



*Heart
to
Heart*

Recovery faster and easier
with da Vinci robotic surgery



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 patient and outpatient care, all of which help to ensure continued good health.

BOARD OF COMMISSIONERS

- John A. Evans
Chairman
- James L. Core
Vice Chairman
- Philip Gardner MD
Secretary/Treasurer
- Thomas D. Davis
- Charles Frederick, Jr.
- Sue Osbon PhD
- Vesey J. Richardson
- John P. Romano

EXECUTIVE TEAM

- Patti Elish FACHE
President/Chief Executive Officer
- Robert Capitelli MD
Sr. Vice President/Chief Medical Officer
- David Mabe
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
- Judy Gracia RN
Chief Corporate Compliance Officer
- Vice President/Human Resources

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

commdept@stph.org

PHOTOGRAPHY: RICK OLIVIER
DESIGN: ZEHNDER COMMUNICATIONS

The Parenting Center and Monster Mash to celebrate 20th Anniversary

Twenty years ago, what would become The Parenting Center of St. Tammany Parish Hospital began as a group of mothers. With nothing more than a few tables and chairs, these moms had a mission to share information and improve parents' and children's lives. From those humble beginnings, The Parenting Center grew to become the mission driven service of St. Tammany Parish Hospital that served some 18,000 parents and children in programs and classes last year.

With funding from grants, St. Tammany Parish Hospital and the annual Monster Mash event, The Parenting Center built a curriculum for parenting classes consisting of positive discipline, stress management and other classes intended to improve the development of children. Classes were not intended to reach only parents. Curriculum and workshops are also developed for young children and teens to encourage interaction between parents and children.

Today, classes range from support groups for parents of newborns and young children to informative sessions for parents, teens, divorcing families and more.

The newest initiative at The Parenting Center is prevention of childhood obesity through two nationally recognized programs, Animal Trackers and Healthy Hops. First in Louisiana to offer these innovative programs, The Parenting Center hosts parents and their children each week for action-filled, fun and educational programs for two-, three- and four-year-olds. Myriad seminars teach parents and children to make healthy food choices and incorporate fun ways to exercise into their lifestyle.

"Membership fees help to defray program costs, but it's really through fundraising that these programs are able to come into fruition," Parenting Center Director Lori Cage said. "We are pleased to have the leadership and



involvement of the St. Tammany Hospital Foundation as we plan and execute Monster Mash, the only fundraiser for The Parenting Center, each year."

The St. Tammany Hospital Foundation has worked with The Parenting Center to develop Monster Mash into a major event for parents and children alike, with attendance figures for the past three years ranging from 6,000 to 8,000. The 2007 event raised more than \$100,000 for The Parenting Center.

Monster Mash is always on the Saturday preceding Halloween, Oct. 25 this year. The venue and activities include Papillion, Jeanette Downing, Soul Revival and Calling All Children. Mark your calendar now to put on your costumes, bring the whole family to Bogue Falaya Park and enjoy a fun day of trick-or-treating, music, food, arts and crafts plus the Bugmobile and ZOOmobile.

For more information regarding Monster Mash, The Parenting Center and volunteer opportunities, please contact Lori Cage at 898-4667.

National Program Finds Success in St. Tammany

The struggles of low-income, first-time mothers are well documented: making ends meet, raising children in a good environment and attaining lifelong goals for themselves and their children.

For the past four years the Nurse Family Partnership, founded by Dr. David Olds at the University of Colorado, has strived to alleviate these struggles for Northshore residents.

St. Tammany Parish Hospital's Community Wellness Center (CWC) was created as a partnership between the hospital and the parish to provide services that improve the overall health of the community it serves. In 2004 the Community Wellness Center identified the Nurse Family Partnership as a program to add to the existing WIC, Immunizations, and Kid Med programs at the CWC. Through another partnership with the Louisiana Office of Public Health Maternal and Child Health Division the program was established. Program growth quickly accelerated after the Baptist Community Ministries provided grant assistance, allowing for a full NFP team of 8 nurses and a supervisor.

The program works by partnering experienced maternal-child nurses with first-time mothers-to-be. The nurse follows evidence-based methods, developed by Dr. Olds, to teach mothers what they need to ensure a healthy birth and strong parenting skills. For a young first-time mother-to-be these are necessary skills.

"As part of this program, our goal as nurses is to help young ladies achieve their heart's desire" Judy Wischkaemper, RN, Director of the Community Wellness Center, said. "We assist them in attaining their goals, whether they are preparing for a job interview or trying to learn proper parenting techniques."

"The great thing about this program is that the responsibility is placed on the mother to maximize the partnership," Wischkaemper noted. "Participation is voluntary, and they determine how involved their families will be, what assistance they would like their nurse to provide. By identifying their goals, their nurse will round up the community resources that are available to help the mother and her young family to achieve their dreams."

By utilizing the resources at their disposal NFP nurses move past just providing clients with medical information on what to expect during pregnancy and early childhood. In fact, the program provides personalized home visits until the child's second birthday.

By utilizing a quick visual assessment to determine the mother and/or baby's medical needs, the nurse will help the mother to communicate with her physician and make sure schedules are kept for immunizations, doctor's visits, and other necessary procedures for mother and child. Plus the nurse helps to dispel myths about pregnancy and the time following the birth of the child.

NFP is an evidence-based program, and results show that through the home visits and regular communication between the mother and nurse, there is an overall improvement in pregnancy outcomes, improvement in child health and development and improvement in the economic self-sufficiency of the family.

Additionally, controlled tests have proven the program improves prenatal health, decreases subsequent pregnancies, increases intervals between births, decreases childhood injuries, increases maternal employment and improves school readiness for children. Other studies show that the NFP returns nearly \$3 for every dollar spent on the program.

"The Nurse-Family Partnership program rounds out the maternal-child services we offer at the Community Wellness Center," Wischkaemper said. "We now have a full team of nurses to address the needs of first-time moms, giving them the resources they need in order to be the best mom they can be."

For more information on the Nurse Family Partnership, visit www.stph.org and click Community Wellness Center, or call 871-6039.



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

- Adrian B. Cairns, Jr. MD
Chairman
- Kenneth E. Latham, AIA
Vice Chairman
- Richard F. Knight, JD
Secretary/Treasurer
- Anne Johnsen Bailey
- David A. Briggs, Jr.
- Sam Camp
- Robert H. Crosby III
- Johnny B. Greene
- John W. Greene
- A.J. Kreller, DDS
- Gene W. Lafitte
- Laurie McCants
- Lori G. Murphy
- Ashton Noel
- Julia M. Pearce
- Jennifer S. Rice
- John "Pizzie" Romano
- Harry A. Warner
- James R. Willis, MD

ADVISORY BOARD

- Henry J. Miltenberger, Jr.
- Thomas W. Pritchard
- Clinton J. Romig, Sr.
- H.W. "Wally" Roseblum
- Joanna R. Miller, MD

Charles Ann Strickland
EXECUTIVE DIRECTOR

An Opportunity to Thank a Soldier

Next time you visit St. Tammany Parish Hospital, don't be surprised if you run into someone dressed in a military uniform and carrying a military ID. That's because St. Tammany is hosting Army Reserve Soldiers from the 4010th US Army Hospital on their Battle Training Assembly weekends.

These Reserve Soldiers previously fulfilled their monthly military duty at the VA Hospital and Charity Hospital in New Orleans. However, due to the changes in both systems post-Katrina, the group was left without any training facilities when they relocated to Hammond. To ensure the 4010th a consistent locale to train and to augment weekend staff at St. Tammany, the two hospitals joined forces, beginning last fall.

About 22 reservists spend two days each month at the hospital fulfilling their requirement for service in specialty areas including nursing, phlebotomy, radiology, anesthesiology, surgery, labor and delivery, emergency and physical therapy. They coordinate care with the management and staff already on duty for the weekend.

Coordinated by Education Development and Training Department Head, Linda Sanders, and the 4010th Chief Nurse Colonel Brinda

Williams-Morgan, these Soldiers are a welcome addition to the weekend staff at St. Tammany Parish Hospital.

"We find that our patients like to see the uniformed service men and women in the hospital," Sanders said. "Often, the patients take this as an opportunity to thank the reservists for their service to our country.

"We provide them access to a state-of-the art medical facility; they provide us and our patients with a helping hand, all while fulfilling their obligation to their country," Sanders noted. "It's a win-win for everyone involved. And we couldn't be happier to have them here with us."

4010th Commander, Lieutenant Colonel James Mason, describes the partnership's value as an essential component to his unit's training program. "We have simply been overwhelmed by the enthusiastic response we continue to receive from the staff and administration at St. Tammany. These types of partnerships demonstrate the essential connection between our local communities and our citizen Soldiers."

Summer Youth Volunteer Program

St. Tammany Parish Hospital is looking for a few good high school students, with an interest in healthcare careers.

Each year students apply to be part of the eight week Summer Youth Volunteer Program. From finance to respiratory to maintenance, this summer program is built to expose young people to career opportunities that exist in hospitals, from clinical to administrative and professional careers.



By providing the students with this exposure, the hospital hopes to encourage them to pursue a career in healthcare.

While the students do assist with certain projects, the program has evolved to be more educational, rather than the traditional voluntary "candy striper" programs. This includes various meetings with technicians from different parts of the hospital, and computer time spent researching information about career paths.

"One of the highlights for past students was learning how laparoscopy works (surgery using a small lighted tube and a TV monitor) in a simulated environment," Linda Sanders, Education, Development and Training Department Head, said. "They also enjoy the visit from the cardiovascular techs and the ambulance tour."

Participation in the program requires students' attendance seven hours, three days to five days a week for eight weeks. The whole program culminates in a poster presentation on the healthcare career of the student's choice. Hospital employees vote on the posters to determine a winner, and the students present their posters to a gathering of their parents at the final day's celebration.

"If the students are interested in a healthcare career, this program is a lot of fun for them," Sanders said. "We've received very positive feedback from those that were part of the program in past years. Plus parents love to see high school students learning about future career paths."

Applications for students will be distributed to local schools this month (in March). Finalized applications will be due in April, with the program set to begin in June. Space is limited to 30 students, so please apply early.

For further information about this program, please contact Linda Sanders at 898-4592.

A Few Minutes of Joy from Man's Best Friend

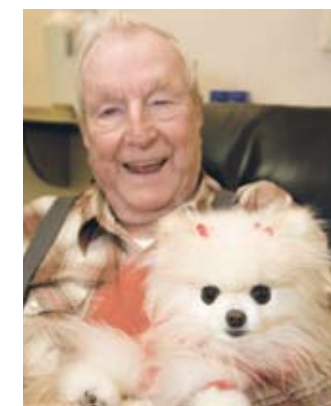


Our culture abounds with amazing stories of the joy animals bring into humans' lives. In fact, nearly 30 years of research has consistently shown a correlation between pet ownership and longevity. For the staff of the St. Tammany Parish Hospital Infusion Suite, two very special service animals are proving that ideal each day.

"Some patients come into the Infusion Suite with their service dogs, and you see the immediate effect that the dogs have on other patients," said Teena Strand-Parker, head of the Infusion Suite. "It's amazing how the animals can uplift the patients."

Patient Rachel Aronson and her Yorkie, Sister, have been visiting the Infusion Suite, Aronson as a patient and Sister as moral support. Sister also visits other patients in the suite, brightening up their day and helping them get through their treatments.

Aronson suffers from Hemochromatosis, or too much iron in the blood. "Typically if a person has an iron problem, it's an iron deficiency. But my case is just the opposite." Aronson visits the Infusion Suite every other week to have the iron removed from her system. Aronson also suffers from low blood pressure. But Sister is trained to relieve her stress.



"We go everywhere together," said Aronson. "The Infusion Suite, shopping, it doesn't matter. I put Sister in her pink stroller and just wheel her around. Everyone who sees her smiles, people take pictures with her. She just brings a smile to people's faces."

Another special visitor to the suite is Abby, a Pomeranian owned by Patricia Corona, a former Infusion Suite patient. Abby only weighs two pounds, but she can fill a room with smiles.

"The staff is like my family" said Corona, "and as a person who's been a patient, I enjoy letting Abby bring a smile to the patients' faces."

"In fact Abby is already a superstar," Corona continued. "You may have seen her profiled by WWL-TV's Frank Davis. Everyone just loves her outfits. That's what she's known for."

"...getting people to look past their current state and reflect on their own animals that they love or others that they may have known."

"You can tell people's spirits are lifted when they see the dogs," Strand-Parker said. "Here at the Infusion Suite, a lot of our patients receive chemotherapy and other treatments that can make a person feel down or depressed. But to see people's faces light up when they see those dogs is amazing. You can even see the smiles that they bring to the nurses."

The dogs also serve as conversation starters, getting people to look past their current state and reflect on their own animals that they love or others that they may have known.

"Sometimes the nurses will even lead us to a person that's had a particularly rough time," said Aronson, "but you just know that these dogs separate patients' minds from their current problems, even if it's for a few minutes. It just makes me feel so great to be able to help people like this."

HYSTERECTOMY RECOVERY FASTER AND EASIER WITH DA VINCI ROBOTIC SURGERY

“Let me tell you something,” said Donna Papania. “After my hysterectomy, I was ready to go home the next day. My family kept saying, ‘we cannot believe you’re up so fast.’”

Papania, 44, is one of a growing number of St. Tammany Parish Hospital patients to benefit from robotic surgery. In July 2007, STPH purchased a state-of-the-art da Vinci surgical robot, which allows surgeons to perform common procedures with sophisticated technology. Less invasive than conventional surgery, robotic surgery reduces the need for large incisions, which helps patients experience less post-operative pain and faster recovery.

“I had my surgery on a Tuesday and went home Wednesday,” said Papania, whose hysterectomy was last fall. “I never felt a thing, and I couldn’t get over how little my scars were.”

STPH is the only hospital on the Northshore and in bordering Mississippi counties to offer robotic surgery. The da Vinci robot is of particular benefit to women who need gynecological procedures. More than 600,000 hysterectomies are performed in the United States annually, and many are traditional open surgeries with lengthy recoveries. Robotic surgery gives physicians unsurpassed access and accuracy but avoids trauma to the core abdominal area. Plain and simple, women wake up with less pain and bounce back faster.

That meant a lot to Donna, whose husband, Jino, has spina bifida. The two Meraux natives have been married 18 years, and while Jino can do just about everything – including hunt and fish – Donna is still the primary caregiver.

“I’m used to being the one who handles things,” she said. “I needed a hysterectomy for months, but I had been worried about getting back on my feet.”

Papania suffered from polycystic ovarian syndrome (PCOS) and pelvic pain. Before her surgery, she had been experiencing ovarian cysts, some of which caused sharp abdominal pain. PCOS is also a leading cause of infertility. Despite years of trying, Donna and Jino could never become pregnant.

“That was so hard,” Papania said. “I come from a family of six, and I always expected to have children.”

But the ebullient Papania never lost her desire or enthusiasm to be around children. Before Hurricane Katrina, she worked as a nanny, caring for her cousin’s three young boys.



Then the storm changed everything. The Papania’s Chalmette home took on 12 feet of water, and everything, except their wedding china, was destroyed. By some miracle, says Donna, the cabinet that held it was gently overturned, then lodged in mud.

“Not one piece was damaged,” she said. “I really think I have an angel somewhere.”

The couple evacuated to Tennessee for two months, then moved to Carville, Louisiana. Jino returned to his administrative position with the Louisiana National Guard. Donna began trying to make sense of everything that had happened.

“It was a tough year,” she said.

Donna’s struggle with pelvic pain continued, even though she admits she tried to ignore it.

“I’m good at taking care of everybody else,” she said. “I just don’t do a good job of taking care of myself.”

Donna’s sporadic abdominal pain intensified, and finally, her doctor recommended a hysterectomy last summer. She was scheduled for a robotic total hysterectomy in Baton Rouge.



But the procedure was cancelled on two different occasions. She grew dissatisfied with her physician and asked her friends and family to recommend a new gynecologist. A cousin told her about Covington-based OBGYN Katherine Williams, whom Donna called immediately.

The two hit it off. Dr. Williams recommended robotic surgery at St. Tammany Parish Hospital, and Papania jumped at the chance.

“Donna was a good candidate,” Dr. Williams indicated. Because Papania is a diabetic, conventional surgery puts her at higher risk for infection, blood clots and other complications. “Robotic surgery helps mitigate those risks,” Williams said.

While a da Vinci robot requires additional surgical training, Williams found the technique familiar and intuitive. It gives a physician better range of motion than that of other minimally invasive techniques like laparoscopy.

“You perform the same movements you would in a traditional hysterectomy,” she said. “You just do it with the robot.”

To begin, four small incisions are made above the patient’s naval, through muscle and tissue that are used less than those found in the lower abdomen. A tiny camera is inserted, revealing the target anatomy on a 3-D monitor at 10-times magnification.

The surgeon controls the four robotic arms of the da Vinci from the surgeon’s console.

“Blood loss is at a minimum, because the precise imaging allows us to see every tiny little capillary and react right away,” Dr. Williams said.

Williams says it’s typical for nearly all patients who have undergone robotic hysterectomy to be discharged the day after surgery, unlike the average three-to-four inpatient days needed after open surgery. Most patients feel good enough to drive and return to work within a week to 10 days.

Papania says the experience surpassed her expectations. “From the second I checked into St. Tammany, everyone made it easy. The staff was so friendly, caring and helpful. They explained everything that was going to happen, and they were wonderful during my recovery time. But the best part was waking up and feeling so good.”

STPH’s robotic services are available for numerous procedures including a wide range of gynecological surgeries, urological procedures and more.

Dr. Williams likes the da Vinci robot’s efficiency and technological sophistication, but its most satisfying aspect is more intangible.

“I like how great the patients feel the next day,” she said. “I love that when I walk into the room they’re walking around and smiling.”

Nearly six months after her surgery, Donna still can’t stop talking about the outcomes of her surgery. She and Jino have finally returned to Meraux, where they bought a newly renovated house. She’s trying to slow down, but that’s not really her style.

“I was just telling someone in Dr. Williams’ waiting room the other day about my surgery,” she said laughing. “I would recommend it and St. Tammany to anyone who needs it. I feel 100 percent better.”



Fighting Pulmonary Disease with Better Breathers

Did you know that pulmonary disease is the fourth leading cause of death in the United States? Most Americans are dangerously unaware. However serious this disease may be, most patients can maintain their usual level of activities, as long as they take precautions for their own well-being.

The Pulmonary Rehabilitation Program of St. Tammany Parish Hospital provides patients with pulmonary disease various services including nutritional and psychosocial support, supervised exercise, oxygen therapy and smoking cessation counseling.

In addition to its many services, the Pulmonary Rehab Program established the Better Breathers Support Group seminar to better assist patients and families living with reduced lung function.

The seminars, held quarterly, focus on various topics including new medication updates, traveling with oxygen, the importance of exercise and coping with stress through psychosocial, spiritual and peer support. Physicians are often invited to present new developments in the treatment of pulmonary disease and asthma.

Not only does the program provide helpful tips and information to patients, but it also provides them with an opportunity to meet and connect with others that live with chronic lung disease. These relationships can help patients cope and enable patients to share their own personal stories and information about what works for them.

“Pulmonary Rehab and Better Breathers is dedicated to the prevention and care of patients with pulmonary diseases,” Lisa Hyde, head of respiratory services, said. “It’s our job to help them find ways to live a normal life, and incorporate those new ways of living into their everyday life.”

For more information regarding Pulmonary Rehab and Better Breathers, call 898-3785.



Breast Cancer Resources—High-Tech and High-Touch



Every three minutes an American woman is diagnosed with breast cancer, the American Cancer Society warns, and one in four women over the age of 40 has not had a mammogram.

Those statistics are alarming to STPH Cancer Program Director Chryl Corizzo. Corizzo acknowledges that breast cancer is the most common diagnosis she sees and that early detection is still key.

“St. Tammany Parish Hospital recognizes that treating breast cancer involves much more than simply performing surgery. We are a comprehensive resource for breast health, and the diagnosis and treatment of breast disease, including breast cancer,” Corizzo said. “From the time a woman is diagnosed to treatment and rehab, we are there for her.”

When the diagnosis is cancer, STPH staff coordinates all aspects of care from scheduling surgery and therapy to assistance with health insurance and support groups. Not only are the most recent high-tech medical resources available, but the personal support is there as well.

“We know it can be an emotionally and physically exhausting journey through breast cancer, so much so, that it can be difficult for a woman to see through to the other side. That’s what we’re here for,” said Corizzo.

Certified Breast Health Navigator Darlene Melancon RN facilitates breast cancer support group meetings monthly and echoes Corizzo’s sentiments. She says support groups are an integral part of coping and recovery. “Patients with a new diagnosis can feel lost. The group meetings help them navigate through their experience and can offer hope.”

As a breast cancer survivor herself, Melancon finds participants identify with her. “I am always accessible and glad to talk,” she said.

“Cancer is a life-changing event. We are here to help patients celebrate life now and in the future,” concluded Corizzo. “Our treatment is about the empowerment of women through education, forming emotional bonds with others, and all while receiving world-class quality healthcare right here at home.”

The Breast Center specializes in the comprehensive evaluation, diagnosis and treatment of breast cancer. The Cancer Resource Center provides cancer support and education.

For more information about screenings or support, call 898-4581 or visit www.stph.org.

Friend of the Coumadin Clinic, Governor Dave Treen



Governor Treen pictured with Stacy Sharp at the Coumadin Clinic.

He may be out of politics now, but Dave Treen is a busy man. Today, the former Louisiana Governor and four-term 3rd District Congressman puts his familiar name and extensive rolodex to work in the community, where he raises money and awareness for causes that help the state’s neediest children and adults.

But Treen also takes time for his health. The trim 79-year-old lifts weights and hits cardio stations twice a week at a local gym. And once a month, he visits the St. Tammany Parish Hospital’s Coumadin Clinic to ensure his dosage of the anticoagulant drug, Coumadin, is properly balanced.

Treen’s cardiologist, Farhad Aduli, MD, prescribed Coumadin to treat atrial fibrillation (A-fib), a condition the former governor was diagnosed with in 2006. More than 2.2 million Americans have the disorder, according to the American Heart Association.

In atrial fibrillation patients, the upper chambers of the heart do not beat with proper intensity, so the blood that flows there can pool and clot. Clots can exit the heart and become lodged in an artery in the brain, causing a stroke. Because Coumadin thins the blood and makes it less prone to clotting, it mitigates stroke risk.

“I’m usually there for about ten minutes,” Treen said. “I’ve never had to wait.”

It’s an important course of action, since about 15 percent of strokes occur in A-fib patients.

But just taking Coumadin isn’t enough. Regularly monitoring the dosage through a simple test known as an INR is just as important, said Dr. Aduli.

“The therapeutic ranges of Coumadin must be individualized for each patient and diagnosis,” he said. “Foods high in vitamin K, such as green,

leafy vegetables can reverse actions of Coumadin, and medications such as antibiotics and steroids, to treat inflammation, can increase INR levels. This is why it is vital to work closely with your cardiologist and attend a Coumadin clinic for observation.”

STPH’s Coumadin Clinic was established in 2002. Last year, 555 patients used the clinic 6,510 times.

“Common reasons for taking Coumadin include stroke prevention, treatment of venous thrombosis or A-fib, like Governor Treen has,” explained Dr. Aduli.

Frequent Coumadin monitoring might sound tedious, especially for patients with busy lives, but STPH’s Coumadin Clinic is known for its efficiency. Clinicians draw blood by finger stick, a faster, more comfortable alternative to venous draws. Then they administer the quick INR test, which measures the length of time it takes the blood to clot.

“Patients used to complain of having to go to a laboratory somewhere they were unfamiliar, wait in line and play phone tag with their physicians in order to receive instructions concerning Coumadin dosing,” Dr. Aduli added. “Now, the INR Coumadin level is monitored on the spot. The stick is like that used by diabetic patients. My patients seem happier due to the instant results and immediate dosing adjustments.”

Treen agreed. “I’m usually there for about ten minutes,” Treen said. “I’ve never had to wait.”

That’s a good thing for the former governor, who would rather spend his time making a difference. This year, he plans to continue promoting one of his favorite nonprofits, a program called Project Return, which helps male ex-offenders from prisons like the State Penitentiary at Angola re-enter society successfully and reduces their risk of offending again.

“I’ve got a lot of things on my desk,” Treen said. “A lot of things I care about.”

National Healthcare Decisions Day

"It's something we as Americans tend to shy away from," Cheryl Corizzo, STPH cancer program director, admitted, "but death is inevitable, and planning for it makes your end-of-life experience better and eases the burden of decision-making on your family."

St. Tammany Parish Hospital is joining thousands of national, state and community organizations for the inaugural National Healthcare Decisions Day (NHDD) April 16, 2008, to highlight the importance of advanced healthcare decision-making.

STPH welcomes the community to join a panel of physicians and other healthcare professionals for an important discussion related to end-of-life decisions. Learn the value of advance care planning, why it is important to plan ahead and document wishes. Have an opportunity to ask questions and obtain resources at one of the information booths available.

"... in situations where you cannot speak for yourself, if your doctor is aware of your end of life decisions, he or she will be your greatest advocate."

"We have held panel discussions on this topic for three years now," Corizzo said, "and I am thrilled that other institutions across the nation are joining in to promote the importance of having discussions that allow healthcare providers to honor patient wishes when the time comes to do so."

"Planning an advanced directive when you're healthy is the best time to make these types of decisions," Corizzo continued, "not when you are coming in for an acute emergency or major surgery." And informing your physician of your advanced directive is critical, she said, "because in situations where you cannot speak for yourself, if your doctor is aware of your end of life decisions, he or she will be your greatest advocate."

There will be two 1.5-hour sessions April 16 at 9 am and 5:30 pm with refreshments available.

If you are interested in attending one of the panel discussions, call 898-4581.

Recovery Can Be Fun with New Rehab Playground

The bright splash of primary colors visible from Hwy. 1085 at the Cordes Outpatient Pavilion may look like a fun place for children to play, but it actually is the latest clinical tool for STPH physical therapists to use with their young patients.

Joan Burga, STPH pediatric physical therapist, and Michelle Fell PT, STPH outpatient rehab manager, spearheaded an appeal to the St. Tammany Hospital Foundation for funds to make this vital rehabilitation tool a reality for the children of western St. Tammany and surrounding areas.

"The rehab playground project was submitted and approved for funding through the St. Tammany Hospital Foundation's 2007 Call for Funding," Charley Strickland, foundation executive director said. "This program enables hospital departments to submit capital needs for possible financial support utilizing foundation unrestricted dollars. Since inception, the Call for Funding has provided more than \$268,000 for equipment, projects and programs for St. Tammany Parish Hospital."



Caleb King enjoys the new rehab playground at the Cordes Outpatient Pavilion.

The rehab playground is a Little-Tykes play structure set on rubberized mulch, which challenges the patients' balance and endurance while providing safety and comfort in case of falls. The playground is primarily used as a rehabilitation tool for early child development, but it is also effective for teenagers and stroke patients who need more aggressive therapy than some of the more traditional tools provide.

"We knew we needed to expand our facility for rehabilitating children," Burga explained. "Kids need a lot of climbing activity, and our previous indoor set-up was simply not this expansive. This playground works everything in their bodies. It really gives them the total-body rehabilitation experience that can return them to full function."

Fell added, "As a physical therapist, your goals for your patients are set by functionality, and for kids, this means playing on a playground. We are so grateful to the foundation. We could not have accomplished this exciting improvement without their support."

Healing Arts Initiative Appeals to Art Community

Looking toward the future and the current building expansion of St. Tammany Parish Hospital, the St. Tammany Hospital Foundation is reaching out to local artists in the community to promote the integration of art in healthcare. "An environment contributing toward healing is our goal with our expansion, including a state-of-the-art conference center and two floors of private rooms," Sharon Toups, Chief Operating Officer, said. "A healing arts culture can lighten the burden of illness carried by patients and their families. It can speed recovery and helps to retain staff."

The St. Tammany Hospital Foundation Healing Arts program was started in 2004 as the recipient of the second hospital employee campaign. Employees donated more than \$100,000 to fund a myriad of programs that an instrumental employee focus group selected.

Some of the outstanding projects include the elegant player piano in the hospital lobby, aquariums in both the Pediatric Unit and the Cordes Outpatient Pavilion, Healing Ceiling tiles in MRI and CT rooms as well as a restful south Louisiana landscape mural in the Radiology Department created by artist Linda Wheat.

In late 2007, the employee focus group voted to bring their vision to the entire Northshore community by encouraging local artists to join in their endeavor to create a culture of art and healing at St. Tammany Parish Hospital. Plans include not only the healing power of artwork, but also music, art and aroma therapy. Performing arts, story-telling and poetry can also help create a healing atmosphere for patients, staff and visitors. A good healing environment includes architecture and furnishings as well as landscape and horticulture, which are being included in the hospital expansion plans.

If you are interested in the St. Tammany Hospital Foundation Healing Arts Initiative, contact 898-4141 or cstrickland@stph.org.



Dick and Sally Knight are shown with their donation.

Mr. and Mrs. Richard F. Knight have taken the initiative to expand the healing arts environment at St. Tammany Parish Hospital by donating an original Clementine Hunter to the foundation. Dick is secretary/treasurer of the foundation board of trustees and Sally volunteers in the foundation office. "Sharing our own good fortune through charitable giving enables each of us, in a tangible way, the opportunity to give back to our community," Knight said. "St. Tammany Hospital Foundation is the perfect vehicle to ensure that our gifts will do the most to help guarantee quality healthcare for our region."

Charitable Gift Annuity Rates Beat CD Rates and are Good for Life!



Yvonne M. Long and Foundation Executive Director Charley Strickland stroll along the meditation walk by St. Tammany's memorial fountain.

Charitable gift annuities are "win-win" gifts for both the donor and the nonprofit. The donor benefits by giving a gift that provides income for life. In addition, a large portion of the annuity is tax-deductible and the benefit can be spread over five additional years. Moreover, a portion of the annual payment is tax-free. The nonprofit also benefits by receiving a gift today that may be larger than an anticipated bequest in the future.

The rate is based on the donor's age at the time of the gift. For example, a donor aged 75 who gives a gift of \$20,000 will receive an annual payment of \$1,420 or 7.1% for life. The charitable tax deduction is \$8,865 spread over this year and five additional years if necessary. The tax-free portion of the \$1,420 payment is \$897 for 12.4 years. The minimum donation is \$10,000 and the rates are capped at age 90 at 11.3%.

Yvonne M. Long is a recent charitable gift annuity donor to the St. Tammany Hospital Foundation and is familiar with charitable gift annuities as she has two with other favorite charities. A native of Kent, England, Mrs. Long met her husband, Jay, an LSU engineering graduate about 40 years ago in Jackson Square when she was a tourist in New Orleans. He stopped to assist her by giving her directions.

Mr. Long passed away several years ago with complications from rheumatoid arthritis. Mrs. Long was concerned that his last days were very difficult and thought they may have been more positive with the assistance of hospice care.

Her charitable gift annuity is restricted for use by Hospice of St. Tammany Parish Hospital upon her death. "I am pleased to be able to do a bit of good and receive an income for life as well," Mrs. Long said.

Would you like to learn more about charitable gift annuities? Contact, Charley Strickland, Executive Director of the St. Tammany Hospital Foundation at 898-4141 or email her at cstrickand@stph.org.

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.



Prepared Childbirth

Apr 22, 29, May 6; 7 pm to 9 pm

STPH New Family Center

FREE; series of classes to help expecting mothers learn about changes during pregnancy, and prepare for childbirth; **898-4083**

Boot Camp for New Dads

May 10, 9 am to 12pm

STPH Conference Center

\$10; for new dads; class taught by veteran dads who orient rookies on the realities of fatherhood; **898-4083**

Tobacco Cessation Classes

Thursdays, March 13 - May 8; 5 pm to 6 pm

STPH Conference Center

FREE; make a commitment to quit for good; early morning and evening classes also available; registration required; **898-4581**

Genetic Cancer Risk Assessment and Counseling

Second Friday each month starting at 9:00am.

Cordes Outpatient Pavilion

FREE; confidential genetic counseling and screening; provides information to help make informed decisions about medical management options; **898-4581**

I, 2, 3, 4 Parents!

March 15, 1 pm to 5 pm

The Parenting Center

\$25/members/employees, \$35/nonmembers, \$10/spouse; parenting skills for birth to 4-year-olds; **898-4435**

Using Lamaze Techniques

Saturdays Mar.15 to Apr. 26 or May 24 to

June 28; 4 pm to 7 pm

STPH Conference Center

\$50; six weekly classes to help the mother through the childbirth experience; **898-4083**

New Baby Support Group

The Parenting Center

Mar 17 or 31; 10:30 am to 11:30 am

FREE; New mothers and babies (birth to 7 mo.) discuss child development and parenting tips; **898-4435**

Using Meditation to Facilitate Recovery

Mar 18, 25, Apr 1, 8, 15, 22, 29; 10:30 am

Cordes Outpatient Pavilion

FREE; learn to use your mind to fight your disease; **898-4581**

Cancer Connection Support Group

Mar 19, Apr 16, May 21; 7 pm

Cordes Outpatient Pavilion

For individuals, family members and friends challenged by cancer diagnosis; **898-4581**

Common Sense Parenting

March 13, 20, 27 or April 3, 10, 17,

5:30 pm to 7:30 pm

Pine View Middle School

FREE; learn communication skills and parenting strategies that work; **898-4435**

Safe Sitter - Baby Sitting Training

March 24 and 25, 9 am to 4 pm

The Parenting Center

\$65 per student; Two-day training for 11-13 year olds interested in learning skills necessary to baby-sit. Class size is limited; **898-4435**

Baby Care Basics

March 25 and April 1; May 20 and 27;

7 pm to 9 pm

STPH Conference Center

FREE; Learn helpful hints and what to expect when caring for your new baby; **898-4083**

Infant / Child CPR

March 29, 9:30 am to 11:45 am

The Parenting Center

\$20 per person, \$30 per couple; Learn the skills you need to know for breathing emergencies; **898-4435**

Free Breast Cancer Screening

March 31

FREE; A clinical breast exam will be provided by a physician or nurse practitioner for women 18 and older. Call for location; appointment required with Mary Bird Perkins Cancer Center Network; **1-888-616-4687**

New Family Center Tour

April 5, 10 am to 12 pm

STPH New Family Center

FREE; Tours of New Family Center on the first Saturday of each month. Meet in New Family Center lobby on third floor.

Art of Breastfeeding

April 8 and 15; 7 pm to 9 pm

STPH Conference Center

Series of two classes for parents to learn to establish a routine to facilitate a positive and successful breastfeeding experience; **898-4083**

Caring For The Caregiver Support Group

April 10, 1 pm

Cordes Outpatient Pavilion

Meets second Thursday of the month for caregivers to share hope and support; **898-4414**

Free Skin Cancer Screening

April 24, 5:30 pm

Cordes Outpatient Pavilion

FREE; Receive a free skin assessment by a physician; **898-4581**

Baby Chat For Siblings

May 3, 10 am to 12 pm

STPH Outpatient Pavilion

FREE; For children ages 3 and up to understand the changes that occur with a new baby; **898-4083**

Let's Kick the Habit

March 25 to May 13; 11:30 am to 12:30 pm

STPH Conference Center

FREE; This 8-week program can provide the tools you need to become tobacco-free. For employees and the community; registration required; **898-4581**

Look Good Feel Better

May 8, 6:30 pm

Cordes Outpatient Pavilion

FREE; For ladies to improve their self-image during radiation or chemotherapy. Cosmetics and skin care products provided; **898-4481**

Better Breathers

May 22, 12:30 pm

STPH Heart Center

Presentation, learning and support opportunity for people with reduced lung function and their caregivers; **898-3785**