



*St. Tammany*  
PARISH HOSPITAL



# Monster Mash Has Something to Celebrate

30 Years of Halloween Fun—and  
for some—Finding Love



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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PHOTOGRAPHY: RICK OLIVIER  
DESIGN: THINKA  
WRITING: SARA BONGIORNI

# James Woodard MD Joins STHF Board of Trustees

Retired cardiologist James Woodard MD has joined the St. Tammany Hospital Foundation Board of Trustees.

Dr. Woodard relocated to Covington several years ago after retiring from a longtime cardiology practice in Baton Rouge.

An avid sportsman who enjoys boating and spending time with his family, the Lake Charles native is a self-described "LSU football fanatic" who estimated that he has only missed about 10 home games since 1970.

Dr. Woodard taught cardiology courses at LSU Health Sciences Center in New Orleans, where he

**"This is an opportunity to give back."**

- James Woodward

earned his medical degree.

He completed his medical residency at the University of Virginia and a fellowship at Houston Methodist Hospital.

The fellowship-trained cardiologist said he joined the STHF Board of Trustees to serve the Northshore community and stay connected to medicine.

"We've never enjoyed living in a community so much as the Northshore," said the married father of two 20-something children. "This is an opportunity to give back to the community. I'm happy to help in any way that I can."



**"Our hope is that they are enjoyed by many. Birds are a wonderful diversion."**

- Ethel Lanaux, donor

## A Gift of Art

### Couple Honors Quality Care in Cancer Center

Ethel and Hilaire Lanaux of New Orleans have given five original framed paintings by acclaimed bird artist and ornithologist John O'Neill to St. Tammany Hospital Foundation.

The in-kind gift was inspired by care provided to the Lanaux family at St. Tammany Cancer Center and by medical oncologist Jack "Jay" Saux MD.

Dr. Saux cared for the couple's granddaughter, who died 17 years ago at age 20. He is also Hilaire Lanaux's physician.

"The care we've received could not have been better," Ethel Lanaux said.

The oncologist and the retired couple also share a love of birds. One of the paintings given to STH Foundation

depicts several hummingbirds—a favorite of Dr. Saux's, Mrs. Lanaux pointed out.

"The Lanauxs are just the most delightful and generous couple," said Nicole Suhre, executive director of STH Foundation. "Art is such a personal gift and we are so pleased to share their gift on the walls of our facility. We know it will make a difference in our healing environment."

Mrs. Lanaux said she hopes the paintings, that have provided joy to both she and Hilaire will now provide a soothing distraction to patients and staff in their new home at the hospital or cancer center.

"Our hope is that they are enjoyed by many," Ethel Lanaux said. "Birds are a wonderful diversion."



1202 S. Tyler St.  
Covington, LA 70433

Telephone 985-898-4171  
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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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# Expanding Access to World-Class Therapy & Wellness

Partners St. Tammany Parish Hospital and Ochsner are expanding access to outpatient rehabilitation through collaborative endeavors and new locations.

Together, the partners provide four STPH-Ochsner Therapy & Wellness locations. Patients simply call one centralized scheduling number for STPH-Ochsner Therapy & Wellness appointments, selecting the time and location most convenient to them.

Ochsner has a location in Mandeville near the Causeway, and they added another as part of a major expansion of the Covington facility at Hwy. 21 and I-12 earlier this year.

STPH has now relocated their Therapy & Wellness facility to a new, larger, state-of-the-art building next to STPN-Covington between the hospital's main campus and Ochsner-Covington. STPH will also continue to operate a location within West St. Tammany YMCA off Hwy. 1085 just west of the STPH Cordes Outpatient Pavilion.

"Collaborating with our partner significantly increases the convenience and availability of Therapy & Wellness services for patients throughout west St. Tammany," said Sharon Toups, STPH chief operating officer. "We're seeing growth in both younger and older populations that is creating the need for more therapy services for both age groups."

Specially designed for rehabilitation from the ground-up, the new building houses expanded services plus the full range of physical,



occupational and speech therapy with licensed staff treating all age groups from pediatrics to geriatrics.

The open floor plan balances separate waiting areas and gyms for adult and pediatric patients as well as private exam rooms.

New and expanded services include a pediatric-feeding program for picky eaters and children with oral or sensory issues that impact their ability

to eat, said Mike McNeil, STPH manager of outpatient rehabilitation.

"We introduced the program earlier this year," McNeil said, "but we are looking forward to expanding the pediatric feeding specialty with the opening of our new location."

The department's former location on the hospital's main campus will be demolished as part of the hospital's master facility plan for growth, a three-year, \$100 million expansion focused on accommodating more patients as parish population continues to rise.

Specialized services at the new outpatient facility will include dry-needling for management of chronic pain, lymphedema therapy and cancer rehabilitation. Pelvic-floor therapy, which is currently offered at the STPH Women's Pavilion, will now be offered at the new location on Hwy. 21. To schedule an appointment at the new location, patients can call 985-892-4622.

The partners anticipate the number of Therapy & Wellness Clinics to grow, depending on need. "We see a demand, and we will expand to keep pace with it," Toups said.



## Joan Coffman is New CEO

### Leader Combines Local Roots, Broad Vision

Joan Coffman brings to the job of St. Tammany Parish Hospital chief executive officer long ties to the Northshore, deep understanding of community hospitals and interest in how broader health issues touch local communities.

She is passionate about continued commitment to the highest quality of care at STPH—and the role of innovation in achieving it.

"Patients expect the highest quality care each time," Coffman said. "The commitment to quality of care and the role of innovation here resonate as areas of focus."

Coffman's new position is a homecoming of sorts. The New Orleans native trained at Ochsner Health System's main campus on the south shore before landing her first job as a radiologic technician at STPH in 1982.

"There was an atmosphere of family and connections between people here," said Coffman, who succeeds retired CEO Patti Elish. "That feeling hasn't changed in all these years."

Her ties to the region are personal, too. Coffman spent childhood weekends at a family farm near Folsom where she cultivated a love of horses. She still owns two Tennessee Walking Horses, and her parents, siblings, son and grandson all live in Louisiana.

*"The commitment to quality of care and the role of innovation here resonate as areas of focus."*

— Joan Coffman, CEO STPH

For years, she lived in Mandeville and commuted to work in New Orleans, first as president and CEO of The Louisiana Clinic and later as assistant administrator of Lindy Boggs Medical Center until it closed due to Hurricane Katrina flood damage.

Much of her work since Katrina focused on community health systems in the Midwest, including in leadership posts with Hospital Sisters Health System, a not-for-profit operator of hospitals in Illinois and Wisconsin.

Coffman was most recently president and CEO of its 244-bed HSHS St. Mary's Hospital in Decatur, Illinois.

An additional area of interest for Coffman is grassroots healthcare advocacy to advance public policies that support community hospitals and the quality of life for area residents. In Wisconsin, for instance, she was a member of a state task force focused on opioid addiction, an issue faced by communities across the country. Coffman currently serves as Chair of the American Hospital Association Governing Council for Small or Rural Hospitals.

"Understanding how larger issues impact local communities is a way to help community hospitals cope with those issues and provide the highest value of care to their patients," she said.

# MONSTER MASH HAS SOMETHING TO CELEBRATE

30 YEARS OF HALLOWEEN FUN—AND FOR SOME—FINDING LOVE



Monster Mash has big milestones to celebrate Saturday, Oct. 20: its 30th anniversary and \$1.5 million raised since inception for St. Tammany Parish Hospital Parenting Center.

The Halloween-themed fundraiser has grown into a Northshore tradition that regularly draws 3,000 to 4,000 people to downtown Covington's Bogue Falaya Park.

But Monster Mash carries special personal meaning—and an important anniversary—for Chris and Hether Smiroldo.

The Northshore couple met at Monster Mash in 2006 while their children—her daughter and his two boys—jumped inside a bouncy house in the early afternoon of what Hether Smiroldo recalls as “just a perfect day.”



That first meeting wasn't the couple's only meaningful moment at Bogue Falaya Park. Two Octobers later, Chris proposed to Hether at the park that has hosted the event for 28 years. They were married the October after that.

There is even a back story to their fateful meeting at Monster Mash. The single parents had exchanged missed messages on an online-dating site in the months before actually coming face-to-face outside the bouncy house, where appraiser Chris introduced himself after recognizing Hether, a judicial secretary, from photographs.

“It was meant to be,” said Hether. Added Chris: “Monster Mash is very special to us. We're thankful we went and then met there.”

Helping families make happy, healthy connections is a fitting

theme for Monster Mash's own milestone anniversary in the weeks ahead.

Sponsored by Metairie Bank Northshore, this year's 10 a.m. to 3 p.m. event includes a new 11 a.m. parade of decorated golf carts, strollers, wagons and costumed walkers through the park.

Parade participants can register ahead of time online at the Monster Mash website.

Also new this year is a second entertainment stage for music and other performances, said Lori Cage, center director.

Monster Mash 2018 will include longtime favorites such as trick-or-treat village, games, crafts, a princess and pirate party, food and fun for young and old alike.

Unchanged is the goal of raising funds to support parenting programs at the center, which in 2017 alone served 20,000 people through classes, hospital visits and events such as free car-seat safety checks.

*“IT WAS MEANT TO BE. MONSTER MASH IS VERY SPECIAL TO US. WE'RE THANKFUL WE WENT AND THEN MET THERE.”*

Preventing child abuse and neglect through parent education and support likewise remains the center's mission. The first Monster Mash was held in a hallway at the hospital three decades ago, when parent volunteers worked to raise money to pay for educational materials.

“There were a couple of tables and some games,” said Cage, who added that Monster Mash moved outside the following year and then to Bogue Falaya Park by its third year.

These days the STPH Parenting Center offers classes on topics from healthy cooking to baby-sitter safety, but helping parents develop healthy expectations for their children's development remains its core focus, Cage noted, in courses such as Boot Camp for New Dads, Active Parenting and Taming the Temper.

“Unrealistic expectations are a major cause of child abuse,” she said.

Learn More and  
Get Involved

Admission to Monster Mash 2018 is \$10 for adults and \$15 in advance and \$20 at the gate for children under age one. Call 985-898-4435 to get involved.





# Leading in Healing Arts

## Initiative Buoy Community Connection

The Healing Arts Initiative at St. Tammany Parish Hospital has evolved into a broad philosophy that shapes aspects of the hospital's work from the design of patient rooms and public spaces to its connections to the surrounding community.

"It's at the forefront of our planning," said Sharon Toups, STPH chief operating officer. "We now incorporate it into every project we do."

The arts-focused initiative of St. Tammany Hospital Foundation provides the hospital with new ways to connect with community residents eager to participate in or view exhibits when they are well.

"It also brings art into the lives of some patients who may not have it at home," said Mary Lee, chairperson of the Healing Arts Committee and a member of the STH Foundation Board of Trustees. "Healing Arts has more than a health impact."

Recent installations speak to the scope of healing arts expression. They include the sixth exhibit of a rotating gallery series of visual art and playful new fountains outside the pediatric emergency waiting room.

**"I get calls about what St. Tammany is doing from places like Oakland and Philadelphia. The hospital leads nationally on this."**

— Kieran Weldon, fl+WB Architect

A burgeoning music therapy program is bringing research-backed health benefits, including improved cognition and lower stress levels, to oncology and hospice patients.

"It is about more than beautiful art," said Arlette Delcham MD, medical director of St. Tammany Hospital Hospice. "Healing art has exploded into many ways of bringing healing to patients."

Research shows that art in healthcare settings contributes to patient well-being that ties to a host of positive outcomes, including shorter hospital stays.

Bringing soothing distraction to patients was the focus when the Healing Arts Initiative began in 2003 as part of a WE Care Employee Campaign.

Seed money raised through employee giving covered the purchase of a player piano for the hospital lobby, aquariums for waiting areas and colorful ceiling tiles to distract patients undergoing MRIs and other scans.

The focus on the connection between design and patient well-being grew from there.

In planning the hospital's 4 South unit in 2008, for instance, decisions

on features such as lighting, flooring and wallpaper were shaped by considerations of how best to create a restful and beautiful environment conducive to healing.

The focus on design accelerated under the leadership of the Healing Arts Committee to touch spaces across the STPH network. Murals, sculpture, water features, gardens and gallery-style installations have changed the look and feel of the hospital and its offsite facilities with each passing year.

"Our initiative has evolved as we've realized what we're capable of and what constitutes healing arts," said Nicole Suhre, executive director of STH Foundation. "For instance, we are introducing two art carts to our pediatric unit and pediatric ED before year end. The art and crafting supplies, games and amenities will provide core healing components to our smallest patients."

The hospital was an early adopter of healing art across the state and beyond—and still is.

"I get calls about what St. Tammany is doing from places like Oakland and Philadelphia," said architect Kieran Weldon, whose firm, fl+WB, designed and donated draft time and renderings for the water feature outside the pediatric emergency department. "The hospital leads nationally on this."

The initiative's impact on those inside and outside the hospital's walls seems only to grow. Lee noted that the rotating gallery exhibits on the hospital's first floor have become a destination in themselves for some visitors.

The number of artists submitting works for consideration continues to swell, she said, and opening receptions bustle with attendees.

"People want to be involved in this," Lee said. "They want to play their own role in promoting healing for others."

## STRENGTH in Grace

*Exhibit Underscores Crossroads of Art and Healing*

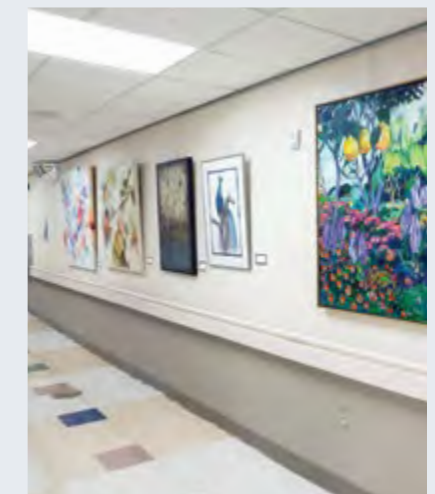
The sixth and most recent Healing Arts rotating exhibit at St. Tammany Parish Hospital includes work by individuals whose own lives have been touched by illness and healing.

The Strength in Grace exhibit on the hospital's first-floor includes paintings, photographs and visual-media pieces by regional artists from all walks of life, both those with formal arts training and those who are first-time participants in a juried exhibit.

"We were struck by their stories and the fact that they wanted to use art to help heal others," said Mary Lee, chairwoman of St. Tammany Hospital Foundation's Healing Arts Committee and a member of the St. Tammany Hospital Foundation Board of Trustees.

The exhibit's name captures what Lee described as "the collective fortitude" of a group that includes individuals who only recently learned that they were in remission from cancer.

"They are making the decision to reach out in to the community and work to heal others through art," Lee said. "That's the very definition of grace."





# Angels of Light: A Celebration of Extraordinary Care

*Hospice Expands As More Understand Its Extraordinary Services*

Light and music will fill the lobby of St. Tammany Parish Hospital during the 2018 Angels of Light fundraiser for St. Tammany Hospital Hospice on Thursday, Dec. 6 at 5:30 p.m.

Heart to Heart asked longtime supporters of Angels of Light to share their reasons for giving to a program that provides care to a growing number of Northshore patients and caregivers.

Blanche McCloskey has seen the power of hospice care up close. Her husband, Dennis, died at home the day after Christmas in 2007, surrounded by family.

“He died with great dignity and loving care,” said McCloskey, whose giving to Angels of Light includes annual sponsorship of its live holiday music and dedication of the 2009 Tree for Life in her husband’s name. “Angels of Light is a beautiful way for our community to celebrate the wonderful care hospice provides.”

Susan and Kenneth Latham also understand the power of hospice care.

The couple has sponsored the Angels of Light Luminaria Walkway in memory of loved ones who received care from hospice, including Kenneth’s mother, Susan’s father and one of their close friends.

“It’s important for people to understand that hospice is available to them when they need it, day or night,” said Susan Latham, who with her husband has also purchased Tribute Angels honoring family and friends.

Northshore financial planner Eric Dunavant honors friends and clients with Tribute Angels purchased in memory of their loved ones and for the past seven years has sponsored the Tribute Angels on the tree with his family.

The Dunavant family dedicated their 2017 sponsorship in honor of the hospital’s neonatal intensive care unit, where two of the family’s children were cared for as newborns.

“Angels of Light is a way to celebrate loved ones and life,” Dunavant said. “We don’t have a personal connection to hospice, but we understand its importance to families that have.”

Greater ease among patients and families in discussing end-of-life wishes, improved public understanding of the complex care hospice can provide and stepped-up outreach to Northshore healthcare providers are factors in recent program growth.

Just five years ago, St. Tammany Hospital Hospice typically served fewer than 10 patients at a time, said administrator Paula Toups. By comparison, 39 new patients enrolled in the program in July 2018 alone, Toups noted.

Patients and caregivers also are seeking out hospice care sooner—a recognition of the range of care it provides. The average length of stay was just seven to nine days five years ago, compared to 74 days now, Toups said.

“More people understand that we can provide significant comfort care such as intravenous pain management both at home and in the hospital as well as complex wound care,” she said.

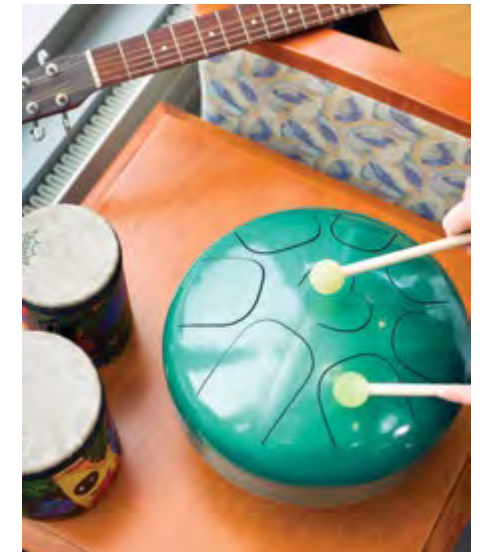
McCloskey wants more Northshore families to understand the care that is available to them and their loved ones in their homes or at the hospital.

“This is amazing care we can avail ourselves of,” she said. “It’s truly something to celebrate.”



Participate in 2018  
Angels of Light

Additional information about sponsorship opportunities is available by calling Melanie Rudolph at 985-898-4141 or visiting [sthfoundation.org/angels](http://sthfoundation.org/angels).



## Harnessing Music’s Power To Heal

Music Therapy Means Research-Backed Benefits for Patients

A new music therapy program at St. Tammany Parish Hospital is bringing evidence-based benefits such as improved cognitive function and reduced stress and anxiety to patients with a wide range of illnesses.

Other benefits of music therapy include lower blood pressure, heart rate and improved physical symptoms such as pain. Music therapy also aids in recovery of neurological function after stroke or brain injury, research shows. The current focus has been on patients at St. Tammany Cancer Center, the inpatient medical oncology unit and hospice.

St. Tammany Hospital Hospice is using music therapy to reduce the need for medication for agitation among some patients with Alzheimer’s, said medical director Arlette Delcham MD.

“These medications have side effects in older people, and (music therapy) is allowing us to cut back on them,” Dr. Delcham said. “Any time we can use a natural intervention to help our patients, it is of benefit to them.”

Sharon Coll has seen music therapy’s positive impact for herself. Her older sister, Miriam Laque, 89, is a hospice patient who has had Alzheimer’s for many years. A retired nurse, Laque rarely speaks after years of decline.

Coll watched her sister light up and look into the eyes of family members gathered around her when STPH music therapist Jennifer Bobeck sang a song from Laque’s youth—“A Bicycle Built for Two”—during a recent visit to the sisters’ Mandeville home.

“It was phenomenal,” said Coll, a retired school principal. “It was a beautiful experience—a blessing. Miriam was so attentive to the music and so clearly enjoyed it.”

Music therapy is distinct from therapeutic music. It is an established health field, and therapists are certified and trained to help patients

“It was phenomenal. It was a beautiful experience—a blessing.”

— Sharon Coll

cope with sometimes powerful emotions that may emerge during music therapy.

Bobeck also has extensive training to assess patients, plan treatment, intervene and assess outcomes.

Her visits with patients typically begin

with identifying the reason for the consult, such as pain or emotional suffering and gathering information about the meaning of music in the patient’s life. Planning interventions can include assistance in songwriting for reflection and processing, playing live instruments, or analyzing the meaning of a patient’s favorite musical piece to them.

Bobeck said playing or singing with patients evokes memories and emotions that serve as a springboard for deeper processing. In some cases, patients who are nonverbal will speak, sing or keep rhythm with the music, whose tempo she alters to suit each patient.

Dr. Delcham is passionate about bringing music therapy to patients. Four years ago, after learning about music therapy, the doctor herself had a stroke and spent three weeks in the hospital. She spent much of her recovery thinking how much she would benefit from it.

“I’m so grateful that we can now offer it to our patients,” Dr. Delcham said.

James and Jane Tarver met Bobeck earlier this year when she introduced herself and then sang to the retired couple while Jane was receiving treatment at St. Tammany Cancer Center.

Bobeck later came to see the Tarvers in the hospital, where Jane Tarver entered hospice care before passing away in May, four months after her initial diagnosis.

The music helped Jane Tarver, who feared falling asleep, drift to sleep, Dr. Delcham recalled.

“It was very peaceful and we both enjoyed it,” James Tarver said.

“To me, to have that kind of attention shows that someone really cares about you.”

# 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](http://stph.org/calendar) and your local newspaper for additional learning opportunities for individuals of all ages.

## For New Parents

### New Family Center Tours

First and Third 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

### Prepared Childbirth

Tuesday, Dec. 4 | 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

### Baby Care Basics

Tuesdays, Nov. 12 & Dec. 10 | 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, Nov. 7 | 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

### 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](mailto:ksupan@stph.org) or 985-898-4435

## For the Kids

### Play and Learn

Tuesdays, Nov. 6, 13 & 27 | 9:30-10:15 a.m.

STPH Parenting Center

\$15/members, \$24/nonmembers

For more information, contact  
[ksupan@stph.org](mailto:ksupan@stph.org) or 985-898-4435

### Ballet

Wednesdays, Nov. 7, 14 & 28 | 2:15-3 p.m.

STPH Parenting Center

\$21/members, \$30/nonmembers

For more information, contact  
[ksupan@stph.org](mailto:ksupan@stph.org) or 985-898-4435

### Cuddle Buddies

Thursdays, Nov. 8, 15 & 29 | 10:30-11 a.m.

STPH Parenting Center

\$6/members, \$9/nonmembers

For more information, contact  
[ksupan@stph.org](mailto:ksupan@stph.org) or 985-898-4435

## Angels of Light

Thursday, Dec. 6 | 5:30-6:30 p.m.

STPH Front Lobby

[www.sthfoundation.org/angels](http://www.sthfoundation.org/angels)

985-898-4141



## For the Grown-Ups

### Sister Survivors Support Group

First 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.  
[cmhughes@stph.org](mailto:cmhughes@stph.org) or 985-276-6832

### Bereavement Support Group

First Wednesday of each month | 3 p.m.

STPH Madisonville Conference Room

For adults who have suffered loss.  
[dvanek@stph.org](mailto: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

## Giving Tuesday

Tuesday, Nov. 27

24 hours of giving

Giving Tuesday is an international day of giving. Give back to the community by showing your support to the St. Tammany Hospital Foundation. Visit [www.sthfoundation.org/](http://www.sthfoundation.org/) GivingTuesday to make a donation on Nov. 27.

#GIVING  
TUESDAY