

Time is
Brain for
STROKE
PATIENTS

*Heart
to
Heart*

St. Tammany
PARISH HOSPITAL





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

Our Mission

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both inpatient and outpatient care, all of which help to ensure continued good health.

BOARD OF COMMISSIONERS

John A. Evans

Chairman

James L. Core

Vice Chairman

Thomas D. Davis

Secretary / Treasurer

Gregory J. Lemons

Sue Osbon PhD

Vesey J. Richardson

John P. Romano

Jack Saux MD

EXECUTIVE TEAM

Patti Elish FACHE

President / Chief Executive Officer

Robert Capitelli MD

Sr. Vice President / Chief Medical Officer

Tim C. Lessing

Sr. Vice President / Chief Financial Officer

Kerry Milton RN

Sr. Vice President / Chief Nursing Officer

Sharon Toups FACHE

Sr. Vice President / Chief Operating Officer

Margaret Collett JD

Vice President of Legal Affairs

Chief Corporate Compliance Officer

Judy Gracia RN

Vice President / Human Resources

St. Tammany Parish Hospital
Communication Department
1202 S. Tyler St.
Covington LA 70433

commdept@stph.org

PHOTOGRAPHY:

Rick Olivier

DESIGN & ART DIRECTION:

Scott Ott Creative Inc.

STPH Restores Health Across Age Spectrum

From pediatric to geriatric, St. Tammany Parish Hospital offers rehabilitation services across the age spectrum.

STPH offers comprehensive outpatient therapy for adults and children in the Riverside Building on the hospital campus.

Therapists provide rehab for physical, developmental and sensory issues affecting children, from balance to developmental delays. Certified speech therapists specializing in pediatrics provide intervention for children with all types of communication disorders.

Therapists can provide an interdisciplinary approach to helping children with varied needs, said Nikki Duke, STPH speech and language pathologist with a focus on pediatric therapy.

The outpatient rehab program also provides treatment to adult and pediatric patients in a sensory integration room equipped with cutting-edge equipment funded by the St. Tammany Hospital Foundation. This quiet setting is especially helpful for neurological patients, explained Joan Burga, STPH pediatric physical therapist.

The expanded treatment area in the Riverside Building includes a fully functional kitchen for therapy focused on assisting adult patients with daily living activities.

The STPH cardiac and pulmonary rehab program provides services at the Paul D. Cordes Outpatient Pavilion. The program offers a continuum of care to patients who have undergone heart surgery, including education on lifestyle and nutrition.

The STPH cardiac rehab maintenance program has moved to a new, high-energy location: the West St. Tammany YMCA. Program hours are 6 a.m. to 9 a.m. Tuesday and Thursday, when an STPH therapist is onsite to guide participants through workouts and provide feedback and support.

Adrian Hodgson, 72, has participated in the program since heart surgery eight years ago. He enjoys the opportunity for varied workouts with the YMCA's abundant equipment and the camaraderie of the maintenance group.

"It's working out really well," Hodgson said. Added Eddie Estapa, the YMCA's wellness coach, "There's a lot of energy and enthusiasm in this group."

More information on outpatient rehab is available at 892-4622.

The number for cardiac rehab is 898-3750.



Nikki Duke works with pediatric therapy patient Raleigh Dietrich.



Adrian Hodgson does a cardiac rehab workout at the Y.

Tell Your Doctor If You're Taking...

Knowing all medications a patient is currently taking helps doctors and nurses keep their patients safe, and it improves care.

"When you go to the doctor, always bring your medications or a list of them with you to the visit," Sharon Toups, STPH chief operating officer, says.

List or bring prescription, over-the-counter, herbal, alternative, vitamin, supplement or other medications you are currently taking. The more your doctors and nurses know about your medications, the better able they are to care for you.

Use the prescription bag included in this issue of *Heart to Heart* to help you remember to bring your prescriptions or a list of them every time you visit a healthcare provider.

An Evening of Light and Love



Friends and family members celebrated the lives of loved ones on December 9 with an evening of lights, music and holiday tradition during the 2010 Angels of Light fundraising event at St. Tammany Parish Hospital.

The focal point of the evening was the Hospice Tree for Life, a longstanding tradition benefiting Hospice of STPH, which provides compassionate care and support to terminally ill patients and their families.

Lights on the Hospice Tree for Life represent the extraordinary care given to all STPH hospice patients through an approach that addresses physical, psychological, social and spiritual needs.

As in past years, friends and family members enjoyed music and a graceful display of holiday lights as they gathered to honor loved ones both living and deceased with Tribute Angels hanging from the branches of the Hospice Tree for Life.

The 2010 Hospice Tree for Life was dedicated to the memory of Joel Marie Hagstette Growden by the Growden and Murphy families.

A longtime Northshore resident with a joyous outlook on life and a love of animals and people, Hagstette Growden passed away last year after receiving loving and skilled care at STPH during the final weeks of what her daughter, Lori Murphy, publisher of *Inside Northside* magazine and member of the St. Tammany Hospital Foundation Board of Trustees, described as a life well lived.

The 2010 Angels of Light event featured music by harpist, Jessica Meltz, caroling and piano music by the STPH choir, refreshments and a reading of the names of those honored by Tribute Angels, as well as the lighting of the Hospice Tree for Life.

Information on 2011 Angels of Light ceremony sponsorships and other opportunities to support Hospice and other STPH services is available by contacting the St. Tammany Hospital Foundation at 898-4171 or nsuhre@stph.org.



Foundation Executive Director Charley Strickland with Foundation Board of Trustees members Deedee Suthon and Blanche McCloskey



Growden siblings Vicki, Bruce, Lori and Brad, at the Angels of Light event



ST. TAMMANY HOSPITAL
FOUNDATION

1202 South Tyler
Covington, LA 70433

Telephone (985) 898-4174
Fax (985) 871-5744
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.

BOARD OF TRUSTEES

Julia M. Pearce

Chairman

Lori G. Murphy

Vice Chairman

Richard F. Knight, JD

Secretary / Treasurer

Scott Ballard

Robert M. Barousse, Jr.

David A. Briggs, Jr.

Sam Camp

Annette Dowdle

Johnny B. Green

Judge John W. Greene

L. Stephen Holzhalb III D. Min.

Kenneth E. Latham, AIA

F. Pierre Livaudais

Laurie McCants

Blanche E. McCloskey

Ashton Noel

Jennifer S. Rice

John "Pizzie" Romano

Ellen "Deedee" Suthon

Harry A. Warner

Diane Winston

ADVISORY BOARD

Adrian B. Cairns, Jr. MD

Chairman Emeritus

Anne Johnsen Bailey

Robert H. Crosby, III

A.J. Kreller, DDS

Gene W. Lafitte

Joanna R. Miller, MD

Henry J. Miltenberger, Jr.

Clinton J. Romig, Sr.

H.W. "Wally" Rosenblum

James R. Willis, MD

Charles Ann Strickland
EXECUTIVE DIRECTOR

Shared Serenity

A Gift of Art to STPH Patients



Dick Knight is a longtime friend and collector of the works of Pati Bannister, the British-born Gulf Coast resident whose internationally known paintings feature lovely young girls in serene settings.

“There’s such a sense of peace,” said Knight, the secretary-treasurer of the St. Tammany Hospital Foundation Board of Trustees since 2003.

Bannister’s prints and paintings hang from the walls of Knight’s home. Soon they also will grace the walls of the planned St. Tammany Parish Hospital Women’s Pavilion as well as the hospital’s New Family Center.

Knight, along with his wife, Sally, a foundation volunteer, donated nine Bannister prints to the foundation in October in connection with its Healing Arts Initiative. Bannister, who no longer paints, is “a wonderful lady with so much talent,” Knight said. “We’re hoping more people will enjoy her work the way we do.”

Reflux Repair with No Incision

Patients with chronic reflux disease typically have two choices for relief: surgery to correct the valve between the stomach and the esophagus or long-term medication to provide relief from heartburn and other symptoms.

Now, specially trained staff and surgeons are using state-of-the-art technology at St. Tammany Parish Hospital to offer another alternative for chronic reflux: an incisionless procedure to repair the anatomical defect that permits stomach acids to enter into the esophagus and causes symptoms such as burning, cough and persistent sore throat.

Transoral Incisionless Fundoplication, or TIF, uses equipment inserted through the patient’s mouth to reach and repair the valve. The procedure, which takes about an hour, requires general anesthesia and usually involves a one-night stay in the hospital.

Approved for use in the U.S. in 2007, the EsophyX TIF device travels down the patient’s throat and into the stomach to give the surgeon access to the defective valve.

The surgeon then fastens the tissue to mimic the correct natural anatomy. The result is a valve that eliminates reflux by restoring proper function, explains Dr. Mark Dominguez, a Covington general surgeon, one of three who perform the procedure at STPH, along with surgeons Karl Ordoyne MD and Surendra Purohit MD.

The main advantage over laparoscopic surgery to correct reflux is the lack of an incision, Dr. Dominguez explained. “There is no incisional pain.”

Mary Krentel, head of STPH operating room nursing, described post-procedure discomfort from insertion of the equipment through the throat as mild and easily relieved.

EsophyX TIF patients also benefit from a shorter recovery time, reduced risk of perforation during the procedure and no scarring. Most patients can return to normal activities after a few days of rest, but must adhere to dietary restrictions for several weeks after the procedure, Dr. Dominguez said.

“It’s been very successful for our patients,” he said.

Early Arrival Brings *Happy Ending*



Wendy Magee was 20 weeks pregnant when an ultrasound confirmed dire news. Her amniotic fluid was low after the rupture of her amniotic membrane. The future of her pregnancy was in jeopardy.

Magee, a 28-year-old nurse in St. Tammany Parish Hospital's intensive care unit, gathered her things, walked to her car and drove to STPH, where she would spend 13 weeks in the hospital's 10-bed antenatal unit, hoping that she would not prematurely start labor. Fiancé Tyler Emrick followed soon after and spent much of the intervening weeks at the hospital and caring for their toddler daughter Kelsey.

"It was the hardest thing I've done," Magee said.

The goal was to postpone delivery until the 24th week of pregnancy, when the baby would be able to survive outside the womb.

Caregivers closely monitored the level of Magee's amniotic fluid, which is essential to development of the baby's lungs. Dr. Nick Landry, Magee's ob/gyn, put her on antibiotics to prevent infection of the uterine lining, the biggest risk to her and the baby.

Magee's baby would have had to be delivered immediately, regardless of fetal development, if infection had set in, Dr. Landry explained.

STPH perinatologists monitored the baby's progress to ensure that all was well. Magee was permitted to use a wheelchair to move about the hospital but otherwise was directed to remain in bed, said Richelle Dufour, department head for the New Family Center at STPH.

It was a tall order, considering Magee's active life and responsibilities for Kelsey. Magee's mother brought her daughter for regular visits, and the family marked memorable occasions with the nursing staff.

"I had my baby's first birthday party in the hospital," Magee said.

Support from the nurses was vital.

"I always had someone to encourage me to hang in there," she said.

On August 12, 32 weeks and six days into her pregnancy, Magee started to bleed, requiring immediately delivery. Dr. Landry delivered Gracen by C-section. She weighed 4 pounds, 14 ounces—an excellent weight given her early arrival.

From her first moments, Gracen had a nurse exclusively devoted to her care, said Nicole Norris, NICU department head. "For an NICU delivery such as Wendy's, we always have a NICU team. One of the ways we are different here at STPH is that for all term deliveries we have a nursery nurse devoted to the baby's care at the delivery. For most other hospitals, there is not an individual strictly devoted to the care of the particular baby."

Gracen remained at STPH for three weeks, where she was placed in a warming bed and given supplemental oxygen. Otherwise, she required little extra intervention from nurses in the 15-bed Level 3 NICU, where ventilation is a prime focus. Special equipment for the nurses' tiny charges includes a "giraffe bed" funded by the St. Tammany Hospital Foundation. Services to new mothers at STPH likewise span the spectrum, and include lactation support for those planning to nurse.

Gracen topped five pounds by the time she headed for home. Waiting for Gracen's arrival was the "hardest thing" she's done, but it was something else, too.

"It was the best thing I've done," Magee said.

Be FAST: Know Signs of Stroke

Face

Sudden numbness/
weakness in face.

Arm

Sudden numbness/
weakness in arm.

Speech

Difficulty speaking
or seeing.

Time

Time equals Brain.
Fast treatment
is critical.



Victor “Buddy” Cuny packed his truck and drove to Colorado in October for what he views as a miraculous stretch of hunting in the mountains near Steamboat Springs.

The days he spent tracking deer and elk can rightly be called miraculous, considering when his trip took place: Five months after Cuny experienced a stroke that could have killed or permanently disabled the 61-year-old semi-retired machinist.

Instead, by mid-summer the Covington grandfather of six was fishing, enjoying intricate work with his hands, helping to care for his 4-month-old granddaughter—and savoring every moment of restored good health after what he describes as miracle medical treatment at St. Tammany Parish Hospital.

“I have no after-effects whatsoever,” Cuny said of his May 5 stroke.

The treatment Cuny credits for his recovery involves Tissue Plasminogen Activator, or tPA. It is a powerful clot-busting drug used for certain patients experiencing ischemic stroke, in which a blood clot blocks the flow of blood to the brain.

Speed plays a critical role in determining if tPA can be administered intravenously to a stroke patient. It must be given within 4.5 hours of the start of stroke symptoms, which include sudden numbness, confusion, trouble speaking or understanding speech, dizziness, weakness or loss of coordination on one side of the body, and sudden change in vision in one or both eyes.

“There are instances in which tPA is not appropriate,” said Louise Dill RN, head of STPH inpatient rehabilitation. “Each patient is individually evaluated by the emergency physician in collaboration with the neurologist to determine eligibility for tPA. Administering tPA within the first 60 minutes, the Golden Hour, results in better patient outcomes and fewer deficits.”



SPEED and SKILL Play Critical Role *in Stroke Outcome for Northshore Outdoorsman*

When tPA is given to stroke patients who meet criteria, it can mean the difference between permanent brain injury that impacts speech and physical capabilities or an outcome like Cuny's, who was discharged from STPH after two days with no need for rehabilitation.

"Time is brain," Dill said. "Every minute you delay the administration of tPA means brain cells are dying."

Luckily, more patients and their families are moving quickly to seek treatment for stroke, said Dr. Stanford K. White, STPH emergency physician. He credits growing use of the Internet as part of improved general awareness of symptoms for a variety of ailments, including stroke.

Experts advise calling 911 at the first sign of stroke, since emergency responders can begin other treatments en route to the emergency room to help reduce the potential for permanent brain injury, Dill noted.

Faster action by patients' families is giving emergency medical personnel more opportunities to administer tPA in cases of ischemic stroke. At the hospital, emergency physicians like Dr. White consult closely with a neurologist before giving tPA to ensure this potent drug is appropriate for the patient.

Cuny recalls little of the hours after his stroke, which struck him in the early morning as he headed for work and then collided with a truck perhaps 100 feet from his home north of Covington. When he stepped out to check the damage, he suddenly fell to the ground. His daughter and wife came running and rushed him to the STPH emergency department in less than an hour.

His arrival at the hospital remains a blur, but he does recall beginning to regain speech and movement about 20 minutes after he was given tPA.

Two days later, after a stay in the intensive care unit, he was heading for home.

"It was a scary experience, but the care was unbelievable," Cuny said. "I tell people if it hadn't been for the occasion, it would have been a lot of fun."

STPH in ASSERT Initiative

STPH personnel soon will have 24-hour access to vascular neurologists to speed diagnosis and treatment of stroke.

STPH is a hospital in the Acute Stroke System for Emergency Regional Telestroke initiative. Starting in 2011, the federally funded initiative gives STPH 24/7 access to vascular neurologists at Ochsner Medical Center in New Orleans, a certified stroke center that is partnering with the American Heart Association, Louisiana Heart Disease and Stroke Prevention Program.

Ochsner stroke experts will carry telemedicine equipment at all times to allow STPH physicians to instantly consult with them about patient care.

"It will be like having a vascular neurologist at the patient's bedside," said Dr. Stanford K. White, STPH emergency physician.

The initiative requires participating hospitals to follow the AHA's "Get With The Guidelines" program for optimal stroke care, and includes funding for community education about stroke.



Business Leaders Study Robotics

Informing business and community leaders of the world-class programs and services at our hospital is a core function of the STH Foundation Business Leaders Council.

The council's December meeting featured STPH's da Vinci robotic surgery capabilities. STPH is the only Northshore hospital with da Vinci and is home to two of the region's most experienced surgeons.

Less invasive than traditional open surgery, with a faster healing time, robotic surgery is frequently used for gynecological and urological procedures, providing the physician three-dimensional visibility of structures in the deep pelvis. The da Vinci system is used in a growing number of procedures, including surgeries of the bladder, kidney and prostate.

Specialists trained in using the da Vinci system for surgeries at STPH include:

Obstetrics/gynecology:

Patricia Braly, M.D.
Rachael Cresap, M.D.
William Landry, M.D.
Craig Landwehr, M.D.
Stephanie Schultis, M.D.
Vicki Steen, M.D.
Katherine Williams, M.D.

Urology:

Sunil Purohit, M.D.

Building Community Connections

Business Leaders Council Fosters Hospital Relationships

Larry Rase wants Northshore residents and business leaders to know the following about St. Tammany Parish Hospital: it provides world-class healthcare; it receives no tax dollars; it is a not-for-profit, serving all sectors of the community; it is a genuine asset that contributes to the quality of life on the Northshore.

Rase has been actively promoting those key messages since late 2009 as chairman of the St. Tammany Hospital Foundation Business Leaders Council, established to foster education and community awareness of STPH programs and services.

"Our charge as business people is to try to communicate information about the value of the hospital and its role in our community," Rase said.

The council brings that message to the community through wellness events and other

outreach efforts, including presentations to Northshore business leaders. Over time, the council will work to raise funds to support foundation projects that benefit the community, Rase said.

"We want to have a meaningful role in bringing information to the community, but we also want the hospital to come to us for help, too," he said. "Down the road, we hope to fund community programs at STPH."

Along with Rase, members of the council's organizing committee include Norman Foxworth, John B. Green, Mallery Mele, Lori Murphy, Ashton Noel and Ken Latham.

More information on the Business Leaders Council and additional giving and leadership opportunities is available at 898-4141 or cstrickland@stph.org.



Business Leaders Council Chair Larry Rase talks with da Vinci surgeon Sunil Purohit MD and Intuitive Surgical's Brian Catalano.



A Tradition of Competition on the Streets of Downtown Covington **Gurney Games Planned for March 27**

Attempting to bribe judges is frowned upon in most competitions—but not in the Gurney Games sponsored by Fauntleroy Latham Weldon Barré, the St. Tammany Hospital Foundation's lively fundraiser that brings a high-spirited parade, fast-moving gurney teams, music and more to the streets of downtown Covington.

This year's event will kick off with a gurney parade along Columbia Street, followed by gurney racing through an obstacle course. Teams of St. Tammany Parish Hospital employees and local businesses will race humorously decorated gurneys down the street.

"It's a unique and fun event," said Nicole Suhre, foundation specialist.

The more than 450 participants, attendees and volunteers in the

2010 Gurney Games raised nearly \$30,000 to support the healing work of STPH physicians, nurses and staff.

Teams from local businesses and the Northshore community are invited to join STPH department teams in competing for prizes that include fastest gurney, fan favorite—even best bribe. Gurney teams shower the crowd with trinkets and other treats during the parade to help their chances for fan favorite.

"There is a lot of showing off for the crowd and the judges," Suhre said.

This year's event also will feature food, games and additional fun for all ages.

Information on the event and sponsorship opportunities is available by contacting Suhre at 898-4171 or nsuhre@stph.org.

Comfort and Expert Care for **MRI Patients of All**

SIZEs

Size was an advantage for Nick Perkas during the years he played football as a youngster in Toronto, Canada. But the upper body that was an advantage on the field made it nearly impossible for Perkas to get the scan he needed after his physician ordered an MRI of his pituitary gland.

At nearly 400 pounds, the Covington school bus driver was simply too broad-shouldered to fit into standard "closed" equipment.

The 35-year-old Perkas, called and visited more than a dozen MRI facilities. Locating a big enough "closed" machine became a medical necessity after the quality of an image from an earlier "open" scan proved inadequate for his physician to assess the tiny gland inside his head.

"It took about six weeks to find the right place," Perkas said.

The right place for Perkas was the Paul D. Cordes Outpatient Pavilion at St. Tammany Parish Hospital, where the powerful magnet of its state-of-the-art MRI equipment provided his physician with excellent image quality—and Perkas with emotional support and physical comfort during a 48-minute scan.

The machine was "cool, open and airy," Perkas said.

STPH's expert CT/MRI technologists held his hand and spoke to him throughout the scan. The strength of the magnet allowed the technologists to capture detailed images of the gland with only Perkas's upper body inside the machine; less powerful equipment would have required his entire body to remain inside the tube during the procedure.

Tiffany Raiford, CT/MRI technologist, recalled Perkas's first call to inquire about the machine. She invited Perkas to come to the STPH facility a week in advance of his scan to test out his comfort in the equipment and reassure him about staff support.

"I reminded him he wouldn't be alone," Raiford said.

Raiford said the roomy machinery, which can accommodate patients up to 550 pounds, often surprises large patients. Anti-anxiety medications can ease fears during the test, but making a personal connection with each patient is equally important, according to Raiford.

"The staff was phenomenal," Perkas said.

The center offers CT and MRI scans during expanded patient hours from 7 a.m. to 5 p.m. weekdays.

Additional information is available at 871-6080.

A Gift of Love A Smoke-Free Life

Kathy Lavigne stopped smoking many times before giving up cigarettes for good on Valentine's Day 2009.

But giving up cigarettes always felt like a sacrifice to the 55-year-old Mandeville real estate investor. In the end, that feeling always pulled her back to tobacco.

Enrollment in the "Kick the Habit" smoking-cessation program at St. Tammany Parish Hospital two years ago transformed Lavigne's view on the meaning of giving up tobacco.

"I realized it was a gift," she said. "I was free of an addiction."

The program's focus on the addiction process and the health and behavioral aspects of tobacco use were crucial to Lavigne's success. A setting of "total support" from participants and instructors was also critical, she said.

STPH will offer the program from January 18 to March 22. Classes will be held from 11:30 a.m. to 12:30 p.m. on Tuesdays at the Paul D. Cordes Outpatient Pavilion.

More information is available at 898-4581 or ccorizzo@stph.



Edamame Ginger Salad



This is a wonderful salad that we serve here in the STPH cafeteria," Chef Abry Crosby says. "It works well this time of year when fresh vegetables are a little harder to come by. Preparation is minimal to meet even the busiest schedules. The soybeans pack protein, and the bright ginger, honey and lemon combination is a palate pleaser."

Dressing:

- ¼ cup ginger, peeled, minced
- 2 cloves garlic, fresh, peeled
- 2 Tbsp. rice wine vinegar
- 2 Tbsp. soy sauce, reduced sodium
- 1 tsp. Dijon mustard
- 2 Tbsp. honey
- ½ cup heart-healthy salad oil
- 1 Tbsp. lemon juice

In a food processor, combine ginger and garlic. Process 1.5 min., scraping down sides. Add rice wine vinegar, soy sauce, Dijon mustard and honey; puree 2 min. With processor running, slowly add the oil. Dressing may be made ahead. Discard after 5 days.

Salad:

- 2 cups Edamame (soybeans), frozen, shelled, thawed, drained
- 1 cup corn, fresh or frozen, cut, thawed, drained
- 2 cups green beans, fresh, blanched, steamed, or frozen, thawed or drained
- 1 cup tomatoes, fresh, diced
- 1 can black beans, canned, rinsed, drained

Combine thawed ingredients in a large glass bowl (metal reacts with acid from the tomatoes and lemon). Toss with enough dressing to coat. Finished salad may be made a day ahead.

Yields 4-6 servings.



Healing Arts Initiative

Touches the Community

Diane Winston has seen the healing power of art up close.

Last summer, Winston visited nine hospitals during a drive from Covington to Los Angeles to better understand how hospitals are harnessing art's power to nurture their patients' physical and emotional well-being.

What she saw—from scavenger-hunt murals on the walls of a children's wing to window views of pastures used to soothe patient anxiety—will inspire her leadership of an effort to expand St. Tammany Hospital Foundation's Healing Arts Initiative into a project with communitywide impact and support.

"Art is not just to be admired," said Winston, a former state legislator and member of the foundation's board of trustees. "It offers tangible and intangible benefits to patients, visitors and caregivers alike in ways that promote real healing."

Since 2004 the Healing Arts Initiative has been a focus of STPH employees. Employees have donated more than \$150,000 to fund arts installations that include a player piano in the STPH lobby, aquariums in the pediatric unit and at the Paul D. Cordes

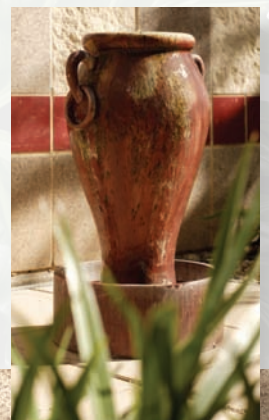
Outpatient Pavilion, a bubble wall in the new 4 South unit and a restful mural in the STPH radiology department.

Support from STPH staff and administrators will be critical as Winston heads the effort to more directly connect the Northshore community with art's role in the hospital and its healing work.

The Healing Arts Initiative in the Community will begin in the coming weeks with focus-group input on potential art projects at the planned STPH Women's Pavilion. Also planned for early 2011 is the formation of an arts advisory council to shape the scope of the initiative.

Over time, the initiative will include developing long-term funding goals for new healing arts projects and the search for unique opportunities for the public to enjoy art and music at STPH in ways that complement patient care.

More information on the initiative and giving opportunities at STPH is available at 898-4141 or cstrickland@stph.org.



Above (l-r): STPH Chief Operating Officer Sharon Toups and Foundation Healing Arts Chair Diane Winston in one of the hospital's meditation gardens.

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.

| JANUARY | | | | | | |
|---------|----|----|----|----|----|----|
| | | | | | | 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 | | | | | | |
|----------|----|----|----|----|----|----|
| | | | 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 | | | | | | |
|-------|----|----|----|----|----|----|
| | | | 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 | |

Flu Shots

Mondays, Wednesdays & Fridays

(call for appointment times)

STPH Community Wellness Center

Receive your annual influenza vaccination at little to no cost depending upon insurance.

985-871-6030

Mindful Meditation

Wednesdays (except holidays)

10 am to 11 am

Paul Cordes Outpatient Pavilion

This class will introduce various meditation, guided-imagery and simple yoga techniques to individuals with a cancer diagnosis, their caregivers and health professionals.

985-898-4581

New Baby Support Group

Thursdays (except holidays)

11 am to noon

STPH Parenting Center

Join other mothers and their little ones for weekly information and support.

985-898-4435

Prostate Cancer Screening

January 12

9 am to noon

Hammond, Call for location

Free offering for men who have not been screened in the last 12 months; includes a physical exam by a physician and a PSA blood test. Co-sponsored by STPH and Mary Bird Perkins Cancer Center.

985-898-4581

Caregiver Support Group

January 12, February 9, March 9

2 pm to 3 pm

Inpatient Rehab Multi-Purpose Room, 2nd floor

Monthly meetings and support for caregivers.

985-898-4134

Look Good, Feel Better

January 13, March 10

6:30 pm to 8 pm

Paul Cordes Outpatient Pavilion

Certified professional cosmetologists demonstrate beauty tips to enhance your appearance and improve your self-image during cancer treatment.

985-898-4481

Smoking Cessation Program

January 18 thru March 22

11:30 am to 12:30 pm

Paul Cordes Outpatient Pavilion

STPH is partnering with Mary Bird Perkins Cancer Center in Covington to host a free eight-week smoking cessation program.

Lunch will be provided.

985-898-4581

Back Talk and Eye Rolling

January 19

11:30 am to 1 pm

STPH Parenting Center

Discover ways to discourage or eliminate these common adolescent behaviors.

985-898-4435

Handling Temper Tantrums

January 24

10 am to 11:30 am

STPH Parenting Center

Learn about young children's temper tantrums and how to handle them.

985-898-4435

Anticoagulation Therapy Support Group

January 26, February 23, March 23

2:30 pm to 3:30 pm

Paul Cordes Outpatient Pavilion

Monthly support for individuals on anticoagulation therapy and taking medications such as Coumadin or Warfarin.

985-898-3750

Introduction to the O.R.

February 10

8 am to noon

STPH Conference Center

Attend this program approved for 4.0 continuing education hours for registered nurses.

985-898-4083

Basic EKG Course

February 11 & 18

8 am to 4:30 pm

STPH Conference Center

This is a 2-day course using the book

"ECG Workout: Exercises in Arrhythmia Interpretation" by Jane Huff.

985-898-4083

"Home Alone" - Latchkey Kids

February 16

6 pm to 7 pm

STPH Parenting Center

This workshop covers safety tips, as well as some legislation, for parents and children ages 9 to 12.

985-898-4435

Breast Cancer Screening

March 26

9 am to 2 pm

Franklinton, Call for location

Free clinical breast exams will be provided by a physician or nurse practitioner for women 18 and older. Screening mammograms are available for women 40 and older who have not had a mammogram in the past 12 months. Co-sponsored by STPH, Mary Bird Perkins Cancer Center and Woman's Hospital.

888-616-4687

Gurney Games

March 27

2 pm to 5 pm

Downtown Covington

The St. Tammany Hospital Foundation Gurney Games sponsored by Fauntleroy Latham Weldon Barré is a unique fundraising event in which teams of costumed racers navigate hospital gurneys through a fun and challenging obstacle course.

Sponsorships are available.

985-898-4171