

Heart to Heart

Health News and Information from Our Heart to Yours



**LOCAL TEA PURVEYOR
Puts His Tea Where His Heart Is**

**STPH EMPLOYEES CARE
On and Off the Clock**





1202 South Tyler Street
Covington, LA 70433
(985) 898-4000
www.stph.org

Our Mission

Our mission as a not-for-profit hospital is to provide integrated healthcare services to the individuals and community of western St. Tammany Parish and surrounding areas. These services include education and prevention, a full range of diagnostic services, and both patient and outpatient care, all of which help to ensure continued good health.

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DIAGNOSTICS ON THE 64-SLICE EDGE

ST. TAMMANY PARISH HOSPITAL IS bringing cutting-edge 64-slice and MR technology to the Paul D. Cordes Outpatient Pavilion.

A non-invasive, 64-slice, CT Somatom® Sensation scanner and Siemens Magnetom Espree™, the largest-opening MRI (magnetic resonance imaging) available, will soon be open at the pavilion.

“The new CT significantly improves how physicians view inside a patient’s body. It offers the industry’s highest resolution, which can reduce diagnostic time,” radiologist Jim Lacour MD said. Now, our physicians can see the finest anatomical structures such as inner-ear bones or tiny coronary tree vessels.

STPH Radiology Department Head Pat Maltese says one of the best benefits for the patient is the lowest radiation dose for CT on the market today.

The new MRI, Siemens Magnetom Espree™, ensures better quality, shorter exam times and comfort for patients, while doctors find the powerful magnet provides superior diagnostic images.

“Many patients are familiar with MRI,”

Maltese said, “and will say they feel claustrophobic. Obese patients simply don’t fit, and these factors can cause anxiety. That is particularly why we chose this equipment, to improve patient comfort without compromising image quality.”

St. Tammany’s Espree will provide a full foot of space above the patient’s head, much more than even the best open MRIs, and unprecedented image detail and sharpness. Open MRIs often have weaker magnets, which is why the images are not as clear as closed MRI.

Pavilion Director Glenda Dobson said, “The new equipment at the pavilion enhances our ability to provide convenience for our patients who need multiple testing for lab and radiology. This new technology, combined with our full-time radiologist

onsite, is a definite benefit to patients.”
“We will continue to invest in the future that serves the needs of all the residents of St. Tammany Parish with cutting-edge technology like the new CT and MRI,” STPH Chief Operating Officer Sharon Toups said.

The STPH Cordes Pavilion is open 7 am to 6 pm daily, 7 am to 11am Saturdays. Construction is underway to accommodate the new equipment, which will be operational this summer.



We specifically chose this equipment to improve patient comfort without compromising image quality.

—Pat Maltese, head of radiology



ON YOUR MARK. GET SET. GURNEY!



SUNDAY, JUNE 10, 2 P.M., ST. TAMMANY PARISH Hospital employees and local businesses will race gurneys down Columbia St. between Rutland and Boston streets. No, it’s not a disaster drill. It’s all for fun and fundraising. The Gurney Games, presented by Fauntleroy & Latham Architects, will raise funds for the St. Tammany Hospital Foundation.

Each sponsored team will decorate a gurney, dress in costume and race their unmanned gurney. Prizes will be awarded for best obstacle, fastest time and gurney decoration.

The event is open to the public offering food, beverages, music and fun. The public is encouraged to be part of the excitement and root on their favorite team for a great cause.



COMPASSIONATE CARE ABOUNDS AT STPH

ST. TAMMANY PARISH HOSPITAL STRIVES to make every patient's experience pleasant and memorable. This philosophy is more than good manners; it is heartfelt compassion.

The new infusion suite offers soft music and recliners to create a home-like setting.

Patients requiring an intravenous line (IV) are given a local anesthetic to numb the skin.

"We often see patients more frightened of IV than surgery," Teena Strand-Parker, head of ambulatory and infusion care explained. "The anesthetic helps the patient feel little or no pain."

St. Tammany introduced vein finders, increasing quality, speed and efficiency of care. Fewer sticks mean quicker, safer, more comfortable experiences for patients. "Staff routinely, easily

access patients' veins," Strand-Parker said, "but this new resource further alleviates patient anxiety or discomfort."

Mary Krentel, head of operating and recovery, believes every department can do something to help patients feel more relaxed. "We give patients warm blankets and offer music therapy, MP3 players with soothing, relaxing music."



STPH staff hold patients' hands, give warm blankets and take special steps to reduce anxiety, pain or discomfort.

Nancy Ledet, director of surgical services, adds that simply holding patients' hands until they fall asleep with the anesthesia relieves anxiety.

"St. Tammany Parish Hospital is a place for state-of-the-art technology and compassionate care," Krentel said. "All of

these things help seamlessly create a healing environment for our patients."

STPH INTRODUCES NEW PARENTS CHANNEL

NEW FAMILIES CHOOSING ST. TAMMANY Parish Hospital for their baby's birth now have an added resource for in-room advice, 24 hours a day, seven days a week.

Broadcasting baby care and postpartum programming for new parents in more than a thousand hospitals nationwide, the Newborn Channel covers topics including infant care, new mom care, breast feeding, car seat safety, development, family life and immunizations.

St. Tammany is one of the only hospitals in the area to carry this resource for parents. STPH New Family Center head Janet Kennedy says the variety of topics make the programming appealing to new moms and dads.

The segments are short, which Kennedy calls a bonus for new parents. "If you miss part, you can catch it on the next rotation. The topics really reduce intimidation moms and dads may feel about the new baby, pediatrician visit or other new parent experiences."

Examples of program topics include

recovery from cesarean section, newborn care and development. "This is a great resource for parents who did not attend an educational class prior to the birth, or for parents who have not had a baby in a few years," STPH Education Manager Linda Sanders said.

Nurses check off a list of program topics specific to the patient, and the patient is notified when those programs are available.

Sanders notes the Newborn Channel complies with standards set by the American College of Pediatrics and the American College of Obstetricians and Gynecologists.

"This is just one more way we can help meet the needs of our patients," Kennedy said, noting that parents choosing St. Tammany have another valuable resource in BabySteps magazine, which nurses give their New Family Center patients.

"New mothers typically don't stay in the hospital for long. They can study the Newborn Channel here and take the magazine home. It's a great resource on everything from first diaper change to first birthday."



ST. TAMMANY HOSPITAL
FOUNDATION

(985) 898-4174
fax (985) 871-5744
www.sthfoundation.org

Our Mission

The St. Tammany Hospital Foundation is a 501(c)3 non-profit organization established to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital. Through the development of philanthropic support, the foundation seeks to fortify our promise to provide world-class healthcare close to home, now and for generations to come.

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Please write to us at
St. Tammany Hospital Foundation
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if you wish to have your name removed from the list to receive fundraising requests supporting the St. Tammany Hospital Foundation.

HOSPITALISTS PROVIDE SERVICE TO PATIENTS AND PHYSICIANS

AT ST. TAMMANY PARISH HOSPITAL, MANY PATIENTS who require hospital treatment have their care coordinated by a hospitalist, a physician who specializes in caring for hospitalized patients.

“The focus of our hospital medicine program is service,” STPH Department of Hospital Medicine Medical Director, Patrick Torcson MD said of the voluntary program for referring physicians. “Our hospitalists serve as the patient’s attending physician during their stay and work closely with the patient’s personal physician.”

Hospitalists can also help to improve the quality, safety and efficiency of care received in the hospital. They are available in-house 24 hours a day to respond to acute issues and sudden changes in a patient’s condition. The hospitalists do not have separate office hours or see patients outside of the hospital. They care only for patients who are referred to them from primary care physicians or specialists on the medical staff or from emergency room physicians.

Among the many benefits of hospitalists is improved coordination of care with the patient’s primary care physician. “Hospitalists are responsible for ensuring that the patient’s usual physician is informed about their progress,” Dr. Torcson said. “Communication is at the core of our service for referring physicians and their patients.”

Hospital medicine has been a rapidly growing specialty over a relatively short period of time. STPH’s Hospital Medicine program began in 2005 and is the only fully-integrated model for a hospitalist program on the Northshore.

“The traditional hospital care model involves primary care doctors and specialists who come to the hospital and see their own patients,” Dr. Torcson said. “Many physicians are no longer able to visit their patients in the hospital and maintain a full-time office practice. By being based at the hospital, hospitalists are readily available to monitor the patient’s progress, provide specialized attention, and keep the patient’s physician involved in their care.”

Chief Medical Officer, Bob Capitelli MD said, “Doctors who

limit their practice to the hospital are uniquely positioned to understand the hospital systems and develop relationships with other professionals like nurses, pharmacists, physical therapists and social workers and partner with them as a team in patient care.”

Dr. Torcson indicated the specialty of hospital medicine is growing rapidly around the country. “There are 15,000 hospitalists currently practicing in the U.S., with an

estimated 30,000 to be practicing by 2010.”

“The reputation of St. Tammany Parish Hospital in the community and the commitment to quality patient care has been key to attracting a stellar group of physicians for our hospitalist program,” Dr. Capitelli added. “The program has been extremely well-received by patients and referring physicians alike.”

Dr. Torcson, a long-time member of the STPH medical staff and former chief of staff, said that by concentrating on and specializing in hospital medicine, the eight hospitalists on staff at STPH are able to devote all of their professional activities to the care of hospitalized patients.

The STPH hospitalists are all Board Certified in Internal Medicine. The hospitalist team includes Craig Seicshnaydre, MD who has a special interest in

vascular disease. Eric Ehrensing, MD is also Board Certified in Critical Care Medicine and Infectious Disease. Joseph Bobrowski, MD, formerly practiced on the Southshore, and was recognized as one of New Orleans’ Best Physicians by New Orleans Magazine. Joseph Landers, MD was a well-established internist in Covington before joining the STPH hospitalists. Prior to moving to Covington, Irfana Khan-Salam, MD was an experienced hospitalist in Chicago. Sun Chaney, MD was the recent chief resident of the L.S.U. Internal Medicine Program in New Orleans. The newest member of the hospitalist group is Leslie Copeland MD who was a practicing hospitalist in Baton Rouge.

“We believe our Hospital Medicine program has become an integral part of the hospital’s commitment to the best quality care for the patient,” Dr. Capitelli concluded.



“
Our hospitalists serve as the patient’s attending physician during their stay in the hospital and work closely with the patient’s personal physician.
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NO BUTTS: KICK THE HABIT

STPH CANCER RESOURCE CENTER (CRC) OFFERS A “LET’S Kick the Habit” tobacco cessation program in partnership with Mary Bird Perkins Cancer Center and Tobacco Free Living.

“Since Louisiana adopted the Smoke-Free Air Act, prohibiting smoking in most public places, we have seen a record number of participants,” Chryl Corizzo RN BSN OCN, CRC director, said.

Tracy Fitzgerald RN, knows firsthand how hard quitting can be. She knew the longer she smoked, the more nicotine receptors in the brain would make it more difficult to stop. She knew nicotine is highly toxic and addictive, but sometimes knowledge is not enough.

“As a nurse, I thought there was nothing I didn’t know about addiction, but I learned a lot in class,” Fitzgerald said.

“Participants feel a bond with each other and openly share experiences,” Tammy Swindle MA CHES, class instructor, said, “The CRC provides support and information. We focus on smoking triggers and patterns and reasons for wanting to quit. We don’t prejudge; we’re just here to help.”

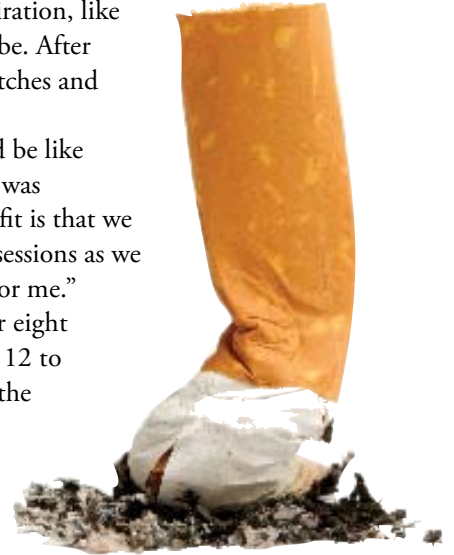
Denise Peterson of Slidell has smoked since age 12, daily since age 14, and like most smokers has quit repeatedly. She quit briefly during two pregnancies, but even when

diagnosed with ovarian cancer, she could not shake the habit. Now 35, Peterson is still determined. The class teaches participants like Peterson not to be discouraged. A small setback does not necessarily make you a smoker again.

Swindle says 69% complete the course and 54% quit smoking. Some return repeatedly for continued support and inspiration, like Becky Glover, 67, of Lacombe. After trying hypnosis, nicotine patches and lozenges, she signed up.

“I figured this class would be like everything else,” but Glover was surprised. “The biggest benefit is that we can come back for as many sessions as we need. It has been a miracle for me.”

The class meets weekly for eight weeks. The next one is June 12 to July 31, 10 am to 11 am, at the Paul D. Cordes Outpatient Pavilion. Classes are free; registration is requested at 898-4581.



STPH OFFERS FIRST INTERACTIVE BIRTH TRAINING SIMULATORS

NURSES IN EDUCATIONAL TRAINING AT ST. TAMMANY Parish Hospital routinely crowd around Noelle as she gives birth. They take turns monitoring her vital signs and delivering her baby again and again, thanks to funds from the employee WE Care campaign.

Noelle is a training simulator on which nurses can act out high-risk birthing scenarios. Similarly, Hal is a newborn simulator St. Tammany nurses use to train procedures for neonates.

Nurses learn to react in real time. “If they stall, the simulation worsens,” STPH Education Manager Linda Sanders explained. “Training with Noelle and Hal helps develop communication skills and confidence in these situations.”

St. Tammany Parish Hospital is first on the Northshore with high-tech simulators. Sanders says Noelle and Hal provide realistic experiences for STPH staff, allowing them to drill difficult births they might otherwise infrequently encounter.

Nurses can start IVs on both

mother and baby, plus take blood pressure, monitor heart rates and conduct a host of other procedures.

Sanders points out major medical institutions across the country use Noelle and Hal for resident training. She says this particular method of teaching allows STPH to provide

staff with a wider range of experience and it gives them an edge in the real world.

With deliveries up 24% last year, STPH New Family Center Department Head Janet Kennedy said, “At a time when the labor and delivery nurse pool is dwindling, having an interactive training simulator here can also attract new nurses to choose St. Tammany. It is the only hospital on the Northshore where new nurses can get hands-on simulated emergency experience.”

The new training methodology complies with standards set by the American College of Pediatrics, the American College of Obstetricians and Gynecologists and the Association of Women’s Health, Obstetric and Neonatal Nurses.



St. Tammany nurses practice nursing procedures on programmable training simulator Baby Hal.

LIVING THE MISSION: A Commitment to Caring

St. Tammany Parish Hospital's compassionate caregivers live the mission of community service every day. Many carry that mission right out the door into their private lives.

Employees throughout the hospital system dedicate their time at work and away from the hospital to care for their fellow man, locally and abroad. A few of their stories help to illustrate the broad spectrum of dedication on and off the clock.

Felipe Cañas RN on the Critical Care Unit moved to the U.S. from Colombia when he was 10 years old. "It doesn't matter what country you're from or what language you speak," he says, "we should just naturally help one another."

Since he is bilingual, Cañas is often summoned to the STPH Emergency Department when a Spanish translator is needed, but he doesn't always wait for a call. He believes translating can help non-English-speaking patients feel more comfortable. "Sometimes I just go to the ER when I get off to see if they need my help," he said.

Cañas and his wife make volunteering a family affair with their three- and six-year-olds. He and his wife volunteer at their daughter's school, lead Bible study at their church and have volunteered to help build houses through Habitat for Humanity.

When Cañas' brother-in-law lost his home to Hurricane Katrina, Cañas offered his own. For approximately six months, the two families (four children, four adults and two dogs) lived in what can only be described as very close harmony. When their guests found a new home, Cañas helped paint and lay tile before they moved in.

Cañas also assisted an elderly neighbor post-Katrina by cutting her trees, putting up her fence and cleaning the neighborhood in general. He volunteered on days off through a church to distribute food and water to people in New Orleans East. "I heard a lot of sad stories, but they appreciated someone just being there," he said.

"My motto is we're one world," he said. "I'm always happy to help others."

After 10 years of service, **Dianna Perret**, 60, of Covington, retired from St. Tammany Parish Hospital. After just a few years, "I missed doing worthwhile efforts for others and returned to St. Tammany." Today, Perret works approximately 32 hours a week running specimens through the lab and never sits still for a moment.

"I have a lot of energy. That's why I went back to the hospital after I retired. I was a Pink Lady volunteer at one time. Now with my quilting group, I sew turbans and bandanas for patients. Anyone who can't afford one gets one at the Cancer Resource Center."

The group also sews quilts for Project Linus. "When children are sick or in need, Project Linus provides them with the warmth and comfort of a handmade quilt that is theirs to keep." The quilting group sews approximately 50 per year just for this project. "A quilt can provide comfort and show that someone cares enough to make something for them," she said.

Another group that benefits from quilts are patriotic quilts for family of deceased or for wounded servicemen. The group makes patriotic quilts for Operation Homefront and Quilts of Valor.

If that were not enough to keep Perret busy, she also cooks lunch for approximately 80 shut-ins with the St. Ben's Church Lunch Ministry Group each Wednesday. Perret notes during Katrina that number was more like 125 a week.

Asked what motivates her, Perret puts it simply, "I'm one of five sisters. We have always been active in church and service groups. We were just raised that way."

(On cover and at right) Cañas, Perret, Caboudy and Buscale supplied snapshots taken during their volunteer experiences.



A crew of St. Tammany employees, staff physicians and others team up with STPH Neonatologist Alma Levy MD on an annual mission to Guatemala.

Daisy Chaboudy, a surgical technician with 37 years of hospital and clinical experience, has worked at St. Tammany Parish Hospital for some 16 years and on Levy's Guatemalan mission team for five.

Thankfully, Chaboudy, 73, is not yet ready to retire, currently working in the hospital's Covington Surgery Center. "I really love surgery and the people I work with," she said.

The mission trips made such an impression upon Chaboudy that she has gone to Guatemala and El Salvador twice a year ever since.

"We are so fortunate in the States and take a lot for granted," she said. "There is a need there. We have so much here – just to go down there and share a little bit of knowledge and hope is something."

Chaboudy packages and sterilizes soft goods, such as towels, drapes, bandages and the like that come prepackaged for surgical cases at CSC but may not be used by the surgeon. Rather than wasting these items, she recycles them for this great cause. On behalf of the mission she has also obtained equipment and donations from vendors and community sponsors.

"When I travel to other countries I try to remember I am a guest there. I think you can't feel sorry for those you help, but rather give them the respect they deserve," explains Chaboudy. "I love people and helping the people of Guatemala and El Salvador is the most rewarding experience I've ever had."



Les Bascle, RT(R), has made a career of volunteering. Before becoming a radiological technologist and STPH's Radiology Operations Manager, he was a volunteer fireman and currently volunteers for St. Peter's Knights of Columbus participating in fundraising events, community projects and organizing their blood drives. He also participates in Levy's week-long mission, Helping Hands Ministries in Guatemala, which offers surgical, dental and medical services. "You are likely to sleep on the floor. It's hot and the showers are cold, but you see the joy on the kids' faces and it doesn't matter."

During the mission last year, his most gratifying moment was after the medical clinics were done each day, teaching local children American football. "Though there was a language barrier, I spent my afternoons teaching the kids how to play football. I left a football there for them to continue to play. All the people there are just so grateful for any kind of help."

An employee with the hospital for some seven years, Bascle believes STPH is true to its mission. "Their main focus is involvement in the community. That helps influence and pulls it out of us, too. It encourages us to do more as individuals," he said. ■

"STPH's focus is involvement in the community. That helps influence and pulls it out of us, too. It encourages us to do more as individuals."



A P E R F E C T B L E N D :

DéMurs Fine Tea and STHF

“Drinking a daily cup of tea will surely starve the apothecary” – Chinese Proverb

“My goal is to honor my mother and help others battling cancer. The relationship we now have with St. Tammany is a direct and meaningful way to accomplish that goal.”

*—John T. Demers, principal,
DéMurs Fine Tea*

For John Demers, having a cup of white tea is more than a relaxing perk of being in the tea business. It is how he pays tribute to his mother Helen and supports cancer resources in our community.

DéMurs Fine Tea, based in Covington and lead by John T. Demers, has released Helen's Select White Peony tea, as a way to raise funds for cancer treatment in memory of his mother, Helen Demers, whose battle with cancer ended this spring. DéMurs Fine Tea is donating 100 percent of profits from sales of Helen's Select White Peony to St. Tammany Hospital Foundation, a 501c3 organization dedicated to providing philanthropic support to St. Tammany Parish Hospital.

“All proceeds we receive from Helen's Select will be dedicated to the St. Tammany Parish Hospital Cancer Resource Center as directed by Mr. Demers,” Charley Strickland, foundation executive director, said.

The Cancer Resource Center (CRC) provides clients current and accurate knowledge related to cancer prevention, early detection, treatment, survivorship, rehabilitation and coping resources to allow them to fully participate in making decisions about their own healthcare.

“We are just thrilled about the partnership with DéMur's Fine Tea and all the services and benefits a collaboration like this can provide our patients,” Chryl Corizzo, CRC director, said. “This venture will allow us to expand our programming and provide more meaningful services to the community.”

The CRC also assists patients in obtaining wigs, breast prostheses, nutritional supplements and other needed items during cancer treatment. Programs include support groups, early detection and screening programs, and educational programs for patients, caregivers and the public. Some examples include Look Good Feel Better, Adult and Child Grief Support, Patient Support Group and Yoga and Meditation.

“It feels so good to help. We would like to do it indefinitely,” Demers said. “I hope our dedicated gift can make a significant impact on the lives of others in St. Tammany Parish who need cancer treatment in the future.”

Demers' mother fought breast cancer and a recurrence of cancer after a time of remission. The 62-year-old Demers matriarch succumbed to the disease in May. “My mother was a nurse at one time. With her health background, the proposed health benefits of white tea, and her favorite flower being the white peony, I thought it was a perfect fit to honor her by naming this blend for her and dedicating proceeds to helping others in her same situation.”

According to Demers, white tea has no caffeine nor will it stain the teeth. He says tea contains approximately eight times the antioxidants of one apple, and white tea is especially potent in that it has three times as many antioxidant polyphenols as green or black tea.



“I was impressed with the advancement and education that STPH has to offer. It gives me a secure feeling knowing there is a hospital so close that can treat people accurately and with personalized, compassionate care,” Demers said. “They have big city qualifications with a small-town atmosphere.”

Demers himself has enjoyed the small-town atmosphere of Covington since July 2006. He was immediately welcomed at Campbell’s Coffee & Tea on Tyler St. “They were the first Louisiana business to carry DéMurs teas,” he said fondly. Today, you can find it in specialty shops, the STPH Gift Shoppe, on the Internet and in select Rouse’s Markets.

It was during Demers’ transition to Covington that his mother’s illness resumed, and he felt it imperative to do something for her and others. He learned of St. Tammany Parish Hospital and the CRC through personal research and the healthcare leader’s reputation throughout the community. Demers felt an instant connection to the mission of providing professionally led programs to the community.

“I can think of no better way to honor my mother’s memory than to donate the proceeds of the white tea named for her to an organization who is as passionate about care for its community as I am for my family,” Demers said.

“DéMurs exemplifies one way businesses can contribute to fortifying the future of our community,” Strickland pointed out. DéMurs Fine Tea is also partnering with the foundation for an upcoming fundraiser, to launch Helen’s Select on Wednesday, July 18 in Covington at Angelle and Anthony Albright’s French country manor, designed by George Hopkins and built by Gremillion Homes. The event will benefit the St. Tammany Hospital Foundation and cancer care. For information, contact Nicole Suhre, 985-898-4171 or nsuhre@stph.org.

“My goal is to help mainstream tea and its benefits in America,” Demers said. “I want to continue to strive towards that goal, and in doing so, honor my mother and help others battling cancer. The relationship we now have with St. Tammany is a direct and meaningful way to accomplish that goal.”

Support STHF by purchasing your Helen’s Select White Peony tea today at the STPH Gift Shoppe, www.demursfinetea.com, Campell’s Coffee & Tea or select Rouse’s Markets.

“We are pleased to help Mr. Demers facilitate his support of the Cancer Resource Center. It is perfectly aligned with our mission to support St. Tammany Parish Hospital’s ability to deliver world-class healthcare now and into the future,” Strickland noted. “To assist us in that mission, individuals, families and corporations can donate financial contributions in honor or in memory of loved ones. These donations may be designated for endowment or direct patient services.”

For information on giving opportunities, contact Charley Strickland, 898-4141. ♣

(at left) John Demers as a child with his parents; (above) John sips Helen’s Select from his mother’s prize tea cup on the courtyard behind his historic Covington Home.



“We are just thrilled about the partnership with DéMurs Fine Tea and all the services and benefits a collaboration like this can provide our patients.

*—Chryl Corizzo, director,
Cancer Resource Center*

FOUNDATION HONORS PARTNERS IN PHILANTHROPY

THE ST. TAMMANY HOSPITAL FOUNDATION RECOGNIZED local citizens and organizations for the difference they make in patients' lives through St. Tammany Parish Hospital at its third annual leadership recognition dinner at Vintage Court in April.

The foundation trustees honored donors whose cumulative giving reached milestone plateaus in 2006 and the 2006 members of the Friends of St. Tammany. With the trustees, St. Tammany Parish Hospital's commissioners and senior management served as table hosts during the event, themed "Growing with our Community."

Adrian B. Cairns Jr. MD, St. Tammany Hospital Foundation chairman, served as master of ceremonies and commented that the guests seated in the room had given more than \$1.3 million to the foundation. John J. Graham, donor at the Advocate level, gave the donor's perspective. His comments included the need for collaboration between foundations and not-for-profits in this and all communities to maximize benefits as well as foundation advocacy for public policy changes.

Lori Murphy, Jennifer Rice, and Robert Crosby, foundation trustees, recognized the donors achieving new levels in 2006 as well as the Friends of St. Tammany

who are \$1,000 and above donors for 2006.

Those donors new to the wall or reaching new plateaus were—

At the Founder level: *Margaret M. Collett, Robert and Elizabeth Crosby, Judith and Ernest Gracia, John and Judy Greene, Pat and Tony Maltese, the McWhorter Family, Dr. and Mrs. J. Ralph Millet, Jr., the W. Wallace Poole, Jr. Family, Charles Ann Strickland, Dr. and Mrs. Patrick J. Torcson, the Wattler Family and the Wischkaemper Family.*

At the Patron level: *Ed and Tricia Arms, Gayle and Roy Ham, Mary Alicia Lauret, Mr. and Mrs. Dennis V. McCloskey, and Kathryn and Warren Smith.*

At the Advocate level: *Mr. and Mrs. John T. Baldwin, Dr. and Mrs. Gerald Foret, Mr. and Mrs. Frank St. Romain, and the Kent Satterlee Family.*

At the Investor level: *Capital One, Louisiana Children's Trust Fund, and March of Dimes, Louisiana Chapter.*

At the Vanguard level: *P & W Industries, Inc. / Parish Concrete, Inc.*

At the Champion level: *Baptist Community Ministries*

Honored as an inductee into the Legacy of Caring Society was *Joanna R. Miller MD, foundation trustee.*



(clockwise from left) STPH Commissioners John Romano, with wife Jackie, and James Core, with wife Suzanne; Margaret and Dr. Jack McNulty with Cher and Dr. Adrian Cairns; Lori Murphy with Wayne and Laurie McCants; STPH employees Joy Porter and Lynn Battle with Melinda Eason, Joyce Weilbaecher and employee Sandy Nelson; Anthony Maltese, Gail and Dr. Don Saucier with Pat Maltese; Dot and Clint Romig, foundation trustee.



PLANNED GIVING IS NOW JUST A CLICK AWAY

The St. Tammany Hospital Foundation has made planned giving simpler. A new addition to www.sthfoundation.org is making great strides toward the mission of sustaining the future of healthcare at St. Tammany Parish Hospital.

“Planned gifts are those that take planning on the donor’s part,” St. Tammany Hospital Foundation Executive Director Charley Strickland said. “They are gifts such as bequests in wills and gifts of life insurance policies as well as charitable gift annuities and charitable remainder trusts that pay the donor an income for life. Many times these gifts necessitate the services of the donor’s trusted advisors.”

Website visitors may conveniently click on [Ways to Give](#) to go directly to a wealth of information including: a glossary of terms, a quick quiz to test knowledge and a gift calculator that enables them to calculate income payments as well as tax advantages of certain gifts.

If you are not sure where to begin, try the [Build Your Gift](#) planner. By answering a few basic questions, this interactive



tool steps you through the process of narrowing down your choices. It’s fun and easy to use.

If you already have gift options in mind, click on [Compare Gifts](#) to see how your choices match up or click on [eBrochures](#) to request specific information on a particular planning option.

If you are a professional advisor, go to [For Professional Advisors](#) on the site. It takes you to a Professional Advisor’s Reference Library which covers a range of topics to help you better advise your clients on charitable estate planning issues.

If you are curious about what to give to fund a planned gift, it’s as simple as going to [What to Give](#) to learn the advantages of giving securities, closely held stock, retirement plans, real estate and life insurance. Not so sure which gifts best suit your particular situation? Go to [Types of Gifts](#) for more on the wide variety of gift options in the Planned Gifts arena.

If you get lost, rest assured that we’re always here to help. Contact Charley Strickland at 985-898-4141 or cstrickland@sth.org.

TRUSTEES WITH A MISSION

St. Tammany Hospital Foundation Board of Trustees maintains a leadership role in assuring quality healthcare to western St. Tammany and surrounding areas. Two new trustees who recently joined that mission are Julia M. Pearce and Judge John W. Greene.

Julia M. Pearce, a Covington native, is an attorney specializing in wills, trusts and estate planning. She earned a bachelor’s degree in accounting from Louisiana State University, a law degree from the Tulane Law School and a master’s degree in taxation from New York University School of Law. She is a member of the Louisiana bar.

Active in the Covington community, Pearce made an eight-year commitment to the Youth Service Bureau where she served as volunteer, board member and president. She was also solicitation chairman for Chef Soiree, 1998 to 2006, and co-chaired the event.

As mother of three boys, she has had quite a few positive experiences in St. Tammany Parish Hospital’s emergency room and is an advocate for the hospital.

“Investing in St. Tammany is an investment in all of our futures. I am proud to be an ambassador for the hospital foundation and to help raise awareness and support for our community hospital,” Pearce said.



Joining the STH Foundation Board of Trustees, Julia M. Pearce and Judge John W. Greene

Judge John W. Greene has been a resident of this parish since 1966 and says St. Tammany Parish Hospital has an excellent reputation, but residents need to know more. “It’s up to members of our community to spread the word about the hospital to those not as familiar with its great reputation.”

As a new trustee, Judge Greene joins a dedicated group of informed advocates assisting with fundraising for this private not-for-profit community hospital that receives no public funding.

Judge Greene earned bachelor’s and law degrees from LSU. A former partner in Burns, Greene and Farmer, he was elected judge in the 22nd Judicial District in St. Tammany and Washington parishes, serving 1976 to 1997. He was re-appointed judge ad hoc on the First and Fifth Circuit Courts of Appeal and member on the Louisiana State Board of Ethics in 2006.

Judge Greene serves on the steering committee for the City of Covington’s Comprehensive Plan, St. Paul’s School Board and LSU Law School’s Board of Trustees.

Foundation Executive Director Charley Strickland says trustees direct unrestricted gifts to the hospital’s most pressing needs. “We are pleased to add more quality ambassadors for St. Tammany Parish Hospital to our board.”



STPH CALENDAR HIGHLIGHTS

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

NEW BABY SUPPORT GROUP

MONDAYS, JUN., JUL., AUG., STPH Parenting Center. Free; peer support for new parents; **898-4435**

YOUR BABY CAN SIGN

JUN. 4, 10 AM TO 11 AM, STPH Parenting Center. Free; teach 6-to-24-month-olds the power of language; **898-4435**

BREASTFEEDING SUPPORT GROUP

JUN. 4, 11:30 AM TO 12:30 PM, STPH Parenting Center. Free; certified lactation consultant conducts Q&A plus short educational topic for breastfeeding and expectant mothers; **898-4435**

SAFE SITTER—BABY SITTING TRAINING

JUN. 5-6, 9 AM TO 4 PM, STPH Parenting Center. \$50; intensive 2-day course for 12-13-year-old babysitters; pre-registration required, **898-4435**

GURNEY GAMES

JUN. 10, 2 PM, Rutland and Columbia Sts. Sponsored by Fauntleroy & Latham Architects; **898-4171**

KICK THE HABIT SMOKING CESSATION

TUES. JUN. 12 — JUL. 31, 10 AM TO 11 AM, Cordes Pavilion. Helping people to kick the habit and stay smoke-free; register, **898-4581**

KIDS IN THE KITCHEN

JUN. 12, 26; JUL. 17, 31; 11:15 AM TO NOON, STPH Parenting Center. (ages: 2 – 6 years) \$5/week members; \$10/week non-members; preparing healthy snacks and light lunches; **898-4435**

INFANT CHILD CPR

JUN. 12, 6 PM TO 8:15 PM, STPH Parenting Center. \$20/ person, \$30/ couple; cardiopulmonary resuscitation for infants and children; **898-4435**

POSITIVE DISCIPLINE 0-4 YEAR OLDS

JUN. 14, 10 AM TO 11 AM. \$5/members, \$10/nonmembers; discipline techniques for parents; register by 1 pm Jun. 8, **898-4435**

WEIGHT NO MORE SUGICALLY ASSISTED WEIGHT LOSS SEMINAR AND SUPPORT

JUN 18, JUL 16, AUG 20; 6 PM AND 7 PM; STPH Conference Center. Free; **898-4000**

CHILDREN IN THE MIDDLE

JUN. 18, 25; 7 PM TO 9 PM, STPH Parenting Center. \$20/ person, \$30/couple; helps divorcing parents and children; **898-4435**

WHAT IT MEANS TO BE ALONE

JUN. 19, 1 PM TO 3 PM, STPH Parenting Center. Free; for child and parent advocates; register, **898-4435**

THAT BIRDS & BEES TALK FOR GIRLS

JUN. 20, 6:30 PM TO 8 PM, STPH Parenting Center. \$15/members, \$20/non-members; register by 1 pm Jun. 13, **898-4435**

TEACHING SELF CONTROL

JUL. 17, 1 PM TO 3 PM, STPH Parenting Center. Free; for child and parent advocates; register, **898-4435**

NEONATAL RESUSCITATION PROGRAM

AUG. 30, 8 AM TO 4:30 PM, STPH Conference Center. Free/employees, \$75/non-employees, \$45/book; AAP knowledge and skills necessary to administer neonatal resuscitation, 8.4 CEUs; Neonatal Resuscitation Textbook required; **898-4083**

CPR HEALTHCARE-NEW CLASS

AUG. 31, 1 PM TO 5 PM, STPH Conference Center. Free/employees, \$40/non-employees; first-time students and professionals for adult and pediatric CPR; **898-4083**

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

JULY

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	1	2	3	4

AUGUST

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	31	1



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