



St. Tammany
PARISH HOSPITAL

A DIGITAL REVOLUTION IN PATIENT SAFETY

Computerized Physician Order Entry
Offers Huge Safety Benefits





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

Our Mission

A full-service acute care facility committed to providing world-class healthcare and the latest technology, St. Tammany Parish Hospital delivers today's life-improving procedures with the utmost care to area residents with emphasis on wellness, preventive care and disease management close to home. STPH is a self-supporting not-for-profit community hospital; it receives no tax funding. STPH.org

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St. Tammany Parish Hospital
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RICK OLIVIER PHOTOGRAPHY
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Catching Lung Cancer EARLY

New scan reduces mortality rate by 20 percent

As part of its commitment to early detection and saving lives, Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital has added a highly specialized new scan to its list of available screenings.

A newly available lung scan may enable detection of cancerous lesions at an earlier, more treatable stage in certain high-risk patient populations.

A study of more than 53,000 smokers at high risk for lung cancer found that low-dose computed tomography (CT) scans decreased the risk of cancer mortality by 20 percent in comparison to standard chest X-rays.

But experts say screening with low-dose CT should be part of a multidisciplinary approach to improving lung health and preventing lung cancer that includes smoking cessation.

"Smoking cessation is critical," says oncologist Greg Henkelmann MD of Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. Adds Chryl Corizzo, center director: "If someone has a strong enough history of smoking to warrant the low-dose CT screening, then smoking-cessation is certainly warranted."

The test, available at St. Tammany Parish Hospital Paul D. Cordes Outpatient Pavilion, is more sensitive to detecting lesions than standard X-ray and can identify them when they are smaller, explains Carlos Blanco MD, pulmonary and critical care physician practicing at STPH. The five-year survival rate for lung cancer is just 15 percent, a reflection of the fact that most lung-cancer patients do not begin to show symptoms until late stage of disease.

Low-dose CT uses 20 to 25 percent of the amount of radiation required for a traditional CT scan. It requires no contrast dye.

Physicians Blanco and Henkelmann say low-dose CT scans are appropriate for high-risk patients who meet certain criteria and where research has shown a proven benefit. According to National Comprehensive Cancer Network guidelines, the screening is appropriate for heavy smokers between the ages of 55 and 74 who do not have symptoms of lung cancer and have a smoking history of 30 or more pack-years.

Dr. Blanco notes that low-dose CT scans, like traditional chest X-rays, have a high rate of false positives—about 95 percent—which can prompt biopsies and other invasive procedures.

Because insurance does not yet cover the cost of this test, the self-pay cost of low-dose CT at St. Tammany Parish Hospital is \$245.

Information on free, tobacco-cessation programs is available by calling the Lung Health and Smoking Cessation Education Line at 985-898-4468. For details about whether you or your loved one is a candidate for the low-dose CT screening, contact Bryan Burleson at 985-871-6080.

Angels, Lights & Music...

ANGELS OF LIGHT CELEBRATES THE LIVES OF LOVED ONES

The 2012 Angels of Light event at St. Tammany Parish Hospital honored the lives of loved ones during an evening ceremony in December.

Nearly 400 jade porcelain angels decorated the Hospice Tree for Life, each with a name to honor or memorialize a loved one. The yearly event celebrated the lives of friends and family members, alive and deceased. It featured piano and harp music, St. Tammany Parish Hospital Choir performances and readings of names represented in Tribute Angels on the Tree for Life.

Proceeds from Angels of Light benefit Hospice of St. Tammany Parish Hospital, which is dedicated to the compassionate care of terminally ill patients

and their families. An anonymous donation to the 2012 Angels of Light honored all whose lives have been touched by hospice care: patients, their families and their caregivers. This year's Angels Sponsor, Eric and Angel Dunavant, honored family members who have passed away. The event's Music Sponsor, represented by George and Barbara Muller, honored the memory of Al and Nettie Gisevius.

Information about special events and other opportunities to support the St. Tammany Hospital Foundation is available by calling Nicole Suhre at 985-898-4171.



1202 South Tyler Street
Covington, LA 70433

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Email: foundation@stph.org
www.sthfoundation.org

Our Mission

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

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EMERGENCY-DEPARTMENT Expansion to Begin in 2013

Project will also add private rooms



St. Tammany Parish Hospital will soon embark on its biggest construction project in a decade, expanding its emergency department and adding 10 new private rooms to its inpatient bed complement. The three-year, \$21 million project is publicly bid and financed by bonds issued at the end of 2012.

“This is the next chapter in our care of the community,” says Patti Elish FACHE, president and chief executive officer.

That next chapter reflects the growing needs of families on the Northshore, where population growth is among the fastest in Louisiana. The project will add an additional 8,000 square feet to the hospital’s emergency department and create new space dedicated to emergency pediatric care.

Construction will begin in late 2013. The expansion will include new capacity to provide trauma and pediatric emergency care increasing the number of regular treatment rooms from 14 to 30, according to Kerry Milton, chief nursing officer. Overall, the project will boost to 28,000 square feet the size of the emergency department, which will continue to operate throughout the construction period.

Elish notes the emergency department’s crucial role in the treatment of patients: More than half of patients admitted to the hospital on any given day first come through the department, she says.

“It’s really the front door of our hospital,” Elish says.

The project’s second component will boost by 10 the number of private rooms. The inpatient addition will “stack” atop the existing two-story wing of the hospital at the corner of South Tyler and 11th Ave. It will add approximately 15,354 square feet of new construction atop a building originally constructed to grow to three stories.

The resulting 21 private patient rooms will be called 3North and will be built on the principles of a healing environment to provide comfortable private space for the patient, caregivers and family. As part of the emergency department expansion, an 11-bed inpatient unit will be eliminated for a net gain of 10 private rooms to current capacity.

“Increasing the number of private rooms reflects our commitment to patients and their families,” Elish says.



Hospital Chief Earns Regional Accord

Patti Elish Named Woman of the Year

“Patti Elish is the heartbeat of the North Shore,” says Christian Moises, news editor of New Orleans CityBusiness. “Patti Elish lives and breathes health care, making sure the patient comes first.”

His observations bear out in the accomplishments of St. Tammany Parish Hospital’s president/CEO of 12 years and counting.

Patti Elish transformed a small community hospital into a thriving regional system with an exceptional level of safety and quality. Under her leadership, the hospital tripled in size and multiplied its outpatient resources to serve the fastest growing parish in the state. Thanks to her vision, STPH achieved recognition for quality, safety, patient experience, physician and employee satisfaction. STPH and the healthcare community on the Northshore bear measurable results of Patti Elish’s influence.

STPH is a private, not-for-profit community hospital for the service district of western St. Tammany and surrounding areas. It receives no tax funding and has approximately \$1 billion gross revenues, 222 licensed beds and 1,700 employees. Its systems include the main hospital, outpatient surgery center, diagnostic centers, women’s center, home health, hospice, sleep disorders center, parenting center, community wellness center, primary care physician offices throughout the district and Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital.

Regular surveys of patients, employees and physicians reveal a highly respected, much loved institution. HealthStream data indicates 100% of physicians responding would recommend STPH to their family, and 95% give our nurses the highest rankings. Likewise, nurses rank our physicians in the top 10 percent. And patients highly recommend, in the 91st and 95th percentiles nationally, our doctors and nurses respectively.

“Patti Elish is the heartbeat of the North Shore... She lives and breathes health care, making sure the patient comes first.”

A native New Orleanian with nursing, bachelor’s and master’s of health administration degrees, Elish began her career in health care at West Jefferson Hospital in 1974, rising to Director of Nursing by 1996. She left to become Vice President and Chief Operating Officer for the Memorial Health System of East Texas where she led significant growth and improvement before joining St. Tammany Parish Hospital as CEO. Elish is a fellow of the American College of Health Care Executives, the prestigious national credential symbolizing professionalism, ethical decision making, competence, leadership and commitment to lifelong learning in health care.

A DIGITAL REVOLUTION IN PATIENT SAFETY

“It creates orders that are precise, harmonized with care and based on evidence-based best practices.”



Until last October, hospitalist Patrick Torcson MD ordered scans and medications for his patients by writing them on paper. He would then hand those paper orders to a nurse to be entered into the hospital's computer system or faxed to the in-house pharmacy.

But on October 16, Dr. Torcson, head of St. Tammany Parish Hospital hospitalists, helped launch a digital transformation in the way STPH physicians order drugs and tests for patients.

That day in October is when Dr. Torcson and the hospitalist team put away their pens and began directly entering orders into portable Apple iPad tablets logged into the hospital's information systems.

Computerized Physician Order Entry, or CPOE as it is commonly known, has huge implications for patients, physicians and nurses alike. It is also a change that reflects this hospital's commitment to adopting best practices in patient safety and its embrace of technology that results in real improvements to patient outcomes.

“It's an exceptional tool for improving the quality of care and patient safety,” says Dr. Torcson, who is physician champion of CPOE at the hospital. “It creates orders that are precise, harmonized with care (provided by other physicians) and that are based on evidence-based best practices.”

CPOE's benefit to patient safety is hard to overstate. A study at Boston's Brigham and Women's Hospital found rates of medical errors dropped 88 percent utilizing CPOE.

CPOE's safety benefits pivot on the technology itself. For starters, having physicians directly enter orders eliminates potential misreading or confusion of handwritten orders. Medical mistakes tied to illegible writing and misplaced decimal points are a serious concern that can have adverse effects in patients.

“We don't have to interpret writing when the doctor enters orders directly,” notes Kerry Milton, STPH chief nursing officer. “This is faster, more efficient and safer for patients.” Adds Christopher Darcey MD, hospitalist. “Getting rid of handwritten orders is the number one benefit to patient safety.”

There are multiple, additional benefits to both patient safety and care. CPOE includes automated, real-time prompts that warn physicians against possible adverse drug interaction, allergic reaction or overdose as they enter patient orders. That gives physicians the opportunity to verify the dose or drug in real time—before a possible error is made.

“There is a double check to make sure that's the dose and drug you want,” says Dr. Torcson.

Other automated elements tell physicians when lab results and scans like X-rays will be available for examination. Orders for tests and medication are processed faster because the “lag time” for manual transcription is eliminated.

CPOE includes decision support to help physicians make optimal decisions about patient care. The new system's decision support includes instantaneous access to research in best medical practices and automatic dosing and testing alerts, says Cherie Faucheux of STPH's information technology department.

The hospital's 13 hospitalists were its first group of physicians to adopt CPOE, which will be rolled out to other hospital physician groups by mid-2013.

The hospitalists' involvement in CPOE represents a yearlong effort that required hands-on testing of what technology would work best. Dr. Darcey tried out a number of laptops and tablets while making rounds at STPH to see what device would work best. Doctors Darcey and Torcson say finding an easy-to-access and portable platform was key because of the nature of physicians' work and because the shift to CPOE represents a big change in physicians' daily practices.

The physicians worked closely with the hospital's technology team to customize the order entry system to maximize its effectiveness and ease of use.

“We tailored the system to the doctors' needs,” says Jamie Romage of the IT department. “They really did much of the research into what would work best, because it's a system that the doctors themselves will use.”



EXCELLENCE in Stroke and Cardiac Care at STPH

St. Tammany Parish Hospital continues to enhance its reputation for excellence in the care of cardiac arrest and stroke patients through accreditations and initiatives that reflect best medical practices.

STPH in spring 2012 received “accreditation with PCI” from the Society of Cardiovascular Patient Care, formerly called the Society of Chest Pain Centers. The “accreditation with PCI” designation puts STPH in an elite group of Louisiana hospitals with special expertise in the use of balloon angioplasty to clear the coronary arteries of patients experiencing a heart attack.

“It’s a process of perpetually improving yourself to make patient care better,” says Teresa Krutzfeldt, STPH director of critical care.

St. Tammany Parish Hospital likewise continues to distinguish itself in stroke care. The hospital in May 2012 received the Bronze Achievement Award for compliance with GetWith the Guidelines-Stroke, a national best-practices program that considers hospitals’ use of clot-busting drug tPA and other factors as measures of the effectiveness of care of stroke patients.

Indeed, STPH has significantly increased its use of tPA in its emergency department over the past few years, says Louise Dill, STPH nursing

department head for inpatient rehab. The department’s use of clot-busting drugs, whose timely administration can save lives and brain cells, is 18 percent higher than the U.S. average, notes Dill, explaining that the speed of effective intervention is crucial to preserving brain function in stroke patients.

Stroke patients recovering in STPH’s inpatient-rehab unit also fare better than patients elsewhere, with post-stroke gains in function higher than both state and national rates.

Other elements of STPH stroke care include the hospital’s participation in a regional network that gives emergency-department staff round-the-clock access to vascular neurologists and community outreach that includes free blood-pressure screenings at public events.



Shingles Virus and its Spread

By Dr. Katie Taranto, St. Tammany Physicians Network

Herpes zoster, more commonly known as shingles, is a disease that mostly affects adults over the age of 60. It occurs in approximately one million people in the United States annually. Shingles is a painful vesicular rash that is caused by the same virus that causes chicken pox, the varicella-zoster virus (VZV), and results from the reactivation of VZV. Antiviral medications, such as acyclovir and valacyclovir, are used to treat shingles and help lessen the symptoms and course of the disease. The emergence of the zoster vaccine in recent years has helped decrease the incidence of shingles.

The main risk factor for shingles is age because there is a decrease in immunity against VZV as we get older. Other risk factors are any conditions that lead to a compromise in the immune system, such as cancer and chronic kidney or lung disease. Transmission of the virus only occurs while the vesicular rash is present and mainly occurs from direct contact with the rash. Once the vesicles have crusted over and start to heal, it is no longer contagious. People who have never had chicken pox are at risk of developing chicken pox if they are exposed.

As mentioned above, shingles is characterized by a unilateral vesicular rash that occurs in one dermatome, or area of the body, usually around the trunk. It can be extremely painful because the virus lives in and attacks the nerves in our body. The vesicles will begin to crust and heal in 7-10 days, but the pain can precede the rash by days or weeks and last up to 2-3 months. It is usually a self-limited disease and rarely causes complications.

The goals of treatment of shingles are reducing symptoms and shortening the course of the disease. Antiviral medications, such as acyclovir and valacyclovir, are recommended for herpes zoster and are best effective when started within 3 days of the onset of symptoms. Other treatments are aimed at helping the pain associated with shingles. Non-steroidal anti-inflammatory drugs, or NSAIDs, can help mild to moderate pain. Gabapentin and opioids are generally reserved for more severe pain. The best treatment for shingles is preventing the disease.

Individuals with shingles should take precautions and keep the rash covered and wash their hands frequently to lessen the chance of transmitting the virus to others. The shingles vaccine was approved in 2006 and is recommended for all individuals age 60 or older, regardless of whether they have had shingles in the past.

Celebrate National Doctors’ Day

St. Tammany Parish Hospital will celebrate National Doctors’ Day on March 30 in recognition of the compassionate care its physicians provide to Northshore residents.

The St. Tammany Hospital Foundation invites STPH patients and their families to say a special thank you for that care through a donation to the foundation in honor of a local physician of their choosing. National Doctors’ Day donations include a personal acknowledgment to the physician or physicians informing them of the gift in their name. Additionally, the names of physicians will be added to the foundation’s Book of Tributes, located in the hospital lobby.

St. Tammany Parish Hospital’s celebration of the men and women who care for Northshore families is part of a nationwide tradition that dates back more than 75 years. March 30 was officially declared National Doctors’ Day in 1990 after decades of informal celebration of physicians’ roles in patients’ lives.



More information on making a National Doctors’ Day donation is available by contacting Dee Middleton at 985-898-4110.



St. Tammany Parish Hospital Among Tops in Nation for Patient Satisfaction

St. Tammany Parish Hospital received the Women’s Choice Award from WomenCertified® distinguishing it as one of America’s Best Hospitals for Patient Experience in 2012.

“It means the world to us to learn that our staff’s hard work and dedication has been recognized both locally and nationally by WomenCertified. Our goal is world-class healthcare close to home, and it is gratifying to see the exceptional efforts of our professionals honored,” says Patti Elish, President/CEO.

Hospitals qualify for this highly selective annual list based on an in-depth proprietary scoring process. The scoring incorporates a national, standardized survey of patients’ perspectives of hospital care reported by the U.S. Department of Health and Human Services (Hospital Consumer Assessment of Healthcare Providers and Systems) and an analysis that

weighs criteria identified as the most important to women for patient satisfaction. Additionally, the scoring incorporates WomenCertified’s in-depth research on customer satisfaction among women, including a joint study on customer satisfaction by gender conducted with the Wharton School of the University of Pennsylvania. The 100 best scores in four hospital size categories determine the Award winners.

“Recognizing the best hospitals nationwide that are women-friendly and align with women’s identified preferences is important to our mission at WomenCertified, where women help other women with tough, consumer decisions,” explains Delia Passi of WomenCertified. “Most importantly, when a woman sees the Women’s Choice Award at her local hospital, she’ll know the hospital values her experience as a critical component of her and her loved one’s care.”



KEEPING YOUNG DRIVERS SAFE

Sudden Impact Targets Dangers Of Distracted Driving

Louisiana roadways can be treacherous for young drivers. In the first 11 months of 2012, there were 41 fatal crashes involving Louisiana drivers ages 15 to 17 and 4,003 injury crashes when drivers in that age group were at the wheel, according to state data.

Dangerous behaviors from texting to drinking to ignoring seatbelt laws and overloading cars with rambunctious friends put teens at higher risk in Louisiana, where car accidents are the biggest cause of accidental death.

“Motor vehicle crashes are without a doubt the biggest source of danger out there for teenagers,” says Trooper Nicholas Manale of the Louisiana State Police.

St. Tammany Parish Hospital physicians and nurses partner with Northshore law enforcement experts to keep young drivers safe by helping them understand—and avoid—distractions that put them at risk. Sudden Impact, a daylong program for high school sophomores held at St. Tammany Parish Hospital, puts the deadly serious nature of distractions into terms that teens understand, explains Felipe Canas RN with the hospital’s intensive care unit.

“You have to make it real for them,” says Canas. Students from local high schools hear from the families of accident victims, hospital trauma staff and law officers on the real-life impact of collisions tied to dangers from alcohol to cell phones. They also see for themselves the toll of traumatic injury. The program includes a visit to the intensive-care unit, where with the support of the victim’s family, students observe a brain-dead victim under the care of hospital staff.

Participants learn simple steps they can take to protect themselves, like wearing a seatbelt and complying with Louisiana’s graduated-licensing law, which restricts when teens can drive and how many passengers they can have in their vehicle, says Susan Titman RN, critical care supervisor.

Interactive elements of the program help teens think about life-and-death decisions before they get behind the wheel.

“It’s so tempting to pick up that phone,” says Teresa Krutzfeldt, STPH critical care director. “But we ask them: What call or text can’t wait?”



What is Gift Planning?

Gift planning is finding ways to make charitable gifts now or after your lifetime while enjoying financial benefits for yourself.

Planned gifts are sometimes referred to as “stop-and-think” gifts because they require some planning and, often, help from your professional advisors. Unlike cash donations, they are typically made from assets in your estate rather than disposable income, and come to fruition upon your death.

The most common planned gift is a bequest in your will. Other planned gifts include:

- A charitable gift annuity
- A charitable remainder trust
- A charitable lead trust
- An endowment fund
- Retirement plan assets
- Life insurance policies
- A remainder interest in your home

Visit www.sthfoundation.org/giftplanning to learn more about each type of gift.

After your family is taken care of, you can plan a charitable gift that may extend your legacy beyond your lifetime, protect your loved ones and reduce your taxes. A misconception is that gift planning is only for the “wealthy.” The truth is, even people of modest means can make a difference through gift planning.

THE LEGACY OF CARING SOCIETY

Planned gift donors are invited to join the elite ranks of the St. Tammany Hospital Foundation Legacy of Caring Society. Society members are individuals who, through their estate plans, have made an unconditional future commitment to the mission and purpose of the St. Tammany Hospital Foundation. Their generous expressions clearly reflect a profound belief in the vital importance of our community hospital.

Legacy of Caring members include:

- | | |
|-----------------------------------|-----------------------------------|
| Dr. and Mrs. Adrian B. Cairns Jr. | Upton and Marianne Lea |
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Won’t you join them? Call Charley Strickland at 985-898-4141 or cstrickland@stph.org to learn how you can support our mission while ensuring your family’s financial security.

Rising costs and improved understanding of the connection between lifestyle and chronic conditions are fanning the focus on prevention as a core element of healthcare.



A Premium on Prevention

Wellness Increasingly Viewed as CORE Healthcare Role

Chronic conditions like diabetes account for a whopping 75 percent of U.S. healthcare spending, according to the U.S. Centers for Disease Control.

Yet the massive financial and human toll of chronic illness is also prompting a fundamental shift concerning the role of healthcare. That shifting viewpoint puts a premium on wellness education and prevention as a way to help people stay healthy or better manage chronic disease.

At St. Tammany Parish Hospital, community outreach and wellness education are increasingly viewed as core aspects of healthcare delivery.

A number of factors are behind that changing view, according to Kerry Milton, BSN RN MSHA, senior vice president and chief nursing officer at St. Tammany Parish Hospital. For starters, rising costs and improved understanding of the connection between lifestyle and chronic conditions are fanning the focus on prevention as a core element of healthcare.

“It’s becoming more mainstream to think of your health as your responsibility,” Milton says.

STPH is looking to increase wellness opportunities in the community and within its four walls on a variety of fronts. That includes an unprecedented effort to improve the health of its employees.

STPH in 2012 conducted its first-ever detailed assessment of the health of its 1,700 employees. Information collected through the assessment is now being used to design new wellness opportunities for STPH employees, including onsite classes on subjects like nutrition and stress

management, explains Sharon Toups FACHE, senior vice president and chief operating officer at STPH.

The hospital also continues to enrich its connections to the Northshore community through wellness education. For example, it will partner with Christwood Retirement Community to offer wellness classes at Christwood’s new community center.

Christwood’s approach to healthy aging—based on a model that comprises social and emotional needs as well as physical wellbeing—views wellness as a multidimensional state that extends beyond treatment of acute illness.

“People are looking at ways to invest in themselves to stay healthy,” says Randy Becnel, Christwood’s wellness director.

The St. Tammany Hospital Foundation’s Healing Arts Initiative represents another aspect of this emerging view of healthcare. As the initiative looks to harness the soothing power of the arts for the benefit of patients, staff and visitors alike, it will embody wellness and taking care of oneself as well. Music, art, landscaping and soothing architectural elements throughout the campuses reflect the Healing Arts philosophy.

More information on Healing Arts is available by contacting Charley Strickland of the St. Tammany Hospital Foundation at 985-898-4141 or cstrickland@stph.org.

STPH Calendar Highlights

As your community hospital, STPH hosts events, meetings and opportunities to improve and maintain physical and emotional well-being. A short sample of upcoming events is provided below, but please check stph.org and local newspapers for additional learning opportunities for individuals of all ages.

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		

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		

MARCH						
24	25	26	27	28	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						

Breast Cancer Survivor Support Group Tuesday, January 8; then first Tuesday of the month; 7 pm – 8:30 pm

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital
Talk with others in a supportive environment about breast cancer, managing feelings and learn positive coping strategies.
985-875-2234

Living Tobacco Free Tuesdays, January 15 through March 19

Day class, STPH Cordes Outpatient Pavilion
Evening class, STPH Conference Center
This free class gives you the tools and resources to quit permanently. Reservations required.
985-898-4468.

1,2,3,4 Parents Wednesdays, January 16, 23 & 30, 6 pm to 8 pm and Saturday, February 23, 9 am to 2 pm

The Parenting Center
This three week series will assist parents in learning techniques and strategies that will enhance their parenting skills. Learn positive discipline skills and the social/behavioral ages and stages as children progress through those first four years, as well as ways to prevent problem behaviors. 985-898-4435

Boot Camp for New Dads January 19 and March 16; 9 am to noon

STPH Conference Center
Class for new dads on taking care of mom and baby after delivery. 985-898-4035

Baby Chat for Siblings Saturday, January 19 and March 16; 10 am – noon

STPH Conference Center
Girls and boys welcome. Ages 3 and up.
A parent is required to stay with the child. FREE.
985-898-4083

Art of Breastfeeding January 21 and March 11; 7 pm to 9 pm

STPH Conference Center
Parents will learn how to establish a breastfeeding routine that will enable them to use their breastfeeding skills with confidence; facilitating a positive and successful breastfeeding experience.
985-898-4083

Don't Keep it a Secret January 22; 6 pm

STPH Conference Center
In an informative talk for women, discover important information about female sexual dysfunction with Covington gynecologist Dr. Jessica Rinaldo. 985-898-4083

Infant and Child CPR January 26 and March 20; 9 am to 11:15 am

The Parenting Center
Learn what to do if your child chokes or stops breathing. 985-898-4435

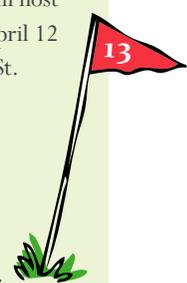
HITTING THE GREEN for STPH Pediatric Advancement Second Get Lucky! Golf Tournament April 12

St. Tammany Hospital Foundation will host its second annual golf tournament April 12 to benefit pediatric advancement at St. Tammany Parish Hospital.

Last year's first ever Get Lucky! Golf Tournament—held on Friday, April 13—raised nearly \$53,000 for pediatric advancement at STPH. This year's four-person scramble at the Tchefuncta Country Club in Covington will again feature contests, prizes and the chance to win a new car from Honda of Covington.

"It was meant as a one-time event (in 2012) but was so popular and well attended that we decided to do it again," said the foundation's Nicole Suhre. "We received an outpouring of calls asking when registration would open for 2013. Our hope is to raise even more money and beat last year's total."

Information on participation and corporate sponsorship opportunities for the Get Lucky! Golf Tournament are available by contacting Suhre at 985-898-4171 or nsuhre@stph.org.



Tai Chi: Healing in Motion

Thursday, weekly; 9 am to 10 am

STPH Cordes Outpatient Pavilion
Meditation in motion based on martial arts movements guided by Erlinda R. Nye, yoga and Tai Chi instructor with extensive martial arts background. 985-898-4581

New Baby Support Group

Thursdays; 11:15 am to 12 noon

STPH Parenting Center
Join other mothers and their little ones (birth to seven months old) for information and support.
985-898-4435

Cancer Connection Support Group

Wednesdays, 7 pm to 9 pm

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital
This support group is for individuals, family members and friends challenged by a cancer diagnosis. 985-875-2234