennis Koplin arrived at the Emergency Room at St. Tammany Parish Hospital.

At the hospital, the fit and outdoorsy manager of the PETRO truck stop in Hammond experienced a massive stroke when part of a blood clot that had formed in his forearm reached his brain.

“It was a miracle he survived,” says his wife, Ellie Koplin.

Meanwhile, Mrs. Koplin was learning practical skills to help her husband accomplish ordinary tasks, including getting in and out of the car.

The STPH Women’s Lifestyle & Weight Management Program helps women achieve a healthy weight through practical strategies.

Two of the STPH Parenting Center’s interactive programs for young children and their caregivers have incorporated evidence-based curriculums to help youngsters avoid the epidemic of childhood obesity.

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Two of the STPH Parenting Center’s interactive programs for young children and their caregivers have incorporated evidence-based curriculums to help youngsters avoid the epidemic of childhood obesity.

“Don’t know what we would have done without them,” she says. "I didn’t know how to do anything.”

THE STAFF ALSO PROVIDED CRITICAL EMOTIONAL SUPPORT TO MRS. KOPLIN AND THE COUPLE’S 11-YEAR-OLD DAUGHTER, WHO WAS FRAUGHTED BY THE CHANGES IN HER FATHER. NURSE LINDA MCCRARY WAS ESPECIALLY HELPFUL TO THE GIRL, ENCOURAGING HER TO TALK AND WALKING AROUND THE UNIT WITH HER ARM AROUND THE GIRL’S SMALL SHOULDERS. ON ONE OF THE HOSPITAL’S “CAUGHT IN THE ACT” FEEDBACK FORMS, THE GIRL DREW A STICK FIGURE OF MCCRARY. IN THE SPACE FOR THE DATE OF EXCEPTIONAL SERVICE, SHE WROTE “EVERY DAY.”

They were like family to us,” Mrs. Koplin says.

By Sept. 20, the day Koplin checked out to return home, he could move 25 feet with the benefit of a walker, major progress for a man who had no use of his right leg four weeks earlier.

The family recently relocated to their home state of California to be near three older children, where Mr. Koplin continues therapy to regain vital lost functions, including speech. Mrs. Koplin says she thinks often of the role STPH played in helping her husband regain mobility and providing crucial support to help her family cope with an event that upended all of their lives.

“I don’t know what we would have done without them,” she says.
Cutting-Edge Relief for Painful Spinal Tumors

St. Tammany Parish Hospital is the first hospital in Louisiana to offer a cutting-edge procedure called plasma coblation to alleviate intractable back pain in cancer patients with spinal tumors.

Coblation of spinal tumors uses high-energy plasma fields to vaporize tumors in the spine without causing damage to veins, arteries and other delicate surrounding tissue in the back, explains Daniel Harlin, MD, the STPH interventional neuroradiologist who in January successfully completed the first such procedure in the state.

For Harlin, plasma coblation represents a breakthrough in the ability to improve the quality of life of metastatic cancer patients who may have months or years to live.

“The point is to use the latest technology to treat pain in very ill patients,” he says. “This makes the patient’s life much better right away by relieving their pain, and it reflects our commitment to treating the whole patient and ensuring they have the best possible quality of life for whatever time they have.”

Spinal tumors are most often the result of metastases of common cancers, such as cancer of the breast, liver or lung. Patients experience pain as the tumor invades the spine, creating fractures as the vertebrae compress. Removing the tumor by surgery is usually not an option for such patients because they are too weak to tolerate general anesthesia or other aspects of open spine surgery, explains Harlin.

By contrast, coblation of spinal tumors is minimally invasive and does not require general anesthesia, though patients are heavily sedated during the procedure. Patients can typically return home after a 23-hour stay in the hospital, says Harlin. The procedure provides quick pain relief and improved mobility, which allows patients to better comply with treatments of their primary cancer.

“Many people who could not survive spinal surgery do fine with this,” Harlin says.

After the tumor has been vaporized with a special plasma wand, the resulting space in the spine is then filled with medical cement, a procedure called vertebroplasty. Filling the space with cement stabilizes and strengthens the spine and provides relief from pain caused by compression of the vertebrae.

In the past, creating that safe, predictable space within the spine was a key challenge for physicians treating cancer patients too weak to survive spinal surgery, says Harlin. Killing the tumor by “cooking” it with a specialized needle inserted into the spinal column, for instance, stopped the tumor’s growth but left the dead tissue in place, making it difficult to stabilize the spine with medical cement, Harlin explains.

“It’s the creation of that space within the spine that’s new and much improved with this procedure,” says Harlin. “This allows us to safely fill that space with cement to stop the patient’s pain.”

Pat Maltese, director of radiology at STPH, says being able to offer revolutionary technology to Northshore patients is part of what makes the hospital a unique resource for the local community.

“We’re doing something here that no one else in the area or the state is doing,” Maltese says. “We’re very happy to be able to offer that to our patients right here, close to home, so that they don’t have to drive a great distance to benefit from the best in cutting-edge technology.”

More information is available by calling the Radiology Department at 898-4427.

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Thank You to our Supporters and Friends…

$5 Million Raised since 2003

Thanks to the generosity of individuals, St. Tammany Parish Hospital grateful patients and employees, corporations, organizations, and private foundations, St. Tammany Hospital Foundation has reached an exciting plateau of giving. Gifts have been earmarked for advances in healthcare such as vital medical equipment and technology, new programs, community services and initiatives, employee education, healing arts, endowment and so much more.

“Our community has recognized the unique combination of cutting-edge technology, award-winning healthcare quality and personalized care at STPH,” said Ken Latham, chairman of the Foundation Board of Trustees. “We have reached the tipping point where donors see the foundation as the valuable mature asset that it has become. Supporting the foundation supports the health of our community.”

For more information about the foundation or to make a donation, contact Charley Strickland, executive director, at (985) 898-4141 or via email at cstrickland@stph.org.
Abry Crosby, executive chef for St. Tammany Parish Hospital, offers this enticing seafood recipe to promote good heart health. Tuna contains omega-3 fatty acids that offer excellent cardiovascular benefits. Red bell peppers are rich in fiber and vitamins C and A. Onions promote good health by helping to keep blood pressure and cholesterol at good levels, studies have shown. “It’s easy, healthy and delicious,” Chef Abry says.

**Tuna Ingredients:**
- 4 tuna steaks
- 4 tablespoons sesame seeds
- 3 tablespoons olive oil
- salt and pepper

**Cabbage bed ingredients:**
- 3 cups green cabbage, chopped
- 1 clove garlic, minced
- ½ teaspoon ginger, peeled and minced
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons rice or red wine vinegar

**Bean sprout topping ingredients:**
- 1 cup bean sprouts, rinsed
- ½ cup water chestnuts, sliced in strips
- ¼ cup red bell pepper, sliced thin
- ½ cup red onion, sliced thin
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- ½ lime, juiced
- 1 dash hot sauce
- salt and pepper

Combine and toss all ingredients for bean sprout topping. Refrigerate up to 8 hours.

Sprinkle both sides of tuna with salt, pepper, and sesame seeds.

Heat 3 tablespoons olive oil in pan on medium-high. Slowly lower steaks into oil. Sear on each side, 1-2 minutes each side. Remove tuna from pan and immediately add cabbage, garlic, and ginger to pan. When cabbage starts to brown, add soy sauce. Stir cabbage and add vinegar. Continue to stir. When cabbage has wilted, remove pan from heat. Serve immediately.

To serve, place cabbage on plate, then place tuna on cabbage. Top with bean sprout topping.

**Serves four.**

**Go RED for Good Heart Health**

Poached Secal pears in red wine, seared red tuna steaks and a red-radish salad were among the delicacies served at the St. Tammany Parish Hospital cafeteria to mark the hospital’s first “Go Red for Heart Health” event in February.

The menu represented STPH’s co-educational celebration of the American Heart Association’s “Go Red for Women” campaign to improve heart health through nutrition and lifestyle choices.

At STPH, the cafeteria served dishes rich in naturally red ingredients, including fruits and vegetables high in the nutrient lycopene.

“It was fun to get creative,” says Abry Crosby, STPH executive chef.

Look for more creative—and nutritious—offerings in the cafeteria as STPH Food Services rolls out menus that mark awareness of health issues, such as breast cancer, or simply celebrate specific foods, like National Orange and Lemon Day and National Paella Day.

“These are things that we love to be able to offer our cafeteria guests, and that we definitely want to expand to our patients, too,” says Kathy Hill, department head for Food Services.
A Rich History of Giving

The Nurse Family Partnership at St. Tammany Parish Hospital recently received a vital infusion of support from two Louisiana foundations with a rich history of supporting families in need. The Harper Family Foundation and the Mitchiner-Gittinger Family Foundation were formed by Frank M. Voelker, Jr., an attorney and father of Frank M. Voelker III, MD. These foundations have long supported programs in New Orleans and efforts to support homeless mothers. Dr. Voelker’s mother, Virginia, remains involved with the foundations.

In December, the foundations’ board expanded its support of families in need through a competitive grant awarded to the Nurse Family Partnership at the STPH Community Wellness Center. As part of the national, evidence-based Nurse Family Partnership program, STPH nurses trained in obstetrics or pediatrics make twice-monthly, in-home visits to young mothers in the local community before the 28th week of pregnancy through their child’s second birthday. The STPH Breast Center is one of only 14 centers to achieve National Quality Measures for Breast Centers certification out of a select pool of 200 centers participating in the NQMBC quality measurement program. Certification requires STPH to submit comprehensive yearly data for auditing by the national group, which provides benchmarks for optimal breast care, says Debbie Fascio, manager of the center at 201 St. Ann Drive, Suite A, in Mandeville.

"This provides an ongoing way to assure our patients that we are providing the best quality of care," Fascio says.

The center provides screening mammograms, ultrasounds, biopsies, diagnostic mammograms and other diagnostic imaging, evaluated by onsite radiologists specializing in breast health.

For more information or to make an appointment, call 812-2100.

Calling 9-1-1 Can Save Your Life

In an emergency, do you know what to do? Sometimes, the best action is to come straight to the emergency department at St. Tammany Parish Hospital. But when you need emergency response, use 9-1-1.

Dialing 9-1-1 is the fastest, easiest way to communicate with local police, fire and medical services during an emergency. In St. Tammany Parish, dialing 9-1-1 connects you to the St. Tammany Parish Emergency System.

When people are overwhelmed in an emergency, trying to look up police, fire or EMT phone numbers can waste precious seconds. The universal 9-1-1 system is specifically designed to be easy to remember and easy to use for everyone from children, the ill and senior citizens to those who have problems with hearing or language. The St. Tammany Parish Emergency System works closely with St. Tammany Parish Hospital and other hospitals and emergency response services including police, fire and ambulance services.

WHEN CALLING 9-1-1, STAY CALM AND GIVE YOUR LOCATION, EMERGENCY AND NAME. LISTEN CAREFULLY TO THE 9-1-1 OPERATOR AND ANSWER ALL THE QUESTIONS EXACTLY AS THE 9-1-1 OPERATOR INSTRUCTS DURING THE COURSE OF THE CALL, AND NEVER END THE CALL UNTIL THE 9-1-1 OPERATOR SPECIFICALLY INSTRUCTS YOU TO DO SO.

Remember 9-1-1 and teach the children in your life how to use this number as well. For more information, contact St. Tammany Parish Communications District, 898-4911.

Planning for the Future to Help Loved Ones

While we as Americans tend to shy away from this topic, securing end-of-life plans spares families anguish of making decisions without knowing your true wishes.

“We see desperation among families when patients can’t speak for themselves,” says Cheryl Corizzo, director of the STPH Cancer Resource Center.

STPH participates in National Healthcare Decisions Day to promote this important aspect of life planning. This year, the free event will be April 17, 9 a.m. to 10:30 a.m. in the STPH Conference Center.

For more information or to register, call 898-4581 or email ccorizzo@stph.org.

Cancer Survivors Day

“I had so many questions, and there were so many experts there to answer them,” says Melba Ferina, a Ponchatoula breast cancer survivor, about last year’s Cancer Survivors Day at St. Tammany Parish Hospital.

“It was open, informal and wonderful,” Ferina says.

June 13 STPH will celebrate the lives of more than 12 million cancer survivors with “Living Through and After a Cancer Diagnosis: A Celebration of Life,” a free event open to anyone affected by cancer.

Experts on topics from oncology to nutrition will participate in roundtable discussions and answer individual questions. The 8:45 a.m. to 11:30 a.m. event will be held in the STPH Conference Center. Refreshments will be served.

For more information or to register, call 898-4581 or email ccorizzo@stph.org.

STPH Breast Center Joins Elite National Group

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To Dr. Frank M. Voelker III, a Northshore cardiologist, the Nurse Family Partnership offers crucial help to mothers during their babies’ first two years of life.

The Nurse Family Partnership at St. Tammany Parish Hospital recently received a vital infusion of support from two Louisiana foundations with a rich history of supporting families in need. The Harper Family Foundation and the Mitchiner-Gittinger Family Foundation were formed by Frank M. Voelker, Jr., an attorney and father of Frank M. Voelker III, MD. These foundations have long supported social and educational initiatives across Louisiana, from the work of rural churches and schools in Crowville and Lake Providence to children’s programs in New Orleans and efforts to support homeless mothers.

Dr. Voelker’s mother, Virginia, remains involved with the foundations.

In December, the foundations’ board expanded its support of families in need through a competitive grant awarded to the Nurse Family Partnership at the STPH Community Wellness Center.
St. Tammany Parish Hospital is a not-for-profit community hospital dedicated to delivering world-class healthcare close to home. This mission is central to every action the hospital leadership takes from providing needed programs to expanding medical services.

KEEPING THE COMMUNITY HEALTHY

The St. Tammany Parish Hospital Board of Commissioners, its administration and staff live the mission of delivering world-class care every day. Decisions about the future growth, scope of care and plans for the hospital are guided by that central philosophy. In 2008, STPH provided some $18.8 million in compassionate care every month.

Examples of such mission-driven programs include:

- A cancer resource center that provides the latest scientific research, free wigs and support groups for those battling cancer
- A community wellness center, which ensures vulnerable populations have access to WIC, Medicaid and LaCHIP plus at-home visits for new moms, immunizations and medical attention
- A hospice program, which delivers the most compassionate palliative care to terminally ill patients
- Community educators providing diabetes education and parenting skills training
- A women’s breast health center, which offers mammograms, breast health education and support for those with breast disease
- A food pantry that provides both emergency and regular food items for people in need

At STPH, we believe our community value extends beyond traditional inpatient and emergency care. Compassionate healthcare includes comprehensive programs that our community needs.

St. Tammany Parish Hospital strives to improve the overall health and wellbeing of our neighbors close to home. In 2008, STPH sponsored the American Heart Association HeartWalk, Council on Aging St. Tammany, Covington Fire Department, the Covington Food Bank and Medical Clinic, Great 100 Nurses, Hospice Foundation of the South, the Junior League programs for children, Louisiana Breast Cancer Task Force, March of Dimes, Safe Harbor Women’s Shelter, St. Tammany Healthcare Alliance, United Way and Youth Service Bureau. We also recognize the need to promote healthcare to the next generation by supporting local high schools.

The hospital sponsors, hosts and participates in support groups, educational opportunities, health fairs, screenings and other activities designed to improve our community’s health every month. In 2008, STPH employees donated $240,000 to community organizations, causes and pursuits including our own St. Tammany Hospital Foundation, whose purpose is to ensure STPH will be here for generations to come.

HELPING THE COMMUNITY’S ECONOMY

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

Salaries and benefits paid to our staff of 1720 employees topped $72 million in 2008. Combined with the purchasing power of STPH itself, the total annual return to the local economy through STPH is estimated to be over $300 million.

Since its founding, our hospital has also made significant investment in the healthcare of this region, including construction and renovation projects, partnerships in economic development projects, contributions to youth programs, medical staff recruitment and retention, and a broad range of charity care programs.

In 2008, STPH invested in hardware, software and extensive training in physician offices, outpatient and inpatient settings throughout the system to strengthen our information technology systems to further protect patients from the possibility of “Never Events.” Electronic medical records, medication reconciliation and laboratory bar coding systems combine with highly personalized care at STPH to ensure every patient receives precisely the correct care and every caregiver has precisely the correct information at hand to diagnose and treat today’s patients.

In 2008, STPH opened the $110 million 4South unit inside the hospital, providing 14 new private patient rooms, which showcase the healing arts including dedicated spaces for patients, families and staff in each room, which help with overall healing. The hospital also opened the $1.4 million health facility at 80 Gardenia in Covington, which is home to the St. Tammany Physicians Network Covington office and the Sleep Disorders Center. The hospital also began the $600,000 Riverside and $10 million Medical Office Building projects adjacent to the main campus to expand office space for physicians and hospital personnel and to improve landscaping and drainage on both sides of Tyler Street.

STPH will be here for generations to come.
Philanthropy Makes the Difference in Good Care and Great Care

St. Tammany Parish Hospital Foundation would like to take this opportunity to thank each and every one of our 2008 donors, friends, supporters and volunteers by sharing our outstanding success.

We recognize our Northshore community for assisting with record-breaking projects including: the WE Care Employee Campaign in which more than 850 employees participated, the year-end mailing authored by Harry A. Warner and the 20th Anniversary Monster Mash benefit. The Parenting Center: Of note, as well were the second annual Garyne Games and partnership events including the Andy Goodsay Memorial Golf Tournament and Carnaval des Enfants.

Additionally, major gifts including the naming of the Bryan Burns Family Memorial Chapel, substantial grants from private foundations and two major bequests made 2008 the best fundraising year ever for the Foundation.

The Foundation is lead by a tireless volunteer team of community leaders and exists to provide a comprehensive program of fund development to supplement, enrich and improve the programs, facilities and services of STPH. In 2008, the goal was passed from the first Chairman of the Board, Adrian B. Cairns, Jr. MD, who now serves as Chairman Emeritus, to Kenneth L. Aulah.

The Foundation was established in 2003 to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital. The hospital is a self-supporting, not-for-profit community hospital and receives no tax funding. Since its inception through the end of 2008, nearly $5 million has been raised in support of the hospital. We are pleased to present the following to our 2008 donors.

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<th>Sources of Funding</th>
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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.

**Infant/Child CPR – (CPR for Family and Friends)**

- **April 7 or May 12, 6 pm to 8:15 pm; June 20, 9 am to 11:15 am**
- **STPH Parenting Center**
- $20 per person; $30 per couple. Would you know what to do if your child was choking or stopped breathing? Learn the skills you need to know for these emergencies. Register one week prior to class; Call 985-898-4435

**Breastfeeding Support Group**

- **April 2, May 7 and June 4; Noon to 1 pm**
- **STPH Parenting Center**
- FREE. Mothers, babies and expectant mothers join a certified lactation consultant for questions and answers relating to breastfeeding your baby; Call 985-898-4435

**Safe Sitter – Baby Sitter Training**

- **April 14 and 15 or June 9 and June 10; 9 am to 4 pm**
- **STPH Parenting Center**
- $65 per person. For students 11 to 13 years old interested in learning to develop good babysitting skills. Please register early, course fills up quickly; Call 985-898-4435

**Family Fun Day**

- **June 6, 10 am**
- Fontainebleau State Park
- FREE. Join other Parenting Center members for a day of fun in the Park. Fishing will also be free, so bring your poles and a picnic lunch for a day of fun; Call 985-898-4435

**Mom's Night Out**

- **May 14, 6:30 pm to 8 pm**
- **STPH Parenting Center**
- FREE. Join other moms for an evening of laughter, relaxation and a little time away. You’ll enjoy humor therapy and the opportunity for a free massage. Please bring an hors d’oeuvre to share; Call 985-898-4435

**End-of-Life Healthcare Decisions**

- **April 16, 9 am to 10:30 am**
- **STPH Conference Center**
- FREE. A panel discussion about the importance of making end-of-life healthcare decision before a health crisis arises. The event will coincide with National Healthcare Decisions Day; Call 985-898-4581

**Backtalk**

- **July 1, 8, 15, September 2, 9, 23; 7 pm to 9 pm**
- **STPH Conference Center**
- FREE. A series of classes to help expectant mothers learn about changes during pregnancy and prepare for childbirth; Call 985-898-4083

**New Baby Support Group**

- **Thursdays, 11:15 am to Noon**
- **STPH Parenting Center**
- FREE. Join other mothers and their babies, ages birth to 7 months, to discuss child development and parenting tips with other parents as well as professionals; Call 985-898-4435

**Heartsaver CPR**

- **June 2, 9 am to 2 pm**
- **Pine View Middle School**
- FREE. This is a certified CPR class for camp counselors and 21st Century staff. Please register by 1 pm on Wednesday, May 27; Call 985-898-4435

**Home School Choices**

- **May 13, 10 am to 11:30 am**
- **STPH Parenting Center**
- FREE to Members; $10 per person for nonmembers. Learn from those who know the obstacles and satisfaction of offering your child an education at home. A panel of home school moms will share their experiences that led them to home schooling; Call 985-898-4435

**L.E.A.R.N. Start Essentials**

- **April 28, 7 pm to 9 pm**
- **STPH Conference Center**
- FREE. Learn how to incorporate healthy habits into your lifestyle that will help you to maintain your family’s health and fitness. This program was developed by renowned pediatrician Dr. Bill Sears. Please register by 1 pm Friday, April 24; Call 985-898-4083

**Stepfamily Parenting**

- **June 25, 6 pm to 8 pm**
- **STPH Parenting Center**
- $10 per couple for members; $20 per couple for nonmembers. This informative session will help stepfamilies thrive as a family. Please register by 1 pm Friday, June 11; Call 985-898-4435

**True Colors for Parents**

- **May 5, 10:30 am to 11:30 am**
- **STPH Parenting Center**
- FREE to members; $10 for nonmembers. Enhance your relationship with your children by better understanding their temperament and learn strategies that work well in disciplining them; Call 985-898-4435

**What’s Good About Anger?**

- **April 2, 9, 16, 23, and 30; 6 pm to 7:30 pm**
- **STPH Parenting Center**
- FREE. Learn helpful hints and what to expect when caring for your new baby; Call 985-898-4083