

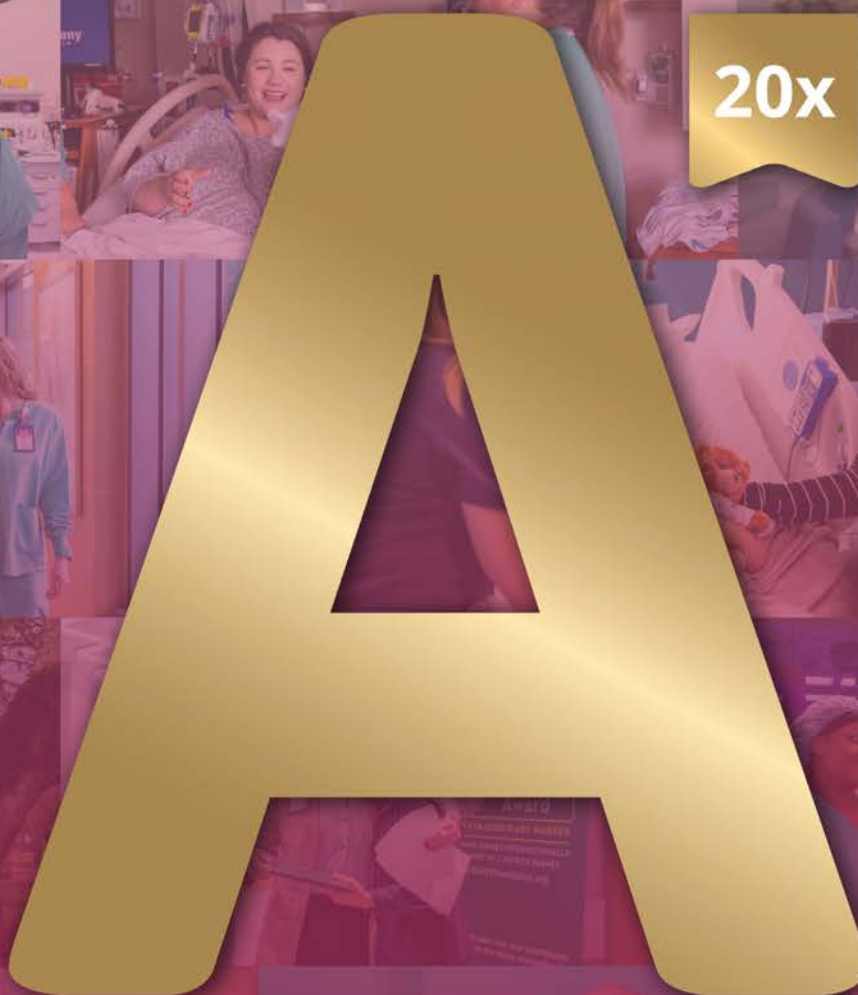
Vol. 22 No. 1/ Winter 2026



Heart to Heart

A publication of St. Tammany Health System

20x



Making the grade

STHS earns 20th consecutive 'A' grade
for patient safety, p. 8

Also inside

St. Tammany Health System's relationship with Ochsner, explained, p. 4

What is your parenting style?, p. 6

New MyChart Central puts all your healthcare details in one place, p. 7

Tips for building your diabetes care dream team, p. 10

CARE WHEN YOUR KIDS NEED IT



Because kids rarely come down with something during office hours, St. Tammany Health System came up with something to make things easier for your family. We call it ExpressCare Kids. Now your child can see the St. Tammany Pediatric team up until 8 p.m. weekdays, and from 8 a.m. to 5 p.m. weekends for the same fee you'd pay for a regular office visit – no urgent care or emergency room co-pays!

MANY kids are treated after hours at ExpressCare Kids.

ST. TAMMANY **MANY KIDS TREATED AFTER HOURS**

 **St. Tammany**SM
Pediatrics
and ExpressCare Kids

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We are the heartbeat of our community, caring for our patients and their families with excellence, compassion and teamwork.

VISION

We will strengthen the health of our community with compassion, innovation and partnership.

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Teamwork. Trust. Compassion. Quality. Innovation.

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Gratefully Yours

New year brings new look – but the same compassionate care

Happy 2026!



Joan Coffman, STHS President and CEO

A new year is upon us, and with the changing of the calendar comes that annual promise of renewal through resolutions, reflection and rededication to the things that matter most.

In that fresh-start spirit, frequent readers of Heart to Heart will notice we have given it a bit of a refresh.

As you will see on the pages that follow, those changes focus primarily on the presentation, featuring airier, easier-to-read text, cleaner page designs and what we hope is a welcoming feel reflective of our spirit.

After all, a friendly community such as ours deserves a friendly magazine, right?

What has not changed, as evidenced by this issue's cover story, is our dedication to highlighting the compassionate work of the people who bring our mission to life, from the colleagues providing exceptional care to the neighbors who entrust us with their health. This magazine remains, in many ways, a quarterly love letter to the Northshore and all who make it such a special place.

We hope you feel that love, and we look forward to bringing you even more inspiring stories, helpful insights and behind-the-scenes glimpses of the work happening across St. Tammany Health System in the months ahead.

I pray you have a blessed 2026, and thank you, as ever, for trusting St. Tammany Health System with your family's healthcare.

Gratefully,

Joan M. Coffman, FACHE
St. Tammany Health System president and CEO

Dieting mythbusters: What works, what doesn't

By STHS Communication Department

Got healthcare questions? We've got answers, thanks to our stable of St. Tammany Health System experts.

Today, we turn to STHS Clinical Dietitians Sarah Brignac and Jessica Greer, who appeared recently on the health system's official podcast, "Northshore Healthbeat," to talk about nutrition, fad diets and how to achieve your weight-loss goals healthfully.

Following is an edited transcript of that conversation:

What is a nutrition myth you wish we could just retire in 2026?

Sarah Brignac: This idea that carbohydrates are evil. So many fad diets revolve around how terrible carbohydrates are. We need to redirect the conversation into healthy carbs and not-so-healthy carbs. Fruits, vegetables and whole grains, for example, are carbohydrates, and those are extremely important foods. They have antioxidants that help us lower cancer risk and help our cells get the vitamins and nutrients we need. So, people avoiding those? It's not good.

What's the weirdest diet trend you guys have heard about from a client?

Sarah: I had one patient tell me they heard of a doctor in China saying if you ate 12 kiwis a day, it would cure their cancer.

And you tell me that's not true?!

Sarah: I'm telling you it's not true, if you can believe it.

What makes that sort of thing convincing is there's always a kernel of truth behind it. Is



STHS Clinical Dietitians Sarah Brignac, left, and Jessica Greer. (STHS photo)

there one here, with kiwis?

Sarah: They're extremely high in antioxidants. Kiwis do have an extremely high amount of vitamin C, and vitamin C is a cell protector. It protects our healthy cells. So that's where that myth is coming from. It's helpful, but you don't need 12 a day — and, unfortunately, it's not going to cure cancer.

Is there any diet you think is misunderstood?

Jessica: The Mediterranean diet, which is one of the healthiest diets out there, allows alcohol, and so some people may take that and maybe go a bit overboard. You can't really have too much alcohol and try to eat healthy at the same time and be healthy. So, we want to make sure that we reduce the amount of alcohol — and new research shows that, actually, no alcohol is better than drinking alcohol.

Are there any diets that are just pure fantasy?

Jessica: Yes. The juicing diet. You cannot live off of liquids and juiced vegetables and fruits. You're getting some nutrients, but you're not getting a lot.

If there's one change to make in the new year, what is it?

Jessica: I would walk more. Making sure that you're physically active, moving your body more. It helps with digestion, it helps with blood glucose control.

Sarah: Drink more water. ... And don't take your nutrition advice from a TikTok influencer unless they are a registered dietitian. There's the number one tip. ■

Listen to the full conversation on your favorite podcasting platform by scanning the QR code.



And the winners are...

Celebrating excellence in the St. Tammany Health System family



1) Adult Health nurse Meredith Davis reacts in shock after learning she won a Daisy Award for Extraordinary Nursing. 2) Women and Children's Nurse Manager Emily Price, right, accepts a congratulatory hug from New Family Center nurse Winnie Hernandez after Price was announced as the recipient of the 2025 Daisy Nurse Leader Award. Winnie nominated Emily for the honor. 3) Emergency Department Charge Nurse Savannah Parker (holding certificate) poses with members of her team after being named STHS's Charge Nurse of the Year for 2025. 4) Mother Baby Nursing Assistant DeeDee Jones, left, poses for a photo with former patient Camdyn Lloyd and baby Declan after learning she was named the recipient of the Sunflower Award for supporting the health system's nursing mission. Camdyn nominated DeeDee for the honor. 5) Neurosciences Nursing Assistant Le'Ashia Fields poses with her Sunflower Award. Le'Ashia was nominated three times for the honor. 6) Members of the STHS Transitional Care and Communication teams pose for a photo after winning a 2025 eHealthcare Leadership Award for their digital efforts in the population health arena. 7) Adult Health nurse Cassie Currie accepts a hug – and a Daisy Award – from STHS Chief Nursing Officer Kerry Milton.

A question of style

What kind of parent are you? Here's why it matters.

By Kayli Coleman MA,
STHS Parenting Center

The term “parenting style” gets thrown around casually in different settings – but what do these styles look like in real life, and how do they shape families?

Most experts group parenting styles into four categories – permissive, authoritarian, neglectful and authoritative – based on two key dimensions: warmth and boundaries. Warmth refers to the level of affection and emotional support adults offer children, while boundaries describe the expectations and limits they set. These styles apply not only to parents, but to anyone who interacts regularly with children – guardians, teachers, babysitters and more.

Permissive adults are high in warmth but low in boundaries. They communicate kindly and often nurture well yet struggle to set or enforce limits. Picture a child throwing toys indoors. A permissive adult might ask repeatedly for the behavior to stop – “Honey, please stop throwing your toys” – but not intervene. Research links this style to children who may be impulsive, lack self-control or struggle with motivation.

Authoritarian adults land at

the opposite extreme: strong on boundaries but low on warmth. Expectations can be rigid, and mistakes are not tolerated. In the same toy-throwing scenario, an authoritarian adult may react harshly: “Stop that right now or else!” Children raised under this style may become timid,

such as teachers or friends’ parents.

The fourth style – **authoritative adults** – balances both warmth and boundaries and consistently shows the most positive outcomes.

Authoritative adults communicate kindly, set clear expectations and follow through with appropriate and related consequences. In the toy-

throwing example,

they might say, “Please hold onto your toys. If you throw them again, we will take a break.”

If the behavior continues, they calmly follow through and discuss better choices. Children raised in authoritative environments tend to be friendly, confident, independent and emotionally healthy.

Because

authoritative parenting blends empathy with structure, it is widely considered the most effective style.

No adult fits neatly into one style all the time, but knowing the strengths and pitfalls of each can help us respond with more patience, clarity and compassion. ■

Kayli Coleman is an educator with the St. Tammany Health System Parenting Center. Learn more about the Parenting Center's programs at StTammany.health/ParentingCenter.



overly dependent or rebellious due to the lack of emotional support.

Neglectful or uninvolved adults score low on both warmth and boundaries. They may be unavailable, unresponsive or disengaged from a child’s needs and daily experiences. Because these adults are not actively participating, they may not respond to concerns from teachers or caregivers. Children in these environments often struggle with low self-esteem and may seek support from surrogate adults

All together now

STHS joins other Louisiana health systems to launch first-in-nation unified patient portal

By STHS Communication Department

St. Tammany Health System has joined with healthcare organizations across Louisiana for the first statewide launch of MyChart Central in the nation, giving patients a single, secure way to access their medical records, communicate with care teams and manage their care.

“St. Tammany Health System has long prioritized first-class patient experience, just as it has long prioritized innovation. The new MyChart Central initiative and its single sign-on capabilities, as we see it, present an opportunity to address both,” STHS Chief Information Officer Craig Doyle said.

“It’s simple: Streamlining our patients’ care improves that care,” Doyle continued. “That’s something we at St. Tammany are excited about — and we are just as excited to link arms with the other healthcare institutions throughout the state who were forward-thinking enough to be part of this first-in-the-nation initiative.”

The launch of MyChart Central is an acknowledgment that many Louisianians receive care from multiple providers and across parish lines. The new statewide MyChart Central is designed to address that by integrating patient information from multiple health systems. Among MyChart Central’s offerings:

- **One MyChart login.** Patients can use a single Epic ID to sign in to MyChart for all Louisiana organizations using Epic, without needing to keep track of multiple

usernames and passwords.

- **Password-free convenience.** With support for passkeys and biometrics like face and fingerprint, patients can securely sign in without remembering passwords.

- **Synced profile information.** When patients move or get a new phone number, they can update MyChart Central once. Updates sync to the other organizations where they receive care, saving time and reducing the need to fill out repetitive forms.

- **Easier patient-driven interoperability.** A single Epic ID makes it easier for patients to securely share their medical information with health apps they choose.

In addition to St. Tammany Health System, other Louisiana health systems participating in the MyChart Central rollout are: Baton Rouge General, Franciscan Missionaries of Our Lady Health System, Lake Charles Memorial Health System, LCMC Health, North Oaks Health System, Ochsner Health System, Terrebonne General Medical Center and Woman’s Hospital.

“Being first in healthcare technology is another example of Louisiana leaning in to improve healthcare for our entire state,” Louisiana Department of Health Secretary Bruce Greenstein said. “Too often, the burden is placed on the patient, and I’m thankful that many of our health systems teamed up, worked together and made an aspect of healthcare easier on our patients.”

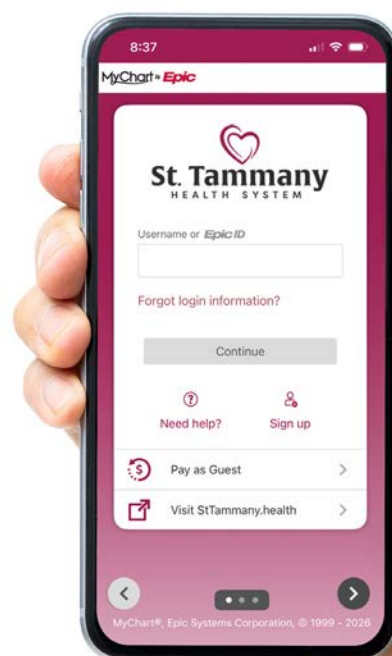
Today, more than 2.5 million Louisianians use MyChart to manage their care, access test results, schedule

and check in for appointments, message their providers, request prescription refills, pay bills and more. MyChart Central simplifies the user experience they already know with a single sign-in and a united view across organizations.

The coordinated MyChart Central activation reflects deep collaboration across all Louisiana healthcare organizations using Epic.

“Health systems throughout Louisiana came together to deliver a simpler, more connected experience for patients,” Epic R&D Director Trevor Berceau said. “Louisiana is leading the way and helping to shape how MyChart Central helps people everywhere.”

Patients in Louisiana can sign up for MyChart Central today at Central.MyChart.org. ■



STHS safety streak reaches 10-year mark

Covington facility's 20th consecutive 'A' grade is tops in Louisiana

20x

By STHS Communication Department

For the 20th consecutive grading period, St. Tammany Health System's flagship St. Tammany Parish Hospital has earned an "A" grade for patient safety from the Leapfrog Group, an independent healthcare watchdog group.

This most recent biannual recognition extends the hospital's straight-A streak to a full decade, the longest active streak in the state of Louisiana.

"At St. Tammany Health System, patient safety is not just a priority. It is the foundation of everything we do,"

St. Tammany Health System President and CEO Joan Coffman said. "This milestone of 20 consecutive A grades

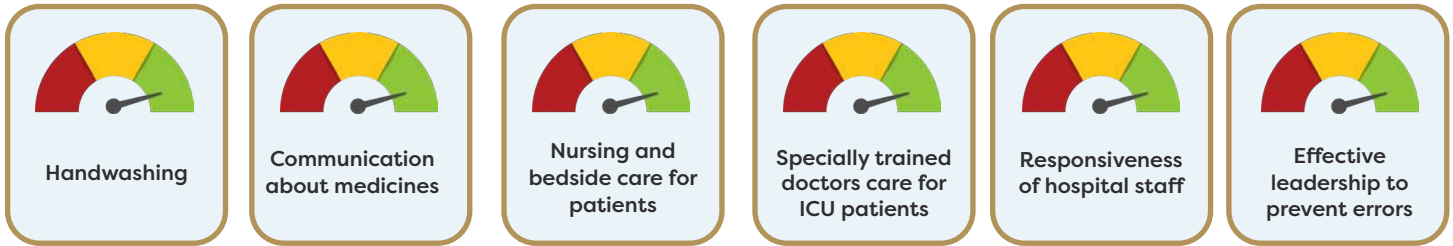
is a testament to the skill, diligence and commitment of our entire

workforce. Every member of our team plays a vital role in protecting our patients, and it is their daily efforts that make this sustained achievement possible."

The health system's current Leapfrog safety streak began in April 2016. It has received an "A" grade in every grading period since.

The Leapfrog Hospital Safety Grade was developed with guidance from a national panel of experts and uses up to 22 evidence-based measures to assign letter grades of A, B, C, D or F to more than

*Selected highlights from Leapfrog's assessment of St. Tammany Health System



3,000 U.S. acute-care hospitals twice a year, in the spring and again in the fall.

Grades are based on a hospital's performance in preventing medical errors, infections and other harms. The program is the only hospital ratings system focused solely on preventable medical errors, infections and injuries, which claim more than 500 lives each day in the United States. It is peer-reviewed, fully transparent and publicly available.

"Earning an 'A' Grade means St. Tammany Health System made a true commitment to put patient safety first," Leapfrog Group President and CEO Leah Binder said. "We congratulate the leadership, Board, clinicians, staff and volunteers that all had a role to play in this achievement."

To see more details on St. Tammany Health System's Leapfrog performance, and for consumer-friendly patient safety tips, visit hospitalsafetygrade.org. ■



STAT!

Quick hits from the STHS newsroom

By STHS Communication Department

In December, the New Family Center at St. Tammany Health System's flagship St. Tammany Parish Hospital was named to **U.S. News & World Report's** 2026 list of the **Best Hospitals for Maternity Care**. It is one of only two Louisiana hospitals, and the only one in

St. Tammany Parish, to earn the honor. ... Also in December, St. Tammany Health System again ranked among the **Best Places to Work in the New Orleans metro area** by CityBusiness magazine. It is the fourth consecutive year the health system was included on the list. ... Congratulations to **Dr. Christine Thurston** of the St. Tammany Physician Network clinic in Mandeville and **Dr. Karmynah Helaire** of the STPN clinic in Folsom, who earned the St. Tammany Quality Network Medical Director's Award for the third

quarter and fourth quarter of 2025, respectively. ... At St. Tammany Health System's annual fall service awards banquet, two colleagues – **Freda Darby** of Food and Nutrition Services and **Lyndia Morris** of the Cardiology Department – were both celebrated for completing 45 years of service. ... Congratulations to longtime STHS colleagues **Elaine Ward** (41 years at the health system), **David Alligood** (37 years) and **Denise Bowden** (33 years), all of whom retired from the health system in the fourth quarter of 2025. ■

Endocrinologist: A doctor who specializes in the treatment of diseases of the endocrine system, including diabetes. You may or may not need an endocrinologist as part of your diabetes care team. If you have multiple medications, use an insulin pump, or have difficulty managing your diabetes despite working with your primary care provider, you may want to find an endocrinologist who will work with you.

Dentist: People with diabetes are also more susceptible to periodontal (gum) disease, which is why it is important to see a dentist regularly for a check-up. Generally, you should see a dentist every six months to have your teeth cleaned, get necessary X-rays and to check for any underlying periodontal disease.

Podiatrist: It is true that you should be checking your own feet daily, however it is also a good idea to include a podiatrist on your diabetes care team. A podiatrist can perform a yearly comprehensive foot exam using a monofilament to check for sensation and possible circulation problems.

Community pharmacist: Your pharmacist can assist you in reviewing your medications and coordinating your prescriptions with your primary care provider.

Mental health provider: Sometimes being told you have diabetes can be stressful and overwhelming. Mental health care is an integral part of diabetes management, and a referral to a licensed mental health provider with expertise in diabetes care can help.



Building your DIABETES DREAM TEAM

*By Julie Fortenberry RDN,
STHS Integrated Diabetes Services*

When you have diabetes, it is imperative to have a group of people on your team who are constantly rooting for you and supporting you in every step of your journey.

Although your doctor or primary care provider is an important entity, he or she is not the most important part of your team. You, alone, are the most important member of your diabetes care team. No one else on your team can replace you or make decisions for you. After all, it is your diabetes, your body and you have to own it.

However, with you in charge, the people around you can support and enhance your care. This educated care team can steer you in the right direction and provide valuable resources in your diabetes management. Here's who you want in your corner:

Primary care provider: This person could be a medical doctor, a physician's assistant or a nurse practitioner. They should be able to write you prescriptions for medications, equipment or therapies for your diabetes and other medical concerns.

Certified diabetes care and education specialist: A person with specialized training, experience and expertise working with people with diabetes. This person has had at least 1,000 hours of experience working with people with diabetes. They have also passed a national examination. This person can be a registered nurse, dietitian or pharmacist.

Registered dietitian: A food expert who provides medical nutrition therapy to help you manage your diabetes as well as making sure you are meeting all of your nutrient needs.

Eye care specialist: At least once a year, you need to see an optometrist or an ophthalmologist for a dilated eye exam to check for diabetic retinopathy (signs of swelling in the back of your eye), cataracts and glaucoma.

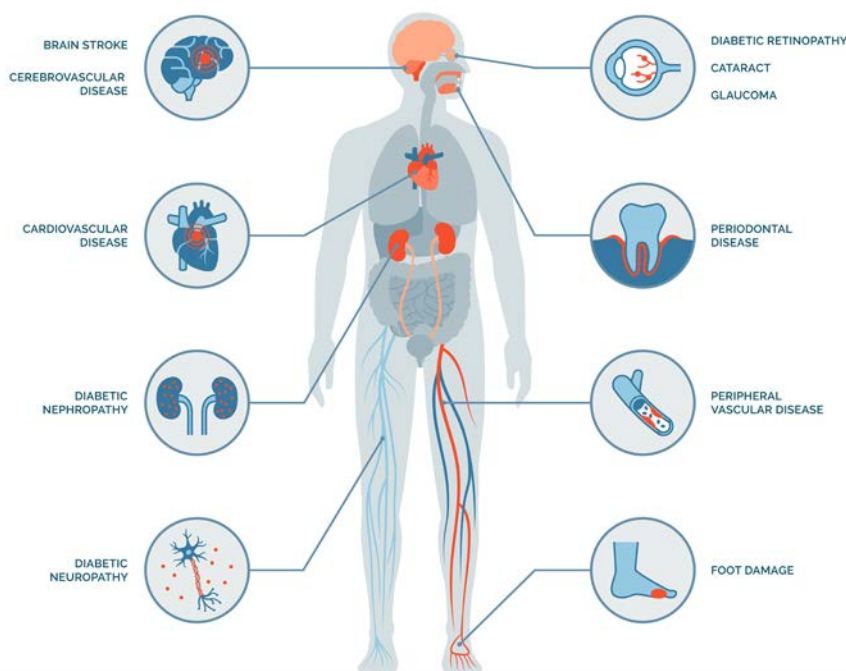
Exercise specialist: A personal trainer or physical therapist can assist in developing an exercise plan that is safe for you and motivates you to work toward your goals.

St. Tammany Health System has been recognized by the American Diabetes Association as a provider of diabetes self-management education. The certified diabetes care and education specialists at St. Tammany Health System are well equipped to assist you with education and support. If you are interested in diabetes education, call (985) 871-5983 to get information on how to receive services. ■

Free program puts diabetes in the crosshairs

PreventT2 initiative is geared toward prediabetics, other at-risk patients

LONG-TERM COMPLICATIONS OF DIABETES



HEALTHCARE AND MEDICINE

By *STHS Communication Department*

With an estimated one in three American adults living with prediabetes, St. Tammany Health System's Diabetes Education Department has announced a new initiative aimed at helping patients reduce their risk of developing Type 2 diabetes.

Built on a curriculum approved by the Centers for Disease Control and Prevention and led by a trained lifestyle coach, the PreventT2 program consists of a series of workshops for adults who have been diagnosed with prediabetes or who are at increased risk for developing the condition.

Participants will meet weekly for the

first six months, followed by once- or twice-monthly sessions during the second half of the program.

The goal is to achieve sustainable lifestyle changes proven to prevent or delay the onset of Type 2 diabetes. That includes an emphasis on gradual weight loss, increased physical activity and stress reduction, while also offering peer support as participants learn practical skills to improve their long-term health.

As part of the program, community members are encouraged to take a prediabetes risk assessment to determine whether they may benefit from the program. (Scan the QR code below to assess your diabetes risk.)

"Prediabetes does not have to be a stepping stone to Type 2 diabetes," said Terry Compton, director of Diabetes Education at St. Tammany Health System. "PreventT2 gives people the tools, support and confidence to make realistic lifestyle changes that can have a lasting impact on their health. As we begin a new year, let our certified lifestyle coaches assist you to make meaningful and lasting lifestyle changes that make a difference." ■

For more information or to enroll, call the STHS Diabetes Education Department at (985) 871-5983.



Find our podcast on most major platforms.

1:20



4:17



Holiday rewind

The year-end holidays are over,
capping a season of compassion and generosity.

But before we all trade our elf hats for feather boas, we couldn't resist
reliving the magic one last time — and offering a sincere thanks for all who opened their hearts this year!



Santa Claus and friends — including the Grinch and Buddy the Elf — delivered a dose of good cheer to patients and their families at St. Tammany Cancer Center — A Campus of Ochsner Medical Center, with help from center staff and members of the nonprofit Ruby's Kids.



Samaritan Center volunteers pause from their work packing and delivering 120 Thanksgiving food boxes for distribution to cancer center patients.



A little dear participates in some reindeer games at the St. Tammany Health System crafting station at the 2025 Holiday of Lights, for which the health system served as presenting sponsor.



This year's Thanksgiving food boxes were made possible with the support of Don McMath and McMath Construction, as well as from Steve Tujague's In Jesus' Name Foundation.



STHS colleagues Rosanna Mays, left, and Donna Wallace.



The 2025 Hospice Tree for Life is adorned with tribute angels, each representing a special person being honored or memorialized by a friend or family member.

The power of pink, pearl – and people

Community spirit, mobile screenings fuel record-breaking campaigns

By STHS Communication Department

Pink signatures covered a sheriff's vehicle. Mobile screening units pulled into neighborhoods and workplaces. And across the Northshore, awareness turned into action – with a little creativity and a lot of heart.

St. Tammany Health Foundation's Power of Pink and Power of Pearl campaigns – both organized under the foundation's St. Tammany United banner – once again blended fun, generosity and innovation last fall to raise more than \$62,000 for cancer prevention, early detection and patient care, while expanding access to life-saving screenings.

The Power of Pink campaign, held in October in recognition of Breast Cancer Awareness Month, raised a record \$43,054.01 for local cancer causes. As in years past, St. Tammany Health System's Be Well Bus was a campaign centerpiece, bringing breast screenings directly to workplaces, neighborhoods and community events.

The 2025 Pink campaign was presented by Timeless Touch Medical Aesthetics, with Ambetter Health and the St. Tammany Parish Sheriff's Office serving as Power of Prevention sponsors.

Additional Pink Partners included Dilly & Sons Bagelry, Kent Jacob Salon, St. Tammany Parish Fire Protection District No. 5, Nonna Randazzo's Bakery and Chick-fil-A.

That momentum carried into November with the Power of Pearl campaign, focused on lung cancer awareness and early detection. The campaign raised \$19,393.63



The St. Tammany Parish Sheriff's Office (with help from a team of canines from a puppy yoga event at Chevron) raised \$14,417.22 for the Power of Pink breast cancer campaign by allowing community members to sign a pink-wrapped sheriff's vehicle for \$5 each.



Rich Mauti of the Mauti Cancer Fund and a representative of AstraZeneca pose for a photo inside an inflatable model of a set of human lungs – provided by AstraZeneca – at November's Power of Pearl lung cancer walk and kid's fun run.



First-time Pink Partner Kent Jacob Salon raised more than \$2,200 for the 2025 Power of Pink breast cancer campaign with a fall blow-out event.

and featured the Breathe Well ConneCTion, the health system's newest mobile unit, offering low-dose CT lung scans designed to detect lung cancer in its earliest stages.

Power of Pearl events were presented by Chevron, with sponsorship support from Healthy Blue, Stone Creek, ISO Services, Northshore Media, the city of Covington and Fire Protection District No. 1. Additional support came from the Mauti Cancer Fund and AstraZeneca.

Grassroots generosity also played

a role, including a \$500 from Clerk of Court employees, raised through a dress-down day.

"This is what happens when a community comes together with a shared purpose," St. Tammany Health Foundation's Kathleen Thomas said. "Every dollar raised and every screening completed represents hope, early detection and lives potentially changed. We are deeply grateful to everyone who helped make these campaigns such a success." ■

Happy haunting

Costumes, candy and community filled Bogue Falaya Park for the 37th annual Monster Mash, presented by Metairie Bank Northshore. Nearly 3,500 attendees turned out for the Halloween fun, helping raise more than \$93,000 to support the work of the Parenting Center — proof once again that this beloved fall tradition is about far more than tricks and treats. It is about coming together for a cause.



Bubbles + smoke = Halloween magic!



Cute lil' pumpkin.



She's fierce and she knows it.



Mmm. Minty!



Happiness is a free balloon.

15th Get Lucky! Golf Tourney tees off March 12

By STHS Communication Department

Fifteen years ago, St. Tammany Health Foundation decided that doing good and having fun did not have to be mutually exclusive. Add a golf course, a generous community and a little Northshore luck, and the Get Lucky! Golf Tournament was born.

On Thursday, March 12, the tournament will return to Beau Chene Country Club in Mandeville for its 15th anniversary edition. Registration and sponsorship opportunities are now open; learn more at STHfoundation.org/Golf.

Presented by Five Star Breaktime Solutions, the Get Lucky! tournament has become a can't-miss Northshore tradition. Golfers can expect more than just a round on one of the Northshore's most beautiful courses. The day will feature food and beverage throughout the course, including two beverage carts rolling all day long, as well as a fully catered afterparty to cap things off.

"Fifteen years later, this tournament is still one of our favorite ways to bring the community together," the foundation's Melanie Rudolph said. "It is a fun day on the course, but at the heart of it all is the impact it makes for our physicians, our staff and the patients and families who rely on them every day."

Proceeds from the Get Lucky! Golf Tournament directly support St. Tammany Health System's healing mission. ■



Stronger together

Dawn of the new year brings promise, possibilities



“On behalf of our Board of Trustees and our foundation team, I wish each of you and your loved ones a happy and healthy 2026.”



From left to right: Kathleen Thomas, Doug Walker, Nicole Suhre, Emily Revere and Melanie Rudolph.

Happy New Year!

As we welcome a new year, I want to extend our heartfelt gratitude for the generosity, partnership and trust you shared with us throughout 2025. Because of supporters like you, our foundation raised an astounding \$2.4 million this past year. This is an extraordinary achievement that directly strengthens the work being done every day at St. Tammany Health System to care for our community.

Your contributions are more than numbers. They represent a shared belief that world-class healthcare should be close to home. Because of you, we expanded essential programs, purchased equipment, advanced innovation in healthcare and ensured that every person who walked through the health system’s doors received care rooted in compassion, quality and trust.

As we step into 2026, I am energized by the possibilities ahead and excited to see what we will accomplish together. On behalf of our Board of Trustees and our foundation team, I wish each of you and your loved ones a happy and healthy 2026.

Warmly,

Nicole Suhre, CFRE
St. Tammany Health Foundation executive director

Foundation calendar Save the dates!



Get Lucky! Golf Tournament

March 12 | Beau Chene Country Club

St. Tammany Health Foundation’s 15th annual golf tournament offers locals a chance to get back into the swing with the return of spring. Join fellow golfers on the greens as they play for a purpose and enjoy excellent food and beverage on the course as well as a fully catered afterparty.

Details: STHfoundation.org/Golf | (985) 898-4141

National Doctors Day

March 30

National Doctors’ Day is a day to celebrate the contribution of physicians who serve our community. Our recognition of this special observance provides you the opportunity to make a donation to the foundation in honor of a physician of your choosing.

Details: STHfoundation.org/DoctorsDay | (985) 898-4174

Autism Acceptance Month

April 2026

The St. Tammany Health Foundation invites the community to join us as we shine a light on autism acceptance. Proceeds raised through our awareness efforts will support St. Tammany Health System’s efforts to better care for those with autism.

Details: StTammanyUNITED.org | (985) 898-4141



1202 S. Tyler St., Covington, LA 70433

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2929 U.S. Hwy 190
Mandeville, LA 70471



BECAUSE LIFE HAPPENS.

World-class emergency care, close to home in Mandeville.



Life can be unpredictable. Luckily for Mandeville-area residents, St. Tammany Health System operates a full-service, off-site ER across from the Mandeville Post Office, fully staffed with our board-certified emergency medicine specialists, close to home. Shortening the drive for you when every minute counts.

- Open 24 hours, seven days a week.
- Board-certified emergency medicine specialists.
- Fully staffed, full-service ER.
- Pediatric and adult patients.

So, go ahead. Live life. And when the unexpected happens, rely on St. Tammany for the emergency care you need.



StTammany.health/ERMandeville