

Heart to Heart

St. Tammany
PARISH HOSPITAL



Farewell to **Patti M. Elish**

Retiring after 18 years at the helm of STPH



1202 S. Tyler St.
Covington, LA 70433
985-898-4000
www.stph.org

Our Mission

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

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St. Tammany Parish Hospital
Communication Department
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Champions of Giving

STH Guild Donation Funds Music Therapy, Art Carts

A music therapy pilot program and rolling art carts for pediatric patients will be funded by the \$45,000 annual donation for 2018 from St. Tammany Hospital Guild to St. Tammany Hospital Foundation.

A third-floor, suite-style patient room will also be refurbished with funds generated by the STH Guild's operation of the hospital gift shop and sales of jewelry and baked goods.

"The members of the guild are working to make a difference in the lives of the people who come to our hospital for care," said Ken Lane, STH Guild president. "We see these as worthwhile endeavors that will benefit patients, including pediatric patients."

The donation provides seed money for a music therapy program for St. Tammany Cancer Center, hospice and inpatient oncology. The funds also will cover the cost of

"The guild is a shining example of what it means to be a champion for healthcare, for the patient experience at this hospital and for our community. Its members are heroes in the truest sense."

- Nicole Suhre, STH Foundation executive director

"The carts will help to divert children during a time when they are often anxious," Lane said.

The guild's donation for 2018 brings its cumulative giving to more than \$264,000, and will move them to the champion level on STH Foundation's Donor Wall of Honor (\$250,000-plus).

"The guild is a shining example of what it means to be a champion for healthcare, for the patient experience at this hospital and for our community," said Nicole Suhre, STH Foundation executive director. "Its members are heroes in the truest sense."

iPads to provide music and art therapy to hospital patients.

The new heART Carts in the pediatric emergency room and pediatric inpatient unit will be stocked with crayons, coloring and reading books, small games, toys and other items for STPH's youngest patients.



Raising the Roof for Good

STH Foundation Again Selected as Raffle House Beneficiary

St. Tammany Hospital Foundation is among three local charities selected as beneficiaries of the Northshore Home Builders Association 2018 Raising the Roof for Charity Foundation Raffle House.

The annual raffle of a new home has raised more than \$5 million for Northshore not-for-profit organizations since 1994. Raising the Roof has raised more than \$160,000 for STH Foundation since 2013—the first year it was chosen as a beneficiary.

Funds raised through the event have provided support for Northshore projects as varied as children's programs, food-bank pantries and St. Tammany Parish Hospital's newly completed pediatric emergency room.

Raffle tickets are \$100 each, with a total of 7,500 tickets sold.

The grand drawing for the 2018 Raffle House will take place Saturday, June 2. Additional prizes include three cash drawings for \$5,000 on March 23, \$5,000 on April 19 and \$10,000 on May 20.

"The foundation is proud to have been chosen as a charity partner for the raffle house project," said Nicole Suhre, STH Foundation executive director. "It is always such a rewarding experience, and our supporters make it fun. Their ticket purchases have won us the top charity spot each year we have participated. We are grateful to each of them and the NHBA for this unique and exciting opportunity."

This year's raffle house is a four-bedroom, two-bath home at 4192 Cypress Point Drive in the new Estates

at Watercross in Covington. The subdivision under development along the Tchefuncte River includes a lush natural setting, community boat launch, river access, parks and 30 acres of woodland habitat.

Blake Mendheim of 110 Builders is building the 3,276-square-foot home valued at \$415,000.

Proceeds from this year's event will also benefit the Louisiana Children's Discovery Center and Habitat for Humanity St. Tammany West.

As a beneficiary, STH Foundation is working to publicize the event and boost raffle-ticket sales through its own network of donors and supporters.

Raffle tickets may be purchased at the STH Foundation office at 1127 South Tyler St., the STPH gift shop, St. Tammany Physicians Network locations, STPH Women's Pavilion and the Paul D. Cordes Outpatient Pavilion.

Additional raffle-ticket sales outlets include Northshore Metairie Bank branches, Northlake Medical Supply, Riverchase Cleaners, Stone Creek Club & Spa and Northshore locations of Liberty Self Storage.

Learn More & Get Your Ticket

Additional information is available online at sthfoundation.org/raisingtheroof or by calling Melanie Rudolph at 985-898-4141.



1202 S. Tyler St.
Covington, LA 70433

Telephone 985-898-4171
Fax 985-871-5744
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www.sthfoundation.org

Our Mission

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

BOARD OF TRUSTEES

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Art with a Purpose

Healing Arts' Impact Continues to Grow

The Healing Arts Initiative at St. Tammany Parish Hospital has made art increasingly visible across its main campus and outpatient facilities.

Healing arts installations comprise elements from painting and lighting to fountains, aquariums and the piano in the hospital lobby.

Longtime STPH employees point to another impact of the 14-year-old initiative, one harder to see but no less real: new opportunities to nourish their own well-being, deeper meaning in their work and an enhanced patient experience—including their own.

Barbara Jenkins, who has worked at the hospital for 33 years, primarily in food service, recalls taking in the beauty of a healing water feature in a hallway during a visit to her father when he was hospitalized at STPH years ago.

"I think healing arts has absolutely changed the feeling of the hospital," Jenkins said.

Sharon Toups, STPH chief operating officer, said few could imagine the scope of healing arts' reach and expression in its early years.

"It has far surpassed anything we imagined at the beginning," Toups said.

The Healing Arts Initiative began in 2004 as a fund in the annual employee campaign, over time developing into a core project of St. Tammany Hospital Foundation.

The foundation and health arts committee engage artists, STPH employees, supporters and the broader community in harnessing art as an essential part of the healing process.

A growing body of scientific research provides fresh evidence of

"I love to hear patients say they want to come back with a book just to enjoy the calming environment."

- Sharon Toups, STPH chief operating officer

the importance of that mission. Multiple studies show artwork in healthcare settings reduces infection risks, shortens hospital stays and boosts the immune system.

Researchers have found that artwork depicting nature—a central theme of healing arts—is especially conducive to a sense of well-being among patients.

Such benefits aside, healing arts has changed the patient experience, including for STPH employees. Toups says by way of example, when she gets a mammogram at the STPH Women's Pavilion, she sees artwork on the exam-room walls when she turns her head left and right during the screening.

"The paintings on the walls are the result of healing arts," she said.

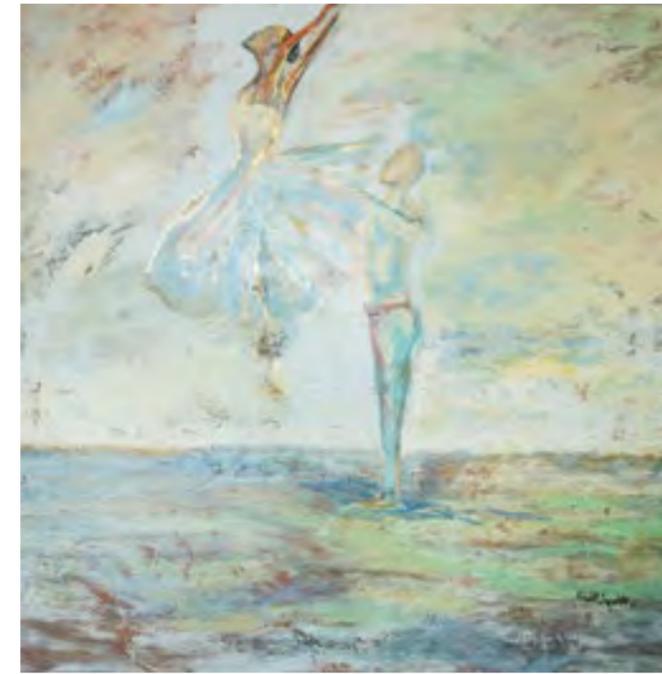
She enjoys watching patients react to the soothing atmosphere of the STPH Women's Pavilion, which was designed from the ground-up to include accents like its meditation garden and water features.

"I love to hear patients say they want to come back with a book just to enjoy the calming environment," Toups said.

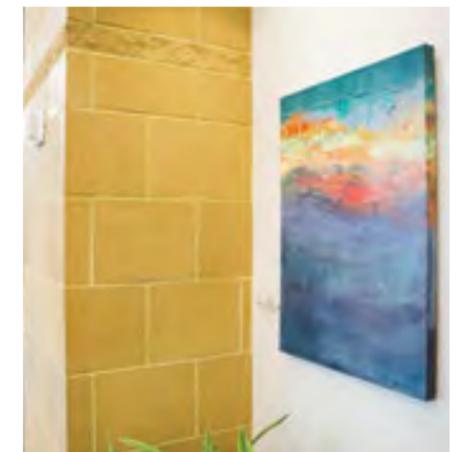
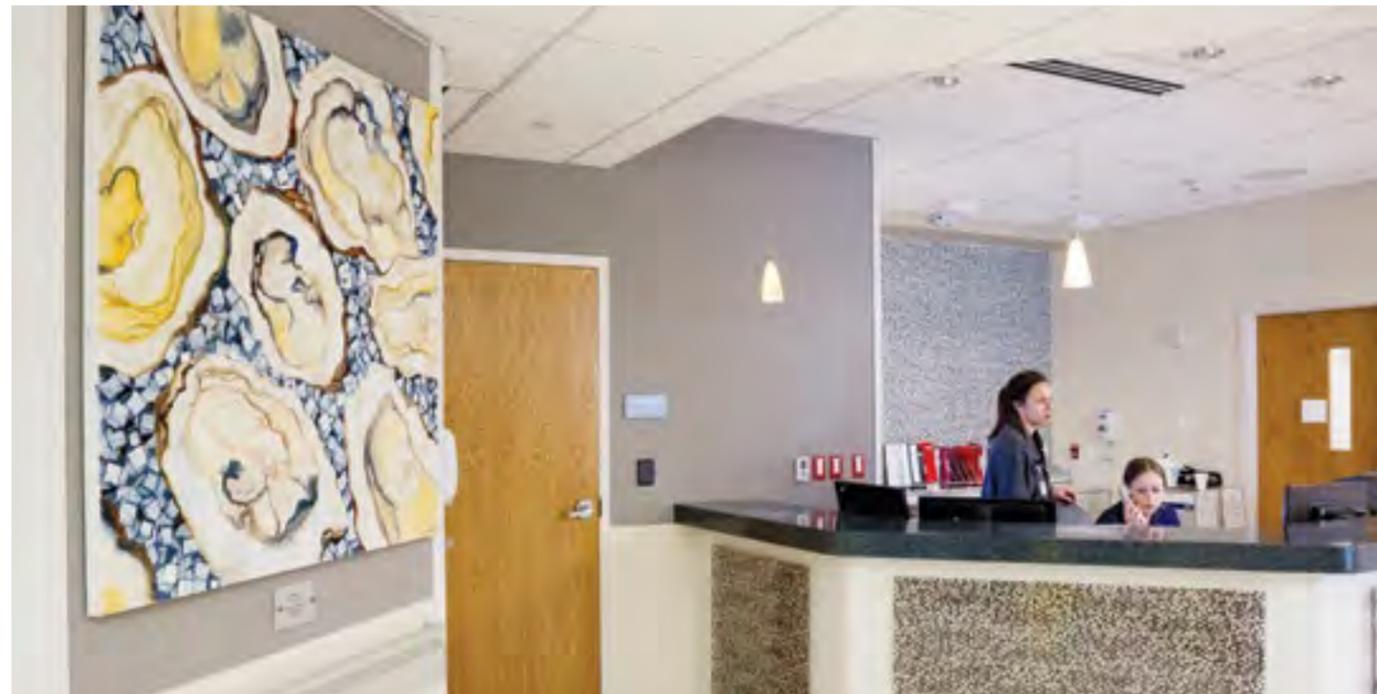
For her part, Jenkins delights in what functions as an unofficial ritual at STPH, one made possible by healing arts. Most Thursday mornings, she says, a local gentleman visits the lobby to play the piano for the pleasure of anyone who cares to listen.

When Jenkins pops her head out of her first-floor office into the hallway, she hears the notes in the distance.

"It's for everyone to enjoy," Jenkins said. "That's what makes healing arts special."



A 1984 study by researcher Roger Ulrich found that patients with a view of nature, such as trees, required less pain medication and left the hospital a day earlier than those whose view was a brick wall. University of California Berkeley researchers and a Cleveland Clinic study both identified specific benefits to the brain such as improved blood flow and less inflammation.





Patti Elish is a fellow of the American College of Healthcare Executives, past chair of Metropolitan Hospital Council of New Orleans, board member of Louisiana Hospital Association and Northshore Healthcare Alliance and member of Northshore Business Council and Women's Leadership Council of Greater New Orleans. She has earned regional recognition including YLC Role Model, Top 10 Female Achievers, and CityBusiness Woman of the Year, including its hall of fame. As she retires, she looks forward to treasured time with her husband, children, grandson and friends.



Farewell to **Patti M. Elish**

In 2000, St. Tammany Parish Hospital Board of Commissioners selected as its new chief executive a young but experienced nurse with a passion for patients. That leader was Patti Elish FACHE, who is retiring later this year after 18 years at the helm of St. Tammany's largest hospital.

Elish transformed what was then a small community hospital into the thriving regional medical center it represents today. A nationally recognized hospital for safety, quality and patient experience, STPH bears measurable results of her influence including kudos from US News & World Report, CareChex, Healthgrades, Leapfrog, Women's Choice, The Joint Commission and Center for Medicare and Medicaid Services.

A native New Orleanian with nursing, bachelor's and master's of health administration degrees, Elish began her career in healthcare at West Jefferson Hospital in 1974, rising to director of nursing by 1996. She left West Jefferson 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 in 2000.

Signature achievements of Elish's tenure include the Millennium Project, which tripled the size of the hospital and prepared it for independent operations in disaster scenarios, a move that led STPH to be one of few New Orleans-area hospitals to continuously provide

Elish transformed what was then a small community hospital into the thriving regional medical center it represents today.

care throughout Hurricane Katrina and its protracted aftermath.

It was that post-Katrina environment that led to successive expansions after the Millennium project. Elish led initiatives that spread primary and diagnostic resources throughout the service district; expanded west of Tyler St. including an elevated walkway dubbed the Skybridge; and

introduced expanded emergency medical care on the main campus, added dedicated space for pediatric patients and introduced emergency care in the city of Mandeville for the first time.

Recognizing the value of collaboration for the best benefit of patients, Elish led initiatives that forged partnerships with community physicians and the region's best healthcare companies including Mary Bird Perkins Cancer Center and Ochsner Health System.

The 2014 partnership between STPH and Ochsner set out to increase quality, expand services and elevate the level of care available in the service district. The collaboration has more than delivered on the initial aims with measurable advancements and growth in neurology, neurosurgery, pediatrics, cardiology, oncology and technology.

Elish's leadership in the past 18 years now sets the next leader of St. Tammany Parish Hospital on firm footing for success into the hospital's next phase delivering on the promise: world-class healthcare, close to home.

Three Faces of Giving

St. Tammany Hospital Foundation supporters represent a wide spectrum of people from a retired businessman who understands the value of home health nurses to an STPH human resources manager who helps fellow employees grow and learn or the tireless advocate for arts in healthcare, each gives for a personal reason. Their giving is critical to STH Foundation's mission, which helps St. Tammany Parish Hospital deliver on its promise of world-class healthcare close to home.



Dick Kelley
A Patient Gives Back

Dick Kelley used to drive past St. Tammany Parish Hospital six or eight times a day. The now 79-year-old retiree and Covington resident admits in those days he didn't even notice the hospital.

Then his good friend Dennis McCloskey, the founder of a well-known Northshore nursery, fell ill with cancer. Kelley visited his friend when he was hospitalized at STPH and also at his home, where Kelley observed the work of STPH home health nurses in caring for McCloskey.

"I didn't notice the hospital much until I needed it, and since then I certainly have," Kelly said. "That's the thing about community services like fire departments, police protection and hospitals, you don't want to need them, but they are always there for you when you do."

The New Orleans native has since become a longtime donor and a member of the St. Tammany Hospital Foundation Board of Trustees.

Kelley, now in his third term, also brings a patient's perspective to giving since 2007 in support of STPH home health and hospice services. Like his good friend McCloskey, Kelly relied on home health nurses after two extended hospital stays, including one prompted by a recent pneumonia-related fall at home that broke three ribs.

"I know firsthand about the excellent care home health provides, so I'd like others to benefit from that, too," said Kelley, recovering at home in recent weeks.



Amy Gowland
Connected To Her Community

Amy Gowland is in the business of helping employees learn and grow. The STPH human resources department head gives to STH Foundation through payroll deduction. The focus of her giving? Helping her fellow employees.

Gowland directs donations to STH Foundation's Learning Together Fund, which has supported everything from employee educational fairs and school at work programs to more trainings to enhance the services offered at STPH.

STPH department heads can also request Learning Together funds for certain training tools.

"This is the community hospital I grew up with, so I feel connected to the people here. I want to help them have opportunities to live the best lives they can."

"It's a way to invest in personal growth and professional development that supports the hospital's mission," Gowland said.

Gowland has strong ties to STPH and its employees, with good reason: the Mandeville resident was born at the hospital in 1974.

"This is the community hospital I grew up with, so I feel connected to the people here," she said. "I want to help them have opportunities to live the best lives they can."



Jean-Marie Desrosiers
A Passion For Art's Healing Power

Jean-Marie Desrosiers is passionate about the power of art to heal.

That passion intersects with charitable giving and volunteer work that extends from his native Haiti to the Northshore, where he supports and volunteers for STH Foundation's Healing Arts Initiative and the St. Tammany Hospital Guild.

Desrosiers shares his passion for art's healing power with his wife, Arlette Delcham MD, medical director for STH Hospice and an artist in her own right.

Desrosiers brings creativity to his giving, too. About five years ago, the retired telecommunications executive and his wife began Helping Hands Gallery, a virtual gallery that features work by regional artists. The couple directs their share of proceeds from Helping Hands Gallery art sales to STH Foundation and other nonprofits.

Desrosiers and Dr. Delcham are changing the nature of the healing arts program, too. Funds they raised support the new music therapy program for hospice, St. Tammany Cancer Center and inpatient oncology patients at STPH.

Desrosiers thinks both locally and globally when it comes to his charitable endeavors. Each year he travels with an international team that does lifesaving, pediatric heart surgeries in Port Au Prince, Haiti.

"I can't explain the gratification I get from helping another human being," Desrosiers said. "It's powerful to be able to make a difference in the life of even one person."



Energy, Compassion Define New Foundation Trustees

The two newest members of the St. Tammany Hospital Foundation Board of Trustees are women with deep ties to the Northshore, a passion for charitable work and personal connections to St. Tammany Parish Hospital.

Volunteer work has been a focus of Norma Richard's life since her school days at Ursuline Academy in New Orleans.

"My favorite kind of volunteer work is hands-on," Richard said.

Richard's enthusiasm for the placement and hanging of artwork as a member of STH Foundation's Healing Arts Initiative provides a good example of the dive-right-in sensibility she brings to the board. She has also supported the foundation's pediatric capital campaign and its annual Angels of Light fundraiser benefiting St. Tammany Hospital Hospice.

She has put her seemingly endless energy to work across the Northshore, managing the St. Paul's bookstore for eight years and co-chairing events like Children's Advocacy Center Hope House's "Men Who Cook" and Habitat for Humanity W.A.T.C.H. Other charitable involvement includes Leadership St. Tammany and Legatus.

Richard and her husband, Todd, the retired owner of insurance services firm FARA, raised two boys in the community. Throughout the years, the boys—now 25 and 28—were STPH patients for maladies from broken arms and stitches to a sports-related concussion. The couple's role as "empty nesters" has brought new adventure. The Richards just moved into a 19th-century replica home they built from the ground up in Covington's historic downtown.

Walking, traveling and collecting wines are leisure pursuits. "We're grateful for the chance to give back," Richard said.

"I really admire how the hospital has evolved into a modern, full-service facility while never losing its small-town sense of community and responsiveness."

— Liz Healy, STH Foundation Board of Trustee member

Elizabeth "Liz" Healy, general counsel for her family's marine business, Bisso Towboat Co. Inc., is also a longtime supporter of STH Foundation.

Her efforts on its behalf include co-chairing the 2008 Carnaval des Enfants event.

"That was my introduction to the foundation and its work," Healy said.

She has personal connections to the hospital, too. Her father was battling cancer when he received care at the hospital after Hurricane Katrina displaced him from New Orleans.

Healy and her husband, Dunbar, raised their three children—now 17, 20 and 22—in Covington about a mile from the hospital. Every member of the family has been an STPH patient over the years, Healy noted, including in the emergency room.

Volunteering and raising money to support her children's schools and church—St. Paul's, Christ Episcopal, St. Scholastica and Christ Church—has been a focus since Healy's 1999 relocation to the Northshore from New Orleans, where she worked as a maritime lawyer for Jones Walker for nearly 20 years.

Healy has enjoyed watching STPH grow as the region continues to draw new residents.

"I really admire how the hospital has evolved into a modern, full-service facility while never losing its small-town sense of community and responsiveness," she said.

The foundation's healing arts program and cancer services are areas of special interest to Healy, who enjoys tennis and travel—including frequent trips to California to visit her daughter and summer vacations to Lake Champlain on Vermont's Canadian border.



Planned Expansion

STPH to Grow in Step with Patient Need, New Capabilities

St. Tammany Parish Hospital is set to begin its biggest expansion in 15 years.

The 36-month comprehensive master-facilities project will add space for critical care, pediatric intensive care and surgery while also completing STPH's transition from semi-private to all-private patient rooms.

The project to support STPH's growth and direction throughout the next five to 15 years also includes more room for obstetrics and an all-new neonatal intensive-care unit.

The largest and most visible element of the hospital's master-facilities expansion is a new three-story patient-bed addition that will go out for bid this summer.

Construction of the 120,000- to 160,000-square-foot building could begin as soon as October and will take about two years to complete, said Sharon Toups, STPH chief operating officer.

The expansion is shaped by in-depth analysis of needs and capabilities tied to STPH's partnership with Ochsner Health System and the growing use of the hospital by community physicians across the Northshore.

The 2014 strategic, long-term partnership with Ochsner continues to advance STPH's mission of delivering world-class healthcare close to home by improving patient access in west St. Tammany Parish to medical specialists and subspecialists in areas that include cardiology, neurology, neurosurgery and pediatrics.

"At the same time, we're also a facility of choice for more community physicians," Toups said. "We need more space as demand rises from those factors."

The hospital's new addition will include 30 critical-care beds on the second floor, 40 all-private med-surgery rooms on the third floor and administrative operations on the ground floor.

While the total number of patient beds at STPH will remain between 240 and 250 after the project's completion, the move to all-private rooms and a net gain of 10 critical-care beds will maximize efficiency at a hospital that already runs at an average of 85 percent capacity, Toups noted. Preliminary statistics for the first period of 2018 have been consistent at 90 percent occupancy.

Other specific components of the project include a four-bed pediatric intensive-care unit within the hospital's pediatric unit and as many as three new operating rooms in the new building.

Construction of a state-of-the-art, 15- to 18-bassinet neonatal intensive care unit with all-new technology will begin after completion of the building, replacing the current Level III NICU.

A number of preliminary projects are set to begin or are already under way. They include expansion and renovation of the in-house pharmacy and hospital laboratory, the opening of a new cath lab and \$1.1 million in parking expansion.

The project will not impact the flow of traffic on South Tyler Street and should be complete by mid- to late 2021.

The Best Care for Mothers and Babies

Caring for the Inseparable Unit of Mother and Newborn

The New Family Center at St. Tammany Parish Hospital is introducing couplet care, a new model of caring for mothers and newborns that aligns with other best practices already in place in the labor-and-delivery unit.

The central element of couplet care is coordinated care of both new mother and baby by the same nurse.

The couplet—the mother-baby family unit—is viewed as an inseparable unit by nurses and remains together while in the hospital except in cases of medical necessity.

Also called dyad care or single-room maternity care, couplet care is in step with rooming in and other best practices already in place at STPH that promote bonding between mothers and newborns and encourage exclusive breastfeeding.

Research drives the transition to couplet care because it has been proven to benefit mother and baby alike.

Those benefits include improved breastfeeding rates, better communication between patient and nurse, and elevated confidence among

The couplet—the mother-baby family unit—is viewed as an inseparable unit by nurses and remains together while in the hospital except in cases of medical necessity.

new mothers about caring for themselves and their babies after discharge.

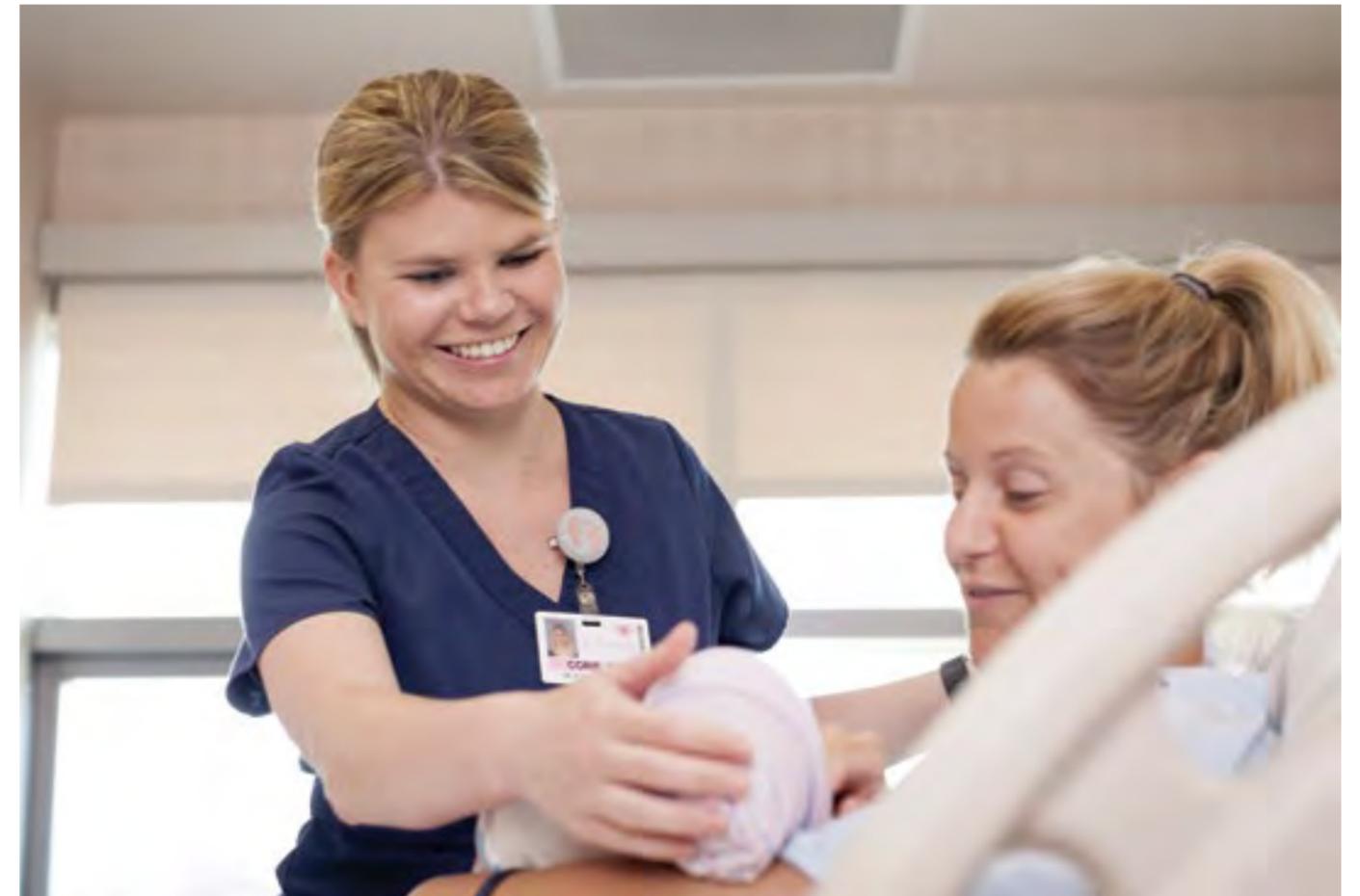
"It's a better model of care for mom and baby," said Sharon Moore RN, clinical coordinator for STPH Women and Children's Services. "The shared nurse knows the health history of both mother and baby."

Couplet care is emerging as the preferred model of care at U.S. hospitals, where nurses traditionally have specialized in postpartum care of mothers in their patient rooms or neonatal care of babies in hospital nurseries.

While all nurses in STPH's New Family Center are highly trained in both mother and baby care, additional training and orientation is preparing for the new approach, Moore said.

Once that training is complete, the labor and delivery unit begins its transition to couplet care, with the model in place by late spring and nurses caring for couplets on a one-to-three ratio, she said.

"This comes down to thinking about what is best for the mother and baby," Moore said.



STPH CALENDAR HIGHLIGHTS

As the Northshore's community health network, St. Tammany Parish Hospital hosts events, meetings and opportunities for you to improve and maintain your physical and emotional well-being. We've provided a short sample of the many upcoming events below, and please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

For New Parents

New Family Center Tours

1st and 3rd Saturdays

10 a.m. or 11 a.m.

STPH New Family Center | Free

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

985-898-4436

Baby Care Basics

Tuesdays, May 14 & June 11 | 6-8 p.m.

STPH Conference Room | Free

Learn helpful hints and what to expect when caring for your new baby.

985-898-4083

Art of Breastfeeding

Monday, May 2

6:30-8:30 p.m.

STPH Parenting Center | Free

Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful breastfeeding experience.

985-898-4083

Prepared Childbirth

Tuesdays, June 19 & 26 | 6-8 p.m.

STPH Conference Room | Free

Learn the physical and emotional changes that occur, how your baby develops throughout pregnancy, the signs and stages of labor, what to expect during childbirth and the breathing and relaxation techniques used during labor. Anesthesia options will be discussed.

985-898-4083

New Baby Support Group

Every Thursday | 11:15 a.m. to noon

STPH Parenting Center | Free

Join other mothers and their little ones to discuss child development and parenting tips with professionals as well as other parents.

ksupan@stph.org or 985-898-4435

For the Kids

Play and Learn

Tuesdays, May 8, 22 & 29

9:30-10:15 a.m.

STPH Parenting Center

\$15/members, \$24/nonmembers

For more information, contact ksupan@stph.org or 985-898-4435

Ballet

Wednesdays, May 9, 23 & 30

2:15-3 p.m.

STPH Parenting Center

\$21/members, \$30/nonmembers

For more information, contact ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays, May 10, 24 & 31

10:30-11 a.m.

STPH Parenting Center

\$6/members, \$12/nonmembers

For more information, contact ksupan@stph.org or 985-898-4435

Boot Camp for New Dads

Saturday, May 5



9 a.m. to noon

STPH Abita Conference Room

Learn the realities of fatherhood from experienced dads. Gain knowledge and advice about caring for your baby, new mom and what comes with fatherhood.

For more information, contact ksupan@stph.org

For the Grown-Ups

Sister Survivors Support Group

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

St. Tammany Cancer Center | Free

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

Bereavement Support Group

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

STPH Madisonville Conference Room

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

Living Tobacco Free

Paul D. Cordes Outpatient Pavilion

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

GiveNOLA Day

May 1

[Facebook.com/sthfoundation](https://www.facebook.com/sthfoundation) | 985-898-4174

National Volunteer Appreciation Week

April 15 - 21

