

Heart to Heart

St. Tammany
PARISH HOSPITAL

SPECIAL EDITION *including*
2011 ANNUAL REPORT





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.

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St. Tammany Parish Hospital
Communication Department
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RICK OLIVIER PHOTOGRAPHY
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“It’s a way to support the hospital while at the same time there are financial and tax advantages,” said Roland J. Hymel Jr.

The “Beautiful Opportunity” of Charitable Gift Annuities

Charitable gift annuities offer an opportunity to support the St. Tammany Hospital Foundation, while providing donors with a guaranteed source of lifelong, mostly tax-free income. The rate of return on charitable gift annuities—7.6 percent for an 80-year-old donor, for instance—also surpasses that of many investments.

“It’s a way to support the hospital while at the same time there are financial and tax advantages,” said Roland J. Hymel Jr., a retired insurance executive who made such a gift to the foundation in 2011.

“It’s a beautiful opportunity,” he said.

For example, \$9,800 of a \$20,000 charitable gift annuity would be tax deductible in the year of the donation, Hymel explained. A donor who makes the gift at age 80 would receive \$1,575 in annual income, but pay income tax on only about 20 percent of the amount, Hymel said.

Rates of return vary by the age of the donor. The yearly rate of return for a gift made by a 70-year-old donor, for instance, is 6.1 percent. There is also a special rate based on the ages of spouses who make a joint gift.

Dick Knight, a foundation trustee, described charitable gift annuities as “an absolute winner.” Knight and his wife Sally,

who supported the foundation through artwork donations and other gifts, were pleased by the opportunity an annuity offered them.

“At the end of the day, you can leave a substantial gift to the hospital, while at the same time you receive a very good return on that investment,” Knight said.

Levere “Monty” Montgomery and his wife Anne also enjoy the tax benefits and income from their gift to the foundation. But they agree that their primary motivation in funding a charitable gift annuity was St. Tammany Parish Hospital itself.

“The biggest motivation for me was the good people and the good service provided by the hospital,” Montgomery said. “It makes a huge contribution to the quality of life in our community.”

For information on charitable gift annuities, contact Charley Strickland, 985-898-4141 or cstrickland@stph.org, or visit www.sthfoundation.org/CalculateMyGift

Network to Open Madisonville Office

St. Tammany Physicians Network Grows Along with Community



St. Tammany Physicians Network will expand the reach of its primary care services with the mid-2012 opening of a Madisonville office. The new location will specialize in family medicine, including pediatrics and internal medicine. It will open in mid- to late summer at 1520 Hwy. 22 West, Madisonville, between the town limits and parish line. As with other STPN locations, the board-certified physicians at the Madisonville office will have full access to the resources of St. Tammany Parish Hospital, from laboratory services and radiology to home health, respiratory care and physical therapy. Services at the new site will include appointments for acute care, chronic illness and yearly physical exams for work, school and sports.

The office will provide care for local patients of every age, from newborns to seniors. Same-day appointments will often be available, and the location will accept most major health-insurance carriers. The opening of the Madisonville location corresponds to growing demand for primary care on the Northshore. An independent community-needs assessment completed for the network in 2011 indicated a robust and expanding need for primary care services in the community over the next four to five years as the area continues to gain population, including more young families with children, said Dr. Bob Capitelli, STPH chief medical officer.

The recent construction of a large public elementary school in the neighborhood further confirmed the need for additional primary care in the network’s west market, added Dionne Williams, STPN administrator.

“It’s very important to be able to serve those families that are part of our community, and to be ready for additional needs as the community grows,” Williams said. Added Dr. Capitelli:

“As a community hospital, it’s part of our mission to identify the needs of the community, then take the steps necessary to meet those needs. Completing a community-needs assessment ensures that we understand and respond to changes in the need for more primary care in our community.”

The Madisonville location will expand the existing reach of the network, which already has physician offices in Covington and Mandeville. A Franklinton primary care practice likewise brings world-class care to STPH’s patients in Washington Parish.

Physicians Arlette Delcham MD, family medicine, and Jennifer Miles MD, pediatrics/internal medicine, will open the new Madisonville office, which will ultimately be a practice of four physicians. Dr. Miles will move to the new office from STPN-Mandeville, where she has practiced internal medicine and pediatrics since 1999, and Dr. Delcham will relocate from the Covington practice, bringing 16 years of family medicine experience, including 11 years in Morgan City and New Orleans.



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Our Mission

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

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Athlete TRIUMPHS Over Infection

Community Acquired Staph Strikes in Athlete's Prime

Beneath the Friday night lights last October, 17-year-old Landon Lyon had no idea the hit he was experiencing on the gridiron would spin his life from the top of physical stamina to the depths of near death.

Five days after the on-field collision, the high school junior was fighting for his life. It was a battle that kept him at St. Tammany Parish Hospital for five weeks and whittled his once 153-pound frame to 115 pounds.

It is also a cautionary tale for all families, local schools and sports venues to be aware of the dangers of community-acquired infection and to use the most effective means of prevention: hand-washing and vigorous regular cleaning of sports equipment and facilities.

After that fateful Friday night, Landon's first sign of trouble was pain in his hip, a logical development given the impact of the game-time collision. A doctor's visit showed no sign of fracture.

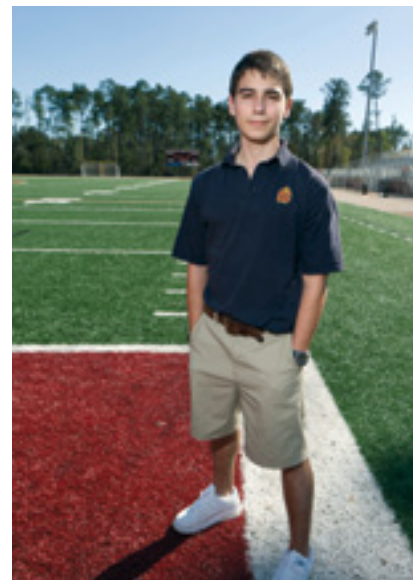
By that Wednesday, he could hardly move. An hour after arriving at the STPH emergency department, his kidneys and liver began to shut down.

"I have never seen anybody go downhill so suddenly," said STPH kidney specialist David Powers MD.

Landon was moved to the intensive care unit, where he was intubated to help him breathe. He lost consciousness. Dr. Powers told his family that he might not live through the night. "The world fell apart," said Chassity Holliday, Landon's mother.

Physicians first suspected a bowel rupture, but exploratory surgery turned up nothing. Abscesses in Landon's lungs pointed to infection.

STPH infectious disease specialist Michael Hill MD was certain the source of infection lay within Landon's pelvis. A scan showed an infected hip vein, indicating the infection was likely in Landon's lower body. Physicians later



"He would like to play football again."

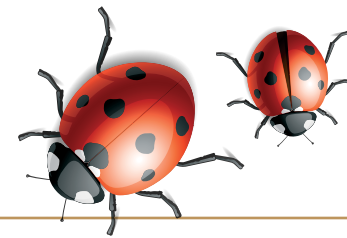
— Chassity Holliday, Landon Lyon's mother

found an infected clot deep within the hip muscle; STPH radiologists drained the clot, and surgeons later removed it.

Dr. Hill suspects Landon's impact with an opponent during the football game may have broken off part of the infected clot, which then traveled to Landon's bloodstream to his lungs. Damage to the hip muscle from the blow may also have allowed infection to spread.

Over the weeks, Landon grew stronger, but there were setbacks, including a life-threatening collapse of his lungs. He moved to a room on 4South, STPH's all-private-room Healing Arts unit, in November and began therapy to learn to walk and speak. He was home before Christmas and returned to school in January. He continues to grow stronger and already has plans for fall 2012.

"He would like to play football again," said his mother. "He's doing great."



Bug Club is Unique Infection-Fighting Collaboration

St. Tammany Parish Hospital is at the helm of an innovative collaboration to combat hospital-acquired infections, the "Bug Club."

The origin of the club dates to 2008, when infectious disease specialist Michael Hill MD noted similar concerns among local hospitals and offered to facilitate a team to share infection prevention best practices. As a result, in 2009 and 2010, the five local hospitals that participated in the initiative decreased their infection rates after cardiac surgery to below one percent, said Linda Polo, STPH head of infection prevention.

The original group of infectious disease physicians, pharmacists and infection preventionists has grown to include surgeons, pulmonologists, hospitalists and staff from long-term care facilities, rural hospitals and surgery centers. The Bug Club now targets improvements in orthopedic and abdominal surgeries, clostridium difficile, influenza and antimicrobial stewardship.

In 2010, STPH received the Kimberly-Clark HAI Watchdog Award for active participation and facilitation of the innovative approach to instituting infection prevention best practices and achieving sustained improvements.

A Path to Good Health

Enhancements Planned for Popular STPH Walking Trail

With an eye toward the role of exercise in their own health, St. Tammany Parish Hospital employees have funded a series of improvements to the popular walking trail that surrounds the hospital's Riverside Building and extends onto the main 1202 S. Tyler campus.

"We're all committed to keeping our own health, which is one reason supporting the trail has been popular among hospital employees," said STPH physical therapist Amy Snyder, who chairs the walking-trail committee of the WE Care Campaign, an employee-supported initiative that has funded a series of amenities and programs at STPH with nearly \$700,000.

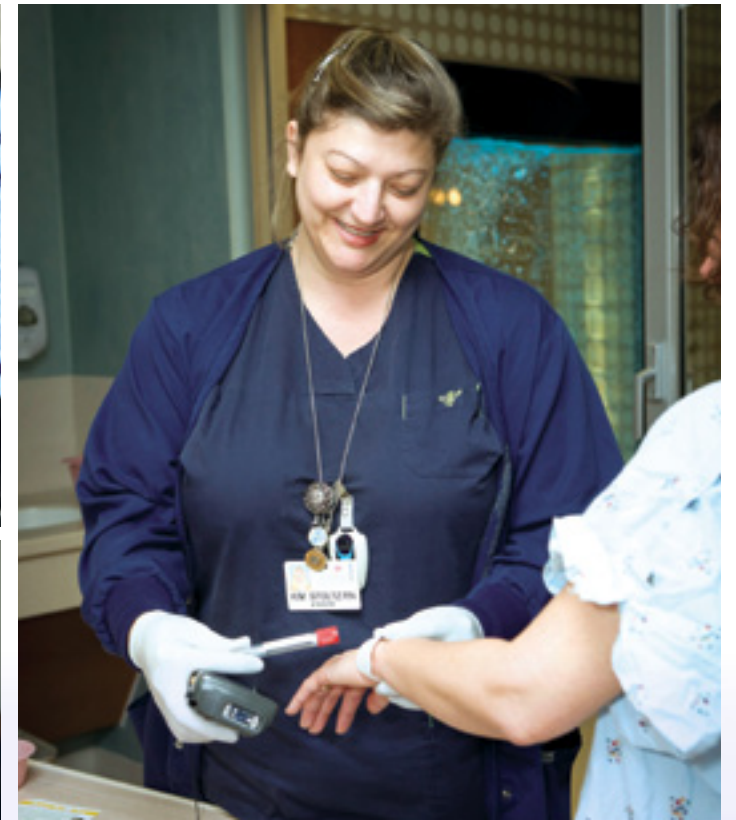
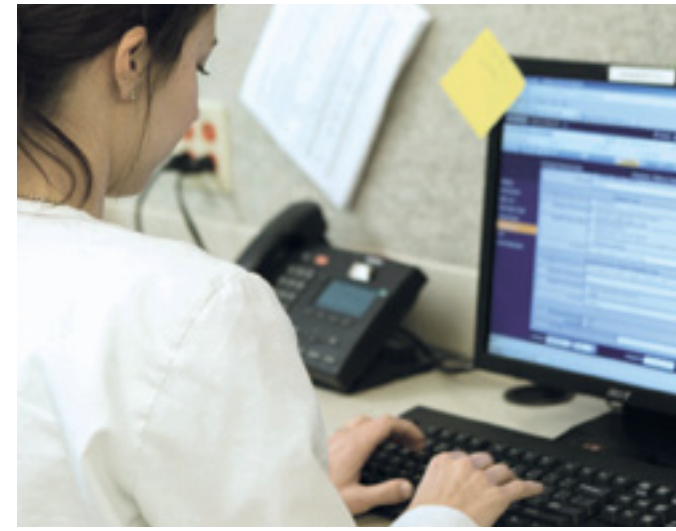
St. Tammany Homestead Savings and Loan Association was also instrumental in creating the paved trail and helping to fund planned enhancements. "Their donation and continued support have enabled us to provide a number of additions to the trail," said Charley Strickland, executive director of the St. Tammany Hospital Foundation.

Trail enhancements planned for the coming months include a map kiosk and trail markers with mileage designations, exercise stations with workout equipment, water foundation, call box and latticework privacy screening along the 8th Street stretch of the two-year-old trail.



"It's a popular trail, and the changes will really enhance it," Snyder noted.





THE FUTURE IS NOW

COMMITMENT TO TECHNOLOGY MEANS THE BEST IN STPH PATIENT CARE

There's no mistaking the "wow factor" in new medical technology in place and coming soon to St. Tammany Parish Hospital.

New systems double-check doctors' prescription orders, alert caregivers to test results and immunization schedules and eliminate a mainstay of traditional medical care: the physician's handwritten prescription-drug order.

STPH is also exploring technology that uses patient fingerprints or other unique "biotech" markers to ease and speed the check-in process.

Yet at its core STPH's embrace of state-of-the-art technology isn't about technology—or wow factor—at all. Instead, it reflects a strategy of improving patient care through innovations to reduce medical errors, enhance communication among caregivers and patients and personalize the patient experience through comprehensive, up-to-the-minute information about every patient's health.

"This is about using technology for better care," said Craig Doyle, STPH director of information technology. "In that sense, the changes are part of a clinical initiative, not a technological one."

Digital technology keeps patients safer and improves treatment decisions by giving caregivers unprecedented access to the most complete and current information about a patient's health and medical treatment. Information in a patient's electronic health record (EHR)—

the patient's complete medical history, in one computerized location—doesn't depend on geography or the sometimes hard-to-read notes in cumbersome and slower-moving paper files.

EHRs' digital nature also makes them instantly accessible to care providers from emergency room physicians and off-site specialists to the patients themselves, noted Tim Lessing, STPH senior vice president and chief financial officer. Results from laboratory and diagnostic tests and treatment decisions enter the patient's EHR as soon as they are available, Lessing said, giving caregivers real-time access to the most current information about a patient's health status.

"It's a way to close gaps in information between specialists and sub-specialists because the information is accessible everywhere the patient goes," Lessing said. "We want to make sure that every caregiver who relies on that patient's information has good quality access when they need it."

The latest upgrade to hospital software offers a key component of information technology (IT) improvements: computerized physician order entry (CPOE). CPOE enables physicians to enter medical orders or submit patient prescriptions directly into the secure, centralized system. The hospital also uses barcode technology with automated verification features to prevent medication errors.

CPOE further enhances patient safety by reducing potential errors linked to legibility of handwritten orders. The system includes features like automated safeguards that flag potentially adverse drug interactions with other medications a patient may be taking.

"It notifies the physician of possible interactions to ensure they are aware of all other medications the patient is taking," said Dr. Bob Capitelli MD, STPH chief medical officer.

Other features include automated links to best practices that provide instantaneous support to physicians and nurses as they make treatment decisions, explained Dr. Patrick Torscon, STPH director of hospital medicine.

Digital technology keeps patients safer and improves treatment decisions by giving caregivers unprecedented access to the most complete and current information about a patient's health and medical treatment.

"The system helps doctors and nurses adhere to the best safety and quality measures," Torscon said.

The big-picture goal of new technology revolves around the concept that healthcare institutions and providers need to put technology to

meaningful use, which very simply means truly putting technology to use improving the health of patients. Recent changes to the federal Medicare program provide incentives for hospitals investing in technology with a long-term goal of showing tangible improvements in the health of patients, Torscon said.

STPH's embrace of technology puts it in an elite group of U.S. hospitals. Only 10 to 15 percent of U.S. hospitals have replaced written physician orders with direct physician entry—a process that STPH is already implementing and will complete this fall, Torscon said.

New technology at STPH is also transforming the look and feel of the outpatient experience. In the STPH Emergency Department, patients see clinicians before being registered at the bedside, reducing wait times. And all STPH diagnostic imaging facilities, beginning with the brand new STPH Mandeville Diagnostic Center, are introducing the Northshore to radiology equipment with the lowest radiation exposure for the best image quality.

STPH is also investigating technology like "self-service" check-in kiosks that rely on patient fingerprints for faster registration and quicker access to relevant medical and appointment records, said Lessing. "We're exploring it," he explained. "Safeguarding patient care and patient information are key, so we do quite a bit of research as we step into these new technologies. If we determine that it improves quality and the patient experience, we are committed to provide it."

Lifetime Wellness *and* Good Health: *Choosing the path of a healthy lifestyle*

WORKING OUT *for* GOOD HEART HEALTH

At 81, Local Sports Legend
Knows the Power of Exercise



Coach Jack Salter has a ready answer when friends ask why the 81-year-old legend of Northshore football lifts weights and works out several times a week.

“I tell them I do it because I want to keep living,” said the Covington-born Salter, who coached football at Covington High School for 35 years, where the stadium bears his name.

Salter has participated in St. Tammany Parish Hospital’s cardiac rehabilitation program since 2006, when he had bypass surgery. He works out at the West St. Tammany YMCA, three times a week with STPH’s cardiac rehab maintenance program, and on his own as well. Coach walks the treadmill, lifts

weights and visits with friends between sessions at the equipment.

“I don’t like to miss a workout,” Salter said.

His faith in the healing power of exercise is well placed. A 2011 Cleveland Clinic study showed that people with heart disease who participate in cardiac rehab can improve their heart’s ability to return to a normal rate after exercise. Those patients, researchers found, live longer than patients whose hearts do not return to a normal rhythm as quickly.

Exercise is a crucial element of rehab, but STPH’s program includes other key components, including nutrition education, said Jan Tridico, STPH cardiac rehab coordinator. Joan Meyer, an exercise specialist with the program, said in Salter’s case a winning attitude is another component of good health.

“He encourages others in the program, which comes naturally to him as a coach,” Meyer said.

STPH’s cardiac rehab program offers free lectures on heart-health topics each month at the Paul D. Cordes Outpatient Pavilion. Additional information is available by calling 985-898-3780.

Y early physical examinations and screenings such as mammograms and colonoscopies are examples of preventative care services designed to detect disease in their early stages when they are most treatable.

But baseline results from regular physicals and key screenings are just one reason regular visits to your primary health provider are vital to good health. The opportunity to talk with your caregiver about topics from sleep and weight to stress management is another crucial aspect of keeping healthy.

Talking to a medical professional about your everyday life and habits can highlight the need for lifestyle changes that can have a significant impact on your life. Honest conversations with your doctor about general concerns can have profound impact on your long-term health, said Dr. Richard Long of St. Tammany Physicians Network.

Patients are often pleasantly surprised to learn what a difference they can make in their own health through modest lifestyle changes, Dr. Long added.

Patients who aren’t getting enough sleep can boost their wellbeing by adjusting their schedule to allow more shut-eye. That’s because hormones released during deep sleep facilitate muscle growth in adults; Dr. Long explained, “Just making a change in sleep patterns can have a very big effect on health.”

Wellness discussions often center on the role of diet and exercise, where small improvements can likewise have a big impact on overall health. Even moderate exercise—30 minutes of walking, three to five times a week—can help control

blood sugar levels, aid weight loss and improve stress levels, according to STPN’s Dr. Ralph Millet.

“Walking is a great exercise that can make a huge difference in an individual’s health,” Dr. Millet said.

Patients are often pleasantly surprised to learn what a difference they can make in their own health through modest lifestyle changes, Dr. Long added.

For some patients, adequate weight loss combined with exercise can even wean patients off medication for elevated blood pressure and other chronic conditions, Long noted.

“There are many powerful ways people can contribute to their own good health,” he said.

Dr. Millet added he is seeing a shift in patients’ understanding of the role they play in their own health. In recent years, more patients ask about lifestyle changes they can make, he said.

“More people want to know what they can do to change and achieve better health,” he said. “And more and more people are making those changes and seeing the positive results of their efforts.”

To schedule an appointment with Drs. Millet and Long or any of their partners in the St. Tammany Physicians Network, call 985-871-5900 in Covington or 985-626-1717 in Mandeville.



THE POWER *of the* PEDAL

Avid Cyclist Powers His Return to Health

Dave Foley is a fiercely competitive cyclist. The 55-year-old design engineer beats younger men in competition. He enjoys grueling events like 80- and 100-mile road races.

But it’s his focus on conquering his heart disease through exercise, diet and sheer determination that make Foley an inspiration.

“He’s determined to do what it takes,” said Dr. Richard Long, Foley’s longtime doctor of St. Tammany Physicians Network’s Mandeville office.

Long and Foley are partners in a journey that began in 2003, years before the two met. That was when Foley learned that he had blockages in arteries to his heart. The news

Continued on next page

THE POWER *of the* PEDAL

Continued from previous page

stunned Foley, whose athleticism and lanky frame—he is 6 feet 3 inches and 158 pounds—didn’t jibe with his heart condition.

The culprit in Foley’s case wasn’t weight or poor diet, but stress, he said.

After receiving a stent, Foley was put on blood thinner, but before long he was back on his bike.

He’s been on it ever since, even after the discovery of an additional blockage several years later. That need for a second stent was an emotional setback, but Foley’s reaction wasn’t to do less, but more. It was then that he met Dr. Long, who has provided support and encouragement of Foley’s goal to manage his health challenges primarily through lifestyle and exercise rather than medication alone.

“I needed a doctor who’s a bit of a wellness coach, and that’s what Dr. Long has been,” Foley said.

The role includes Dr. Long’s careful assessment of Foley’s diet and regular check-ups. Early on, Dr. Long made subtle adjustments to Foley’s diet after a blood panel suggested that he would benefit from nutrients like zinc and vitamin C given his intense physical activity. From the start, Foley has done exactly what his doctor recommended. He continues to take a blood thinner and a cholesterol-lowering drug, although his goal is to reach a point that he no longer needs the latter.

Now Foley is studying up the 2012 cycling races, especially after his strong performance in a two-day road competition last year. He said he plans to “up the ante” with a stepped-up racing schedule this year.

You gotta keep going,” he said. “Having a physician that has faith in you and supports your goals has been key to me.”

Wellness Exams Save YOU Money

By **Ralph Millet MD,**
St. Tammany Physicians Network

Insurance companies and Medicare give you the opportunity to save money through wellness programs. Regardless whether your plan calls it wellness, preventative health or another name, these visits are an opportunity to detect conditions early.

Wellness visits include an examination and suggestions regarding routine annual care. They may include certain basic lab tests.

Acute sickness, illness or injury cannot be treated as a wellness visit, nor can new types of prescriptions, refilling old prescriptions or the ordering of detailed tests. Those types of tasks require regular office visits.

Past medical history, including a list of allergies, medications, surgeries, physicians and providers caring for you, your social history and lifestyle will also be reviewed. There may be a review of potential risk factors for depression.

The physical examination will include measurement of height, weight, body mass calculation and blood pressure. The physical exam will include all the important body systems. Medicare patients will have an assessment during their exam of any cognitive impairment. There will be a review of functional ability and level of safety based on direct observation.

When appropriate, the physician will provide basic personalized health advice and referral to health education or preventative counseling services and programs, and may discuss what procedures, immunizations and health screenings you may need.

Wellness visits also focus on what procedures, immunizations, health screenings that you need.

When you schedule a wellness appointment, be sure to tell the scheduler you wish to use wellness benefits. You should also ask if the doctor prefers to order wellness lab tests before or after the visit. The office staff will ask if you need medication refills or have health issues to address, as those are regular office visits.

Call 985-871-5900 in Covington or 985-626-1717 in Mandeville for your next wellness visit.



Never Mind Fish Tacos — Try Fish Pizza

A light and flavorful seafood twist on “pizza” is a favorite of Abry Crosby, St. Tammany Parish Hospital executive chef, who often serves it in the hospital cafeteria.

This colorful dish is low in fat and carbohydrates. The tilapia fillets are packed with nutrients like omega-3 and omega-6 fatty acids that help reduce blood pressure and make fish a key element of a heart-healthy diet. Other types of fish, such as redfish, trout or drum, also can be used—and deliver similar cardiovascular benefits.

Additional ingredients include tomatoes, which are rich in vitamins A and C, and basil, whose unique health-protecting benefits include anti-inflammatory effects.

“It’s also easy to make, and can be prepared in anything from a toaster oven to an open-flame grill,” Chef Abry said.

Directions:

Preheat oven to 350 degrees. Pat fish dry and sprinkle seasoning on both sides of each fillet. Lightly oil or pan spray a baking sheet, then lay fillets skin side up on the pan.

Place two half-moon tomato slices next to each other atop each fillet. Next lay a basil leaf on each tomato slice, and then place a cheese triangle atop each basil leaf.

Bake at 350 degrees Fahrenheit for 20 minutes or until the fish reaches an internal temperature of 145 degrees* and the flesh is opaque and flaky.

Serve immediately.

**The USDA recommends cooking fin fish to a minimum internal temperature of 145 degrees Fahrenheit.*

Ingredients:

- 4 tilapia fillets, fresh or thawed
- 1½ tablespoons no-salt Cajun seasoning
- Pan spray or olive oil
- 4 tomato slices, ½-inch thick, cut in half to make half-moon shapes
- 8 basil leaves, fresh
- 4 slices reduced-fat mozzarella, cut in half to form triangles

The tilapia fillets are packed with nutrients like omega-3 and omega-6 fatty acids that help reduce blood pressure and make fish a key element of a heart-healthy diet.



BUILDING FOR THE FUTURE

The governing board and administrative leadership of St. Tammany Parish Hospital work closely together to plan and grow your community hospital to ensure it meets its mission to deliver on the promise of world-class healthcare to residents of western St. Tammany and surrounding areas.

In 2011, St. Tammany Parish Hospital, a not-for-profit community hospital that receives no tax funding, continued its strong financial performance and its commitment to exceptional quality and patient experience. Similarly, employee satisfaction continues at record high levels.

In fact, your community hospital was a busy place in 2011. Patients admitted into the hospital as inpatients, emergency department patients and outpatients were all up, and patient satisfaction with the overall inpatient experience hit the 98th percentile in the nation for the fourth quarter.

2011 was an exceptional year for quality and safety. Overall focus on proper specimen labeling, mortality and falls resulted in significant improvements. Press Ganey employee survey results on safety revealed overwhelmingly that employees feel empowered to talk about safety, to improve safety and to make a difference for their patients, themselves and their co-workers.

Another achievement in 2011 focused upon STPH's fiscal reputation. Your community hospital received a bond rating upgrade from Standard & Poor's to "A-" from its long held "BBB+" rating. The upgrade demonstrates the organization's financial health and strength of leadership. As part of its commitment to reinvest gains into its caring mission, STPH provided a combined \$40 million in uncompensated and compassionate care in 2011, delivering on the promise to care for our community no matter the circumstances. Compassionate healthcare programs include:

- Inpatient and emergency care for all
- Community education on health, diabetes and parenting
- Cancer resources and support
- At-home visits for moms, free immunizations, medical attention and registration for government assistance
- Hospice care

St. Tammany Parish Hospital continued its longstanding commitment to the community with \$150,000 in fundraising and sponsorship for fellow not-for-profits whose missions closely align with ours. Our own hospital foundation plus local schools, health, wellness and community organizations including Alzheimers Association, American Heart Association, American Cancer Society, Children's Advocacy Center, Council on Aging St. Tammany, Covington Food Bank, Hospice Foundation of the South, Louisiana Breast Cancer Task Force,

Northshore Families Helping Families/ Access, St. Tammany Cancer Fund, Susan G. Komen Foundation and United Way.

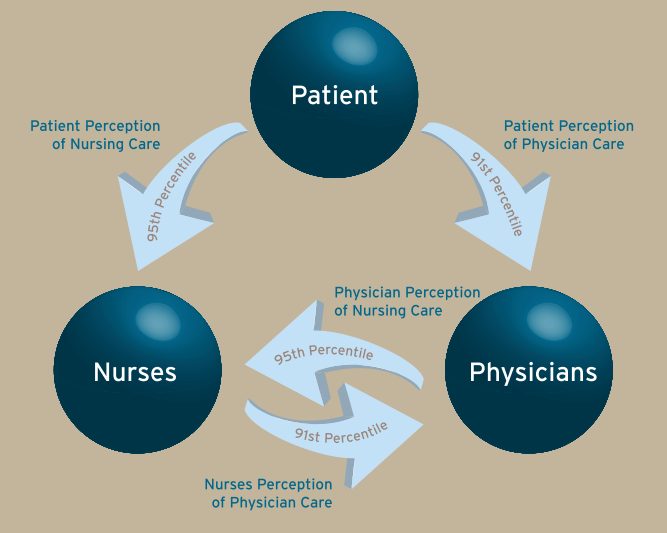
At your community hospital, physical plant changes have been phased in over time, and 2011 was no exception. The Women's Pavilion of St. Tammany Parish Hospital opened in September, and the STPH Skybridge opened in November. Mary Bird Perkins moved its radiation oncology practice into what will ultimately be Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital, when STPH moves infusion services into the center in spring 2012.

Study and planning advanced in 2011 on long-term goals that include the January 2012 launch of STPH Mandeville Diagnostic Center, the summer 2012 opening of St. Tammany Physicians Network – Madisonville, and the 2013 target for a new inpatient unit (3 North) and expanded emergency department to better match the population of western St. Tammany, including dedicated pediatric care.

Overall, 2011 was another step forward in the long-term strategic plan for growth at St. Tammany Parish Hospital, elevating the level of care and safety at which care is delivered, close to home.



Stakeholder Perceptions



2011 DONORS MAXIMIZE COMMUNITY IMPACT

For nearly 60 years, generations of Northshore residents have turned to St. Tammany Parish Hospital for their healthcare. Through the St. Tammany Hospital Foundation, generous companies, organizations, foundations, individuals, employees and volunteers have contributed their time and financial resources to further benefit the care and services provided by the hospital.

Advancing pediatrics was a focus of 2011 giving with more than \$214,000 raised through the Heart, Night and Look of Fashion superbly chaired by Lendon Noel and Jeanine Riecke. Monster Mash proved to be a huge success for the Parenting Center. Angels of Light garnered funds for hospice with Board of Trustees member Deedee Suthon honoring the employees of St. Tammany Parish Hospital. The 2011 WE Care employee campaign was once again successful in raising nearly \$100,000 as STPH employees generously gave back to the hospital.

The successful partnership of The Cancer Program of Mary Bird Perkins and St. Tammany Parish Hospital resulted in a partnership to raise funds for the cancer center as well. Leslie Spencer Landry was brought on board to concentrate on raising funds for the combined cancer program. The Healing Arts Initiative, lead by Board member Diane Winston, was showcased in 2011 with the opening of the Women's Pavilion to provide enhanced breast center services to the community. Planned gifts took center stage in 2011 as a notable number of donors chose to create charitable gift annuities benefiting the Foundation. These gifts benefit the foundation while paying a generous income to the donors for life.

The foundation was founded in 2003 as a 501 (c) 3 non-profit organization and is governed by a volunteer board of community leaders committed to the development of relationships and financial resources to support the healthcare programs, projects and services of STPH which is a self-supporting not-for-profit community hospital that receives no tax funding.

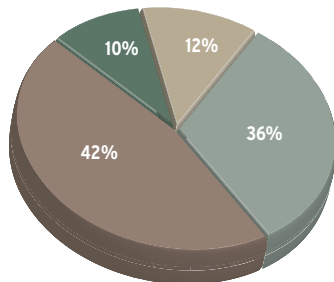
Gifts may be made in the form of cash, securities, real property or may be deferred. To find out how you can support our hospital, please call us at 985-898-4141 or visit our website at sthfoundation.org.

To date our community has given the foundation nearly \$8 million in support of our hospital's world-class healthcare. There is no finer gift than one that offers health and hope to others.

Thank you for your unwavering generosity.

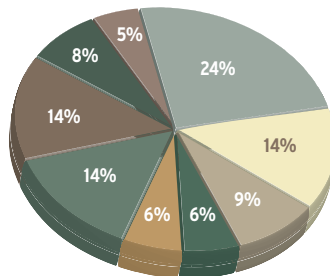
Sources of Funding 2011 \$889,446

- Employees 12%
- Companies/Organizations 36%
- Individuals 42%
- Foundations



Stewardship of Gifts 2011 \$889,466

- Advancing Pediatrics 24%
- Endowment 14%
- Cancer Center 9%
- Hospice 6%
- Healing Arts Initiative 6%
- The Parenting Center 14%
- Employee Campaign Programs 14%
- Additional Donor Restricted 8%
- Unrestricted 5%



STPH Calendar Highlights

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

APRIL						
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					

MAY						
29	30	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		

JUNE						
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Bereavement Counseling

Wednesdays; 10 am

STPH Hospice

Support for those who have suffered loss.

Walk-ins are welcome. 985-871-5746

New Family Center Tours

**1st & 3rd Saturdays, monthly;
10 am to noon**

STPH New Family Center

Thirty-minute tours for prospective parents.

Preregister for your birth plan. 985-898-4536

Northshore Ostomy Support Group

**2nd Tuesdays, monthly;
6:30 pm to 7:30 pm**

STPH Conference Center

Support for ostomates and their families and caregivers. 985-898-4581

Cancer Connection Support Group

**3rd Wednesdays, monthly;
7 pm to 8 pm**

STPH Cordes Outpatient Pavilion

Support for individuals diagnosed with cancer. 985-898-4481

Free Child Safety Seat Inspections

2nd Thursdays, monthly; 9 am to noon

STPH Parenting Center

Inspections of child safety seats by appointment. 985-898-4435

Safe Sitter - Babysitter Training

April 10 & 11; 9 am to 4pm

STPH Parenting Center

Two-day program for students ages 11 to 13 to learn good babysitting skills. 985-898-4435

Smoking Cessation Program

April 17 thru June 12;

11:30 am to 12:30 pm

STPH Cordes Outpatient Pavilion

Nine-week program to help you quit smoking. Lunch provided. 985-898-4581

Winnie the Pooh Day

April 18; 10:30 am to 11:30 am

STPH Parenting Center

Fun with Winnie, Tigger, Piglet and friends. Snack provided. 985-898-4435

Free Carotid Artery Screenings

April 26, May 31 & June 28;

1 pm to 4 pm

STPH Mandeville Diagnostic Center

Non-invasive ultrasound of the carotid artery. No appointment required. 985-612-2110

TLC's Derby for Cancer Care

April 29; 5 pm to 8 pm

The Lakehouse, Mandeville

Fundraiser to support the Cancer Program of Mary Bird Perkins and STPH. Presented by TLC Home Companion Care, Inc. and KC's Babycakes. 985-635-1538

Effective Nurse Preceptor

May 2; 8 am to 4:30 pm

STPH Conference Center

Course offering 7 CE credits for nurses who want to teach others. Lunch provided. Registration required. 985-898-4083

Let's Fiesta

May 4; 10:30 am to 11 am

STPH Parenting Center

Celebration of Cince de Mayo including games and crafts. Call to register. 985-898-4435

Using Lamaze Techniques

May 12 thru June 23; 4 pm to 7 pm

STPH Conference Center

Relaxation and pain control techniques practiced weekly over a series of 6 classes to assist in childbirth. 985-898-4083

I Don't Want To Go To Sleep

May 16; 10:30 am to noon

STPH Parenting Center

Guidelines and tools for parents to ease the nighttime routine. Presented by Misty Pardee, LCSW of Early Childhood Support & Services. 985-898-4435

Free Speech & Hearing Screenings

May 18; 9:30 am to 11:30 am

STPH Parenting Center

Limited appointments for children ages 3 to 5 with Dawn Skinner MA, CCC/SLP, certified in Speech and Hearing Pathology. 985-898-4435

Kinder Spanish

**May 31 & June 7, 14 & 21;
9:30 am to 10:15 am**

STPH Parenting Center

Four-week introduction to basic Spanish for children ages 3 ½ to 4 years. Led by Nancy Gremillion, M.Ed. Parents welcome. 985-898-4435

Potty Training

June 6; 9:30 am to 10:30 am

STPH Parenting Center

Informative session for parents led by Erin St. Pierre, M.Ed. 985-898-4435

Prepared Childbirth

June 12; 7 pm to 9 pm

STPH Conference Center

Series of 3 classes on what to expect during childbirth. Anesthesia options discussed. 985-898-4083

Relationship Model in Treating Young Children

June 13; 6 pm to 7:30 pm

STPH Parenting Center

Class for professionals and paraprofessionals working with children ages 2 to 7. Presented by InGyu Jang, LCSW of Early Childhood Support and Services. 985-898-4435