







Moving Toward the Future

Highway 21 Widening Comes to a Close

The widening of Highway 21 in Covington has been a sister project of sorts for St. Tammany Parish Hospital's own demographics-driven expansion.

Work to expand the north-south artery that runs alongside the hospital campus began shortly after STPH launched the multi-phase \$21 million project that includes expansion and renovation of its Emergency Department.

Almost a year after STPH completed its own project, the state Department of Transportation is wrapping up the most recent phase of work to widen Highway 21 north of Interstate 12.

The now-concluding phase of work added second lanes to the highway from Bootlegger Road to 11th Avenue, where it will again taper to single lanes.

The newly four-lane stretch of Highway 21 is scheduled to be fully functional by the end of July, with the exception of incidental work that won't affect the flow of traffic, said STPH Support Services Project Manager Randy Willett.

The scope of roadwork includes new traffic signals at 8th and 11th avenues, including new turning lanes at those intersections.

The highway never closed since work began in 2014, although on several occasions ambulances temporarily redirected to side streets to access STPH Emergency Department.

STPH's expansion project began in 2013. Driven by continuing growth in the Northshore population, the two-and-a-half year project added 8,600 square feet to the Emergency Department along with specialized areas for pediatric, mental health and geriatric emergency services and trauma care.

The hospital also added 21 new inpatient private rooms in its third-floor patient unit during the construction period. That element of the project was completed in 2015.

Art's Healing Power At Work

A Painting becomes a Final Gift from Father to Son

The Healing Arts Initiative uses elements as different as sculpture, a meditation garden, a piano and intricate light installations to improve patient well-being.

Research confirms Healing Arts' aim of improving health through the arts. Studies show a soothing environment shortens hospital stays and improves health outcomes.

"You never know how a piece of art might contribute to the healing process," said Mary Lee, chairman of the Healing Arts Initiative, a project of

St. Tammany Hospital Foundation. The experience of the family of

a STPH hospice patient underscores art's healing power.

Mary Lee, chairman of the Healing Arts Initiative The patient's wife was walking through a hallway exhibit area at STPH this spring when a painting by artist Elizabeth Impastato caught her eye.

The painting, part of the Healing Arts Rotating Gallery Series of work by local artists, depicted a sailboat in a marina and children walking on a wharf.

The woman stopped before the painting, dug out her phone and called Impastato. She wanted the painting, she said, not for herself, but for her husband's son, who only days later would lose his father to cancer.

"She told the son that his father had always wanted to buy him a boat, so this was a chance to buy him that boat," Lee recalled.

The following day, Lee delivered the painting to the family and arranged for another piece by Impastato to take its place in the "No Ordinary Moments" exhibit.

Soon after, the family sent Lee a photo of the sailboat painting hanging in the son's home.

"This woman knew instinctively that the painting

would help the son heal," Lee said. "Our mission is to connect people with the power of arts at key moments in their lives. We accomplished that goal with this experience."

Lee credits trust in her committee by the STH Foundation Board of Trustees to achieve such moments. That trust empowers Lee and fellow committee members — Sarah Bonnette, Catherine Cooper, Lauren Davis MD, Jean-Marie Desrosiers and Amanda Paxton —with putting that trust to good use, she said.

"This organization supports us in finding ways to create an interplay between our community and the arts," Lee said. "That is a wonderful way to work."



"You never know how a piece

of art might contribute to the

healing process."



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The St. Tammany
Hospital Foundatio work of the physicians and staff of St. Tammany Parish Hospital.

BOARD OF TRUSTEES

Nancy Baldwin

STPH Walks to Fight Heart Disease, Stroke

Combatting Killers Through Research and Education

The American Heart Association has set a bold 10-year goal in its fight against heart disease and stroke, the No. 1 and No. 5 killers in the U.S.: it is working to reduce deaths from heart disease and stroke by 20 percent by 2020.

As a team, St. Tammany Parish Hospital, Ochsner Health System and Slidell Memorial Hospital joined the American Heart Association in support of that goal during the March 18 Northshore Heart Walk at Fontainebleau State Park in Mandeville.

This year's three-mile walk in the lakeside park was one of roughly 350 non-competitive "heart walks" across the U.S. to raise funds and celebrate progress in the fight against heart disease and stroke.

Together the Ochsner Health Network partners raised \$16,010 for heart disease, stroke research and educational programs in the greater New Orleans area.

The total includes \$6,309 raised by STPH participants through donations and the sale of event T-shirts.





Catching Lung Cancer EARLY

Low-Dose CT Improves Treatment Success

Early detection is key to successful treatment of lung cancer, but just 30 percent of lung cancers are diagnosed in the early stage of disease.

"As with other malignancies, treatment and therefore survival are stage dependent," said St. Tammany Parish Hospital radiologist Andrew Stone MD.

STPH offers the only recommended screening for patients at high-risk for lung cancer. Recent changes in Medicare guidelines have expanded access to the test, called low-dose CT, by making the cost of the test reimbursable for eligible patients.

A growing number of private insurers is likely to follow Medicare's lead and start covering the cost of the test, said Lori Chopin, low-dose CT screening program coordinator for STPH.

"It's a good screening, and many people may be unaware that Medicare and more private insurers are covering it," Chopin said. "It's worth checking to see if your insurer covers it."

Research bears out the effectiveness of low-dose CT in reducing lung-cancer deaths. A large clinical trial found that screening with low-dose CT reduced the risk of dying from lung cancer by 20 percent among high-risk patients.

Nevertheless, the test has been little used since the U.S. Preventive Services Task Force in 2013 began recommending the scan for high-risk patients. In 2015, for instance, just 262,700 of 6.8 million people in the pool of eligible U.S. patients had the scan, research shows.

Dr. Stone and others are optimistic more people at high risk for lung cancer will have the test since Medicare began covering the cost.

"What (also) might encourage people to get tested is if they know that the studies have shown that finding (lung) cancer earlier will increase survival," he said.

The scan is quick and straightforward, requiring

patients to hold a single breath while they are in the CT machine. Patients do not need to disrobe for the quick screening, which takes only a few minutes. The scan generates detailed images of the lungs that can reveal cancer or other undetected problems.

A doctor's referral is necessary for low-dose CT for lung cancer, which STPH offers at the Paul D. Cordes Outpatient Pavilion.

The test comes with some risks for patients, including the chance of a false positive. About 24 percent of scans detect a nodule in lung tissue, but only four percent turn out to be cancer, noted Dr. Stone.

Over-diagnosis, or the detection and treatment of cancer that may have never caused a health problem for the patient, is another risk.

Low-dose CT also exposes patients to a small amount of radiation.

For such reasons, low-dose CT is suitable for heavy smokers or former smokers who have quit in the past 15 years and who are between the ages of 55 and 77.

Additional eligibility includes a smoking history of 30 pack years. A person who smokes one pack of cigarettes a day for 30 years has a 30-pack-year history, as does someone who smokes three packs a day for 10 years.

Patients also are eligible for screening if they are 50 or older with a 20-pack per year smoking history and one additional risk factor, such as exposure to radon or asbestos or family history of lung cancer, Chopin noted.

Learn More

Additional information on assessing lung-cancer risk and eligibility for low-dose CT screening is available at stph.org/lungcancerscreening or by calling 985-898-4581.

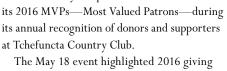
Foundation MVPs Gather for a Night of Celebration

2016 Adrian Award Goes to Kids & Family Northshore









St. Tammany Hospital Foundation celebrated

by Partners in Philanthropy whose support put them on the Donor Wall of Honor in the STPH lobby or moved them to a new level of lifetime giving on the wall.

Tailgate-style dining, live jazz and gourmet popcorn favors set the tone for a sportsthemed celebration that included presentation of the 10th annual Adrian award to Kids & Family Northshore.

Owner and publisher Elizabeth Heil accepted the spotlight award on behalf of the regional family-resource guide. Since 2001, Kids & Family Northshore has generously donated in-kind advertising for the Monster Mash fundraiser benefiting the hospital's Parenting Center.

Named for Dr. Adrian B. Cairns Jr., the first chairman of the STH Foundation board of trustees, the Adrian award is presented each year to an exceptional friend of the foundation.















Joyce McHenry is one of St. Tammany Parish's quiet heroes.

For nearly 30 years, she has worked as a hospice volunteer, visiting terminally ill patients in their homes so their caregivers can run errands, keep appointments with dentists and hairdressers or just take a little time to themselves.

McHenry reads to patients or chats if they feel like talking. She is quiet if she senses that is what the patient wants. She fixes meals and snacks, washes dishes, folds laundry, plays cards, holds hands. She listens.

Sometimes her visits last four hours or more.

"The main thing is just to be there," McHenry says. "Each patient is different, so you don't know ahead of time what they'll need most and how best you can help."

McHenry looks for chances to delight patients, too. McHenry and her late husband, Leemon McHenry, who spent 33 years with the U.S. Marine Corps, once organized a tribute to the military service of an elderly patient.

The undertaking included recruiting a local high school band to play musical numbers the man loved.

"It was a gift she wanted to give to her patient," says Charlotte Chauvin, office coordinator for St. Tammany Hospital Hospice. "That's the kind of heart she has."

McHenry was an uplifting presence for Frank Tridico in the late '80s and early '90s during his mother's slow decline from scleroderma, a gradual hardening of her internal organs.

The retired Louisiana State Police lieutenant colonel recalls the women's cheerful conversation about children and favorite Italian recipes. McHenry's visits over three or four years provided an enormous practical benefit, allowing his father to run errands and go to work during his mother's illness when she could not be alone.

McHenry was also a critical source of support when Tridico's sister died while his mother was ill.

"There's only one Joyce McHenry," Tridico says. "She provides more than companionship to hospice patients. It's genuine care, and she's not looking for anything in return. She just wants to help."

McHenry, for her part, is humbled by the recognition of her work, including her selection as a 2017 Northshore YMCA Hero.

"Others do more," she insists. "And I enjoy this."

McHenry is upbeat, intuitive and striking at 81. She moves with the easy grace of a dancer, which she has been all her life.

She was born in Independence. She left at 17 for Kilgore College in Texas, where she danced with the two-year community college's famed Rangerettes, a precision dance team and forerunner to the



"There's only one Joyce McHenry. She provides more than companionship to hospice patients. It's genuine care, and she's not looking for anything in return. She just wants to help." - Frank Tridico

Dallas Cowboy Cheerleaders.

She was a standout dancer and natural leader. At 19, she was recruited by the University of Southern Mississippi, which offered her a full scholarship to form a similar dance team there.

She moved to Hattiesburg, held auditions, came up with the name Dixie Darlings and choreographed halftime numbers. She returns to the campus each year to hit the field with current and former dancers of what grew into a famed dance troupe.

She married after college and traveled the world with her husband, a Marine Corps colonel. The couple raised two boys and moved 27 times. The McHenrys made their home in places as varied as Japan, Camp Lejeune, NC, and Twenty-Nine Palms, CA. She found time to volunteer with the Red Cross in the last two places.

She has the energy of women half her age. Hospice is just one of several endeavors. She calls bingo on Saturdays at a local retirement home, throws bunko parties, hits the gym and makes her breakfast club as often as she can.

She brings to her work a deeply personal understanding of loss and the stress and pressure caregivers face. She lost two sisters to cancer when they were in their 30s and 40s, caring for them while they were ill. She endured the loss of one of her sons, a government scientist, at age 40.

She is close to her other son, a college professor who is presently lecturing at the University of Edinburgh in Scotland.

McHenry jumped at the chance to volunteer soon after Connie Hulsey started the first hospice program in St. Tammany Parish in the mid-80s.

"I thought, 'How wonderful," she says. "There is such a need." She is passionate about her patients. Losing them hurts, yet after they pass she opens her heart to another family in need.

"You've got to have a truly big heart to do this," says Shirley Primes, STPH volunteer coordinator. "Mrs. Joyce is special."

Connections to patients' families sometimes become permanent ties. The Tridico family remain close friends and provided comfort and support to McHenry after the death of her husband two years ago.

McHenry wishes more people had a better understanding of hospice, including its focus on alleviating pain.

"I've never seen a patient in pain," she says. "People are afraid of pain more than anything, but that is something hospice can do for them to make them comfortable."

Volunteering has taught her much about life itself. The biggest lesson?

"How wonderful it is to be healthy," she says.

Focused on Safety

Ongoing Review Shapes Safety Initiatives

Lift-related injuries among St. Tammany Parish Hospital employees fell by 41 percent in 2016 after STPH deployed patient-lifting equipment to reduce the No. 1 source of injury among U.S. hospital workers.

During the past year, STPH also invested more than \$1 million in digital "smart pumps" to

optimize the safe delivery of intravenous medications to its patients.

Such investments reflect an ongoing focus on safety—for patients, employees and visitors alike—that is central to STPH's commitment to world-class healthcare on the Northshore. That commitment is put into action through a multilayered strategy of proactive, purposeful and continuous evaluation of safety measures across the hospital campus.

"Safety is an ongoing journey that builds on itself," said Sharon Toups, STPH chief operating officer. "It's a continuous process of evaluation and improvement."

The focus on safety earned STPH national recognition in 2017 with patient safety awards from the Leapfrog Group, Healthgrades and Women's Choice. The recognition included an "A" grade for STPH initiatives to reduce preventable errors, infections and accidents that can harm patients. STPH was one of just 183 U.S. hospitals to earn Leapfrog Group's highest grade in this key safety measure.

The awards reflect continuing improvements in infection rates, falls and other safety measures as well as a well-defined process that looks at best practices in hospital safety across the country, Toups said.

"Safety is an ongoing journey that builds on itself. It's a continuous process of evaluation and improvement."

Sharon Toups, STPH chief operating officer

Elements of the process include close monitoring of safety alerts issued by The Joint Commission about safety-related incidents at other U.S. hospitals.

Clinical staff who serve on separate safety committees in equipment, infection-prevention and other areas use the national alerts to help identify potential areas of improvement at STPH.

Each of the committees meets regularly to discuss updates and new information related to safety.

"We work to identify safety triggers before they happen," Toups said. Technology also plays an important safety role. For instance, STPH uses centralized temperature monitoring of refrigeration units that store patient medication. Alarms sound if there is a power interruption or failure in any unit in the hospital, Toups said.

Empowering employees to speak up if they see a possible safety lapse is likewise fundamental to the process.

Every STPH employee is empowered to take action if they see a violation of Joint Commission-based "red rules," such as taking a time-out before surgery or any other invasive procedure, Toups noted.

Additionally, an Agency for Healthcare Research and Quality patientsafety survey every two years allows for in-depth perspective from hospital employees on safety-related matters, including in areas such as teamwork, communication and patient "handoffs" between departments.

"Using the insights of our employees is an important part of the safety process," Toups said.







A Banner Year for Quality

National Awards Confirm STPH Focus on Patient Care

St. Tammany Parish Hospital is the recipient of a string of 2017 national awards for excellence in patient safety, quality and patient experience.

STPH was named one of the safest hospitals in the nation in 2017 by the Leapfrog Group, Healthgrades and Women's Choice.

The accolades include an "A" grade from the nonprofit Leapfrog Group for efforts to reduce errors, accidents and infections. STPH was one of just 823 U.S. hospitals to receive this highest mark from the healthcare-quality organization.

STPH also received Healthgrades' Patient Safety Excellence Award for measures to safeguard patients from 14 preventable complications during their hospital stays, including infections and other serious adverse events. STPH's receipt of the Women's Choice Award as one of America's

Best Hospitals for Patient Safety in 2017 places it in the top 15 percent of 3,005 U.S. hospitals according to the organization's analysis.

Healthgrades also honored STPH for outstanding overall patient experience based on patient-survey findings. The recognition places STPH in the top 15 percent of hospitals nationwide based on this scoring methodology. STPH also earned five-stars for pacemaker procedures and treatment of heart attack, heart failure, respiratory failure, sepsis and stroke.

Women's Choice likewise singled out STPH for the quality of patient experience. Its award was based on patient survey findings that looked at the effectiveness of communication with clinical staff; pain management; responsiveness to requests for help; room cleanliness; and explanation of medications before they are administered.





Gurney Games Races Back

Teams Race for Gurney Glory

High-spirited competitors helped raise more than \$14,000 for St. Tammany Hospital Foundation at the 2017 Gurney Games.

Sixteen teams of costumed racers navigated decorated hospital gurneys through an obstacle course during the March 26 event at the Covington Trailhead.

The first-place winner in the Gurney Glory category was St. Tammany Parish Hospital Human Resources with "We're All Mad Here." The award for Best Overall Gurney went to the team from the STPH Paul D. Cordes Outpatient Pavilion.

The STPH Critical Care Unit team took home the Fan Favorite award for its Dr. Seuss-inspired "One Pill, Two Pill, Red Pill, Blue Pill" gurney.

The one-of-a-kind Northshore fundraiser supports the work of the STH Foundation. FLWB Architects presented the event, which was brought back by popular demand in 2017 after a five-year hiatus.



Get Lucky at Money Hill \$45,000-plus Raised for STH Foundation

A record 27 teams hit the greens at Money Hill Golf Course for the 2017 Get Lucky! Golf Tournament to benefit St. Tammany Hospital Foundation.

The April 27 tournament, presented by Canteen Vending Services, raised more than \$45,000 for STH Foundation.

The day's first-place team was FLWB Architects. Second place went to Liberty Self Storage. Honda of Covington's team took home third place.

The tournament featured food and beverages donated by local vendors, prize drawings, gifts for every golfer and a chance to win a new car from Honda of Covington.







Better Understanding = Better Parenting Ages & Stages Class Helps Parents Navigate Children's Development

From toddler tantrums to teen eye-rolls, children at every age present their parents with joys and challenges alike.

A new class at the St. Tammany Parish Hospital Parenting Center helps parents understand and lovingly navigate the sometimesfrustrating phases of children's healthy development.

The center will begin offering its Ages & Stages class this summer.

The class incorporates the teachings of psychologist Eric Erikson on the phases of healthy human development in childhood, explained instructor Renee Ridgley MSW.

"Parents many times have unrealistic expectations for what children should do at certain ages, and they become frustrated when their children don't meet those expectations," Ridgley said. "The class helps parents understand the importance of each phase and what behaviors they may see at each stage."

The class includes practical tips on issues like potty training such as delaying this milestone until age 3. Likewise, a positive strategy for dealing with temper tantrums—a big frustration for many parents of toddlers—often starts with allowing the child some time to vent their frustration, Ridgley noted.

Parents also learn the importance of setting realistic boundaries and consequences for children in later stages of development, such as adolescence.

The importance of patience, for child and parent alike, is a focus during all class sessions.

"Patience is easier for parents to develop when they understand what is happening with their child at that stage of development," Ridgley said.

Join Us for Ages & Stages

SINGLE-SESSION AGES & STAGES CLASS **Focus on Toddlers**

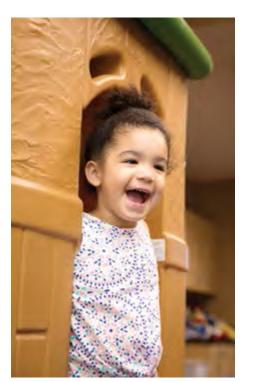
Wednesday, July 12 10:45 to 11:30 a.m. \$5 for members and \$10 for non-members STPH Parenting Center 1505 N. Florida St. in Covington

Childcare is available during the class.

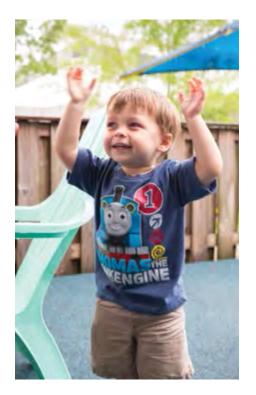
THREE-PART AGES & STAGES THURSDAY EVENING SERIES Focus on children's development from infancy through the late teen years

> Sept. 7, Sept. 14 and Sept. 21 6 to 7:30 p.m. \$35 for the series

Classes are open to the public. Additional information and registration is available at 985-898-4435.













New Board Members Bring Experience, Commitment

Four Northshore residents with records of community involvement and support are the newest members of St. Tammany Hospital Foundation's Board of Trustees.

They are Nancy Baldwin, Jennifer Rice, Carlos Sanchez and David Toups MD.

Baldwin's past service to the foundation includes committee service for the Healing Arts Initiative. The Covington mother of three grown children is past president of the Junior League of Covington.

Along with her husband, John, she is a longtime supporter of the foundation both personally and through the family business, Baldwin Motors.

Jennifer Rice also has established ties to the foundation. She previously completed a nine-year commitment on its board of trustees and has since served on the STHF Board of Councilors.

A long history of giving has made the real estate professional and her husband, Tim Rice, among the foundation's most generous supporters as partner level donors.

Jennifer is very active in the community and is an avid polo player

Carlos Sanchez is owner and property manager of Fenchez, LLC.

"We are thrilled to have this group of individuals joining our board. "Each one of them brings a unique perspective and set of skills, and I am excited to see what they are able to accomplish."

Nicole Suhre, Foundation Executive Director.

A collector and patron of the arts, Carlos recognizes its important role in the cultural life of the community, as well as in healthcare.

He serves on the steering committee for the New Heights Therapy Garden Party, which he and his partner, David Fennelly, host annually and is also a 2017 graduate of Leadership St. Tammany.

Carlos and David reside at Summergrove Farm in Folsom and are generous contributors to the foundation.

David Toups MD is medical director of the St. Tammany Emergency Physicians Group. Well respected among STPH colleagues and staff, Dr. Toups and his wife, Lauren Davis MD, who is medical director of the STPH Sleep Center, most recently supported the foundation through its Pediatric Capital Campaign.

The couple divides their time between uptown New Orleans and downtown Covington.

"We are thrilled to have this group of individuals joining our board," said Nicole Suhre, foundation executive director. "Each one of them brings a unique perspective and set of skills, and I am excited to see what they are able to accomplish."

STPH CALENDAR HIGHLIGHTS

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

For New Parents

New Family Center Tours

1st and 3rd Saturdays | 10 a.m. to noon STPH New Family Center | Free

Learn about our private birthing suites, rooming in, skin-to-skin program and more. For more information, contact 985-898-4436

Prepared Childbirth

Tuesdays, August 1 & 8 | 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.

For more information, contact 985-898-4083

Baby Care Basics

Tuesdays, Aug. 14, Sept. 11 & Oct. 9 6-8 p.m.

STPH Conference Room | Free

Learn helpful hints and what to expect when caring for your new baby. For more information, contact 985-898-4083

Art of Breastfeeding

Mondays, Sept. 6 & Nov. 1 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. For more information, contact 985-898-4083

New Baby Support Group

Every Thursday 11:15 a.m. to noon

as other parents.

STPH Parenting Center | Free

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

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

For the Kids

Play and Learn

Tuesdays, Aug. 15, 22 & 29; Sept. 12, 19 & 26 | 9:30-10:15 a.m. STPH Parenting Center \$15/members, \$24/nonmembers For more information, contact ksupan@stph.org or 985-898-4435

Ballet

Wednesdays, Aug. 17, 24 & 30; Sept. 13, 20 & 27 | 9:15-10 a.m. STPH Parenting Center \$21/members, \$30/nonmembers For more information, contact ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays, Aug. 17, 24 & 31; Sept. 14, 21 & 28 | 10:30-11 a.m. STPH Parenting Center \$6/members, \$12/nonmembers For more information, contact ksupan@stph.org or 985-898-4435

For the Grown-Ups

Sister Survivors Support Group

1st Tuesday of each month | 7 p.m. St. Tammany Cancer Center | Free

Support group open to any female cancer survivor, whether currently receiving treatment or has completed treatment for any cancer diagnosis. For more information, contact cmhughes@stph.org or 985-276-6832

Grief Support Group

1st Wednesday of each month | 3 p.m. STPH Madisonville Conference Room

For adults who have suffered loss. For more information, contact dvanek@stph.org

1 in 4 St. Tammany

2nd Tuesday of each month | 6 p.m.
STPH Women's Pavilion Conference Room

Supports mothers, fathers and their families that have experienced a pregnancy or infant loss. For more information, contact dvanek@stph.org

STH Foundation Events to Remember



29th Annual Monster Mash

Oct. 21 | 10 a.m.-3 p.m. Bogue Falaya Park

"Raising the Roof for Charity" Raffle House WINNER ANNOUNCED

Congratulations to Michael Taylor, Jr. of Covington, winner of the 2017 "Raising the Roof for Charity" Raffle House. St. Tammany Hospital Foundation would like to thank everyone who purchased a ticket on our behalf. With your help, St. Tammany Hospital Foundation earned first place in the charity competition. Our portion of the proceeds will benefit the programs and services of St. Tammany Parish Hospital.