



Vol. 21, No. 4/ Fall 2025

Heart to Heart

A publication of St. Tammany Health System



Christmas at St. Tammany

Making a list? Checking it twice?

Parenting Center's 2025 toy guide can help, p. 8

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RECIPE | Parish Tacos' Grilled Shrimp Tacos, p. 7

K+20: Katrina diary chronicles STHS's storm response, p. 10

STHS shows its colors for breast, lung cancer observations, p. 12

Locals go wild at foundation's 2025 Gala, p. 14

WINNER OF THREE 2025 WOMEN'S CHOICE AWARDS

**AN AMERICAN COLLEGE OF RADIOLOGY DESIGNATED
COMPREHENSIVE BREAST IMAGING CENTER AND NATIONAL
ACCREDITATION PROGRAM FOR BREAST CENTERS (NAPBC)**



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Gratefully Yours

It's a Wonderful Life (and a pretty sweet issue, too!)



Joan Coffman, FACHE

"Throughout (the 2025 winter storm), St. Tammany Parish Hospital remained open, of course, and our front-line caregivers stayed on the job."

Do you remember where you were when last January's historic snow began coming down?

I do. I was at work, along with a team of dedicated medical professionals determined to care for the community no matter what Mother Nature threw at us. In this case, that meant no fewer than 5 inches of snow.

Officially, it was dubbed Winter Storm Enzo, although locals quickly adopted the name Sneauxmageddon. Throughout, St. Tammany Parish Hospital remained open, of course, and our front-line caregivers stayed on the job. A short time after the snow began falling, I was joined outside by other health system colleagues and executives for some impromptu reindeer games.

It was then that a colleague snapped the photo gracing the cover of this issue.

That shot, which serves as a heartwarming reminder not just of that magical moment in time but also of the little miracles that surround us every day, still makes me smile.

Given that this issue of Heart to Heart is our last of the year, as well as the fact that it contains the STHS Parenting Center's always-popular Toy Guide, it felt only appropriate to put it front and center.

I pray that it helps put you in the holiday spirit, just as it does for me. I also hope you enjoy reading the Toy Guide and all the other stories in this issue.

Have a blessed holiday season, and thank you as always for choosing St. Tammany Health System for your family's healthcare.

Gratefully,

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



Snow Day!

Members of the St. Tammany Health System executive team pause from their work to chill out together during the historic South Louisiana snowfall of January 2025. Although the snow and ice shut down much of the region for days, St. Tammany Parish Hospital stayed open throughout.

STAT!

Quick hits from the STHS newsroom

By STHS Communication Department

In July, St. Tammany Health System's flagship St. Tammany Parish Hospital was named one of **America's Best Hospitals for Neurology** for 2025 in the inaugural such ranking from the financial publication Money.

... STHS President and CEO

Joan Coffman was named a 2025 Community Hospital CEO to Know by Becker's Hospital Review. ... **U.S. News & World Report** recognized St. Tammany Parish Hospital as a high-performing hospital for maternity care, stroke care and treatment of hip fracture. ... The American Heart Association again honored the health system with its **Get With The Guidelines-Stroke Gold Plus quality achievement**, awarded in recognition of the health system's commitment to following up-to-date, research-based guidelines for the treatment of heart disease and stroke. ... The health system also earned **AHA's Target: Survival** quality achievement award, recognizing its commitment to treatment of in-hospital heart attacks, and its **Stroke Honor Roll** and **Type 2 Diabetes Honor Roll**. ... Congratulations to STHS ultrasonographer **Joann Cook**, who retired in August after 29 years with the health system. ... In September, St. Tammany Parish Hospital was named **Best Northshore Hospital** by readers of **Gambit**. It is the first time the New Orleans-based alt-weekly has included the Northshore in its reader rankings. ■

STHS ranks among best in global NICU Read-A-Thon

By STHS Communication Department

Once upon a time — or, more precisely, this past September — the Neonatal Intensive Care Unit at St. Tammany Parish Hospital entered a worldwide Read-A-Thon to promote reading to NICU babies.

So they read and they read and they read, read, read, read. They read funny books. They read sweet books. They read sleepytime books. They read all *kinds* of books.

Then, last week — in the happiest kind of happily-ever-afters — they learned from Read-A-Thon organizer Babies with Books that they had read more books to more babies than nearly every hospital in the world.

Of 249 NICUs participating, the bookworms at St. Tammany placed 28th worldwide.

"It wasn't just our NICU team, either," St. Tammany Health System NICU Director Suzanne Fraiche said. "They engaged the community to donate books, and they engaged our NICU families to help read to our NICU babies — all of which demonstrates the dedication, compassion and engagement of our entire team and the excellent patient-family centered and evidence-based care they provide every day."

The STHS NICU's efforts, themed to Disney's "The Jungle Book," were organized by Administrative Assistant Mallory Carbo and RN Jody Brandt, both of whom also spearheaded the decorations adorning the unit throughout the Read-A-Thon.

A collection of the books donated to the cause will remain in the NICU as part of a newborn library. Others were gifted to NICU families to take home with the hope they will continue to foster a love of



New parents Stephanie and Trevor Thompson read to baby Indy as part of the St. Tammany Health System NICU's participation in a global Read-A-Thon. (STHS image)

reading in their NICU babies.

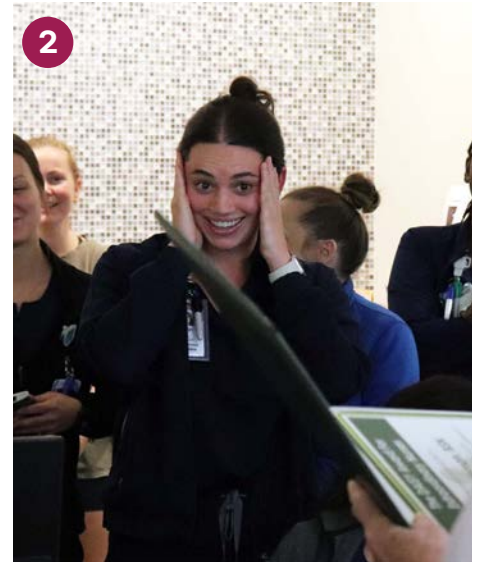
As heartwarming as it all is, it's about more than warm and fuzzies. According to the American Academy of Pediatrics, reading to babies promotes brain development by creating and strengthening neural connections that build language, literacy and social emotional skills at a critical time in a child's development.

Reading to NICU babies also provides meaningful bonding opportunities for families. This is especially true for babies experiencing prolonged hospitalizations, those at high risk of poor neurodevelopment outcomes, and those from socioeconomically disadvantaged families.

"This story isn't over," Fraiche said. "I have a feeling our STHS NICU team will do it again next September — with a goal of finishing even higher! To be continued ..." ■

And the winners are...

Celebrating excellence in the St. Tammany Health System family



1) STHS Adult ICU nurse Amber Thompson, photographed surrounded by team members and health system leaders, shows off her Daisy Award for Extraordinary Nurses. 2) Nurse Paige Coleman's mind is blown upon learning she won a Daisy Award. 3) Daisy-winning nurse Mandy Sanders wipes away a tear as Chief Nursing Officer Kerry Milton reads her nomination. 4) Public Safety Officers Leonel Ponce and Derrick Davis were recognized for going above and beyond in the fulfillment of their duties. 5) Chief Operating Officer Jack Khashou presents Occupational Therapist Jan Knobloch with a Sunflower Award. 6) Drs. Joseph Landers and Andrew Baier were named recipients of the St. Tammany Quality Network Medical Director's Award for the second quarter of 2025. 7) Imaging Services Supervisor Mandi Stanga shows off her Sunflower Award, bestowed upon colleagues for their support of the nursing mission.

Is there a St. Tammany Health System employee you'd like to honor?
Find out how at StTammany.health/ThankYou or by scanning the code at right.



“Because of the shadowing program, I am more set on my future now than I ever thought I would be before summer.” – STHS Summer Shadow program participant

Healthcare, up close

Local teens spend their summer sampling the array of career opportunities at STHS

By STHS Communication Department

They came in with questions, and lots of them. Chief among them: What do I want to do for a living?

Five weeks later, the 13 teenage participants in St. Tammany Health System’s inaugural High School Summer Shadow Program left with answers. Perhaps even more importantly, they left with a touch of clarity about their futures.

“My long-term takeaway,” one of them said on the program’s closing day, “is that I am in the correct field. (Healthcare) is definitely something I want to do.”

A more intensive cousin to the health system’s Health Tech Connect Camp, which concluded June 14, the Shadow Program saw participants – mostly seniors, with a sprinkling of juniors and sophomores, together representing 10 local high schools – each spending 21 hours throughout July exploring the array of careers available in the healthcare arena.

That included up-close looks at healthcare professionals in action in the Inpatient Pharmacy at St. Tammany Parish Hospital, in the Cath Lab, in the Neonatal Intensive Care Unit, the Respiratory and Radiology units, the Laboratory and other parts of the hospital.

In total, the 13 students logged over 270 hours of observation.

“There are just so many things to do in healthcare,” said Bridget Lobello, a former Emergency Department nurse who now serves as the health system’s director of Business Development and who participated with other health system colleagues in a panel discussion on the program’s closing day.



TOP: Participants in the first STHS Summer Shadow Program show off their program T-shirts on ‘graduation’ day. **ABOVE LEFT:** Students mingle as part of an ice-breaker exercise on their first day. **ABOVE RIGHT:** Chief Nursing Officer Kerry Milton helps program participants complete a get-to-know-you assignment.

Earlier in the day, the students heard from Kelly Barre Pounds, an M.D. candidate at LSU School of Medicine, on “The Path to Medical School,” a presentation filled with practical tips and advice on the next steps in the process; and a separate presentation from representatives of Southeastern Louisiana University’s College of Nursing and Health Sciences.

Later, the students took turns sharing their impressions and key takeaways from the program.

For some, it affirmed their career goals. For others, it exposed them to potential new paths.

For all of them, it represented an opportunity they were grateful to have experienced.

“Because of the shadowing program,” one participant said, “I am more set on my future now than I ever thought I would be before summer. I’m proud to have been chosen for this program, and it was worth every second.” ■

Taceaux Tuesday, Louisiana style

Parish Tacos pros share tips (and tacos!) at Healthier Northshore cooking demo

By *STHS Communication Department*

The math is simple: fresh = flavor.

Attendees at Healthier Northshore's latest Eat Well, Live Well cooking demonstration got a first-hand lesson in that heart-healthy culinary equation Aug. 4, courtesy of Parish Tacos co-owner Michael Leblanc and Chef Will Miles, who walked them through the process of making their Grilled Shrimp Tacos with Chimichurri at the Samaritan Center's kitchen classroom in Mandeville. (Find recipe at right.)

The real treat, though – aside from the box of fresh ingredients each attendee was given to re-create the dish at home – just might have been the practical pro tips Miles and Leblanc shared as they prepared their dish. A sampling:

Red onion or white?: "It's really up to you. You are the chef, so use what you enjoy. There doesn't need to be any more reason than that." – Miles

On avoiding cross-contamination in the kitchen: "When I'm cooking at home, I'm not trying to make a mess. So: Paper plates are your friend." – Leblanc

On the many-splendored joy of Gulf shrimp: "Shrimp is a fantastic protein. Lay them out in a single layer, they thaw in 10 minutes." – Miles

On the near-universal appeal of a good chimichurri sauce: "A lot of people say, 'Oh I don't like cilantro – but I like that.' It works." – Leblanc

On using a sharp knife: "The key to a well-cut tomato is a sharp knife. It's very easy to smush it with a dull knife,

which is also very dangerous. ... The blessing of a sharp knife is you don't have to work as hard." – Miles

On the importance of drying shrimp before cooking: "Moisture is the enemy of crispness." – Miles

Above all, Miles urged those in attendance to resist avoiding ingredients or techniques solely because they are unfamiliar.

"The worst thing you can do in the kitchen is not try something new," he said. "Because then you're not learning." ■

The Eat Well, Live Well cooking demonstration series is a quarterly series hosted by Healthier Northshore, a public health coalition spearheaded by St. Tammany Health System, with key support from the American Heart Association. Special thanks for the Aug. 4 cooking demo also goes to the St. Romain Family Foundation, a contribution from which helped supply the ingredients boxes distributed to participants.



Parish Tacos Chef Will Miles, left, and co-owner Michael Leblanc whip up a batch of Grilled Shrimp Tacos during a cooking demonstration hosted by the Healthier Northshore coalition on Aug. 4, 2025. (Photos by Tory Mansfield/STHS)



PARISH TACOS' GRILLED SHRIMP TACOS

Yield: 4 servings

Time: 35-45 minutes

Oil (for pan)

Shrimp (peeled and thawed)

Your favorite Creole seasoning

Salt and black pepper

Flour tortillas

Arugula

Pico de gallo (recipe below)

Chimichurri

1. Add enough oil to coat bottom of medium-sized skillet, then heat on medium-high. Season shrimp with Creole seasoning, salt and pepper, then add to heated skillet, being careful not to overcrowd.

2. Cook shrimp until opaque (about 3 minutes on each side, depending on size of shrimp).

3. Remove from skillet, place a few shrimp in folded-over tortilla. Top with desired amount of arugula, pico de gallo and chimichurri. Serve and enjoy!

PICO DE GALLO

Dice three tomatoes, one yellow onion and one bunch cilantro, then stir together with juice of 1 lime and season to taste with your favorite Mexican seasoning.



2025 Holiday Toy Guide

By Kayli Coleman MA, STHS Parenting Center

With so many choices facing today's shoppers, it can be hard to know where to begin when searching for the perfect holiday present for that special child in your life. Shopping in crowded stores can be confusing, and the array of choices online can leave you feeling overwhelmed.

To aid in your hunt for the perfect present this holiday season, we are pleased to present the St. Tammany Health System Parenting Center's 2025 Holiday Toy Guide, featuring some of our team of experts' favorite toys this year, all arranged by intended age group.

For good measure, this year we have included a few pro tips from our seasoned toy shoppers. Consider it our extra little gift to you.

Happy shopping – and happy holidays! ■

Visit StTammany.health/ParentingCenter for an expanded roster of recommendations.



'Letters from Santa' campaign returns for 2025

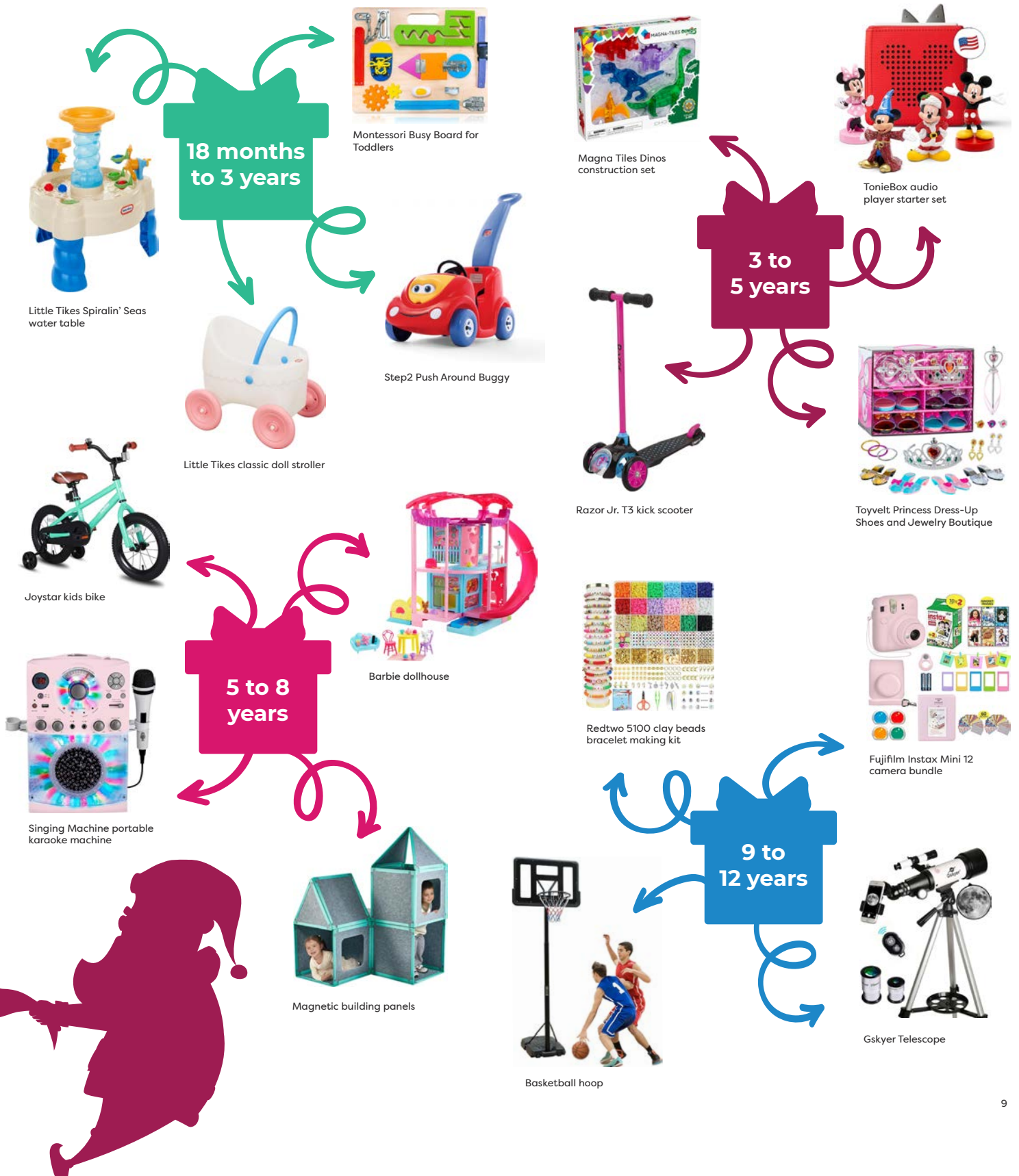
It's beginning to look a lot like Christmas, and the elves at St. Tammany Health Foundation and St. Tammany Health System's Parenting Center are once again arranging for their pal Santa Claus to write personalized letters to local children.

A minimum \$10 donation is required per letter, each of which comes with "reindeer food" (just to make sure Rudolph and the gang know they're appreciated, too).

Letters can be ordered via the foundation website at STHfoundation.org/SendaSantaLetter, with proceeds support Parenting Center programs throughout the year.

Questions? Call (985) 898-4435.

St. Tammany Health System Parenting Center unwraps its annual list (twice-checked, of course) of this year's best offerings



A large satellite image of Hurricane Katrina, showing its characteristic eye and swirling cloud bands, as it approaches the Gulf of Mexico coastline. The image is positioned on the left side of the page, with the text on the right.

K+20

Hand written Katrina diary recalls STHS storm response, 20 years later

By STHS Communication Department

The date was Aug. 28, 2005, and, just like at organizations throughout South Louisiana, the leadership team at St. Tammany Health System huddled up to discuss preparations for the massive storm then taking aim at South Louisiana.

As they did, Judy Gracia — a former nurse then serving as the health system's vice president of Human Resources — took detailed notes in a tidy cursive hand.

Much of the discussion focused on what one would expect for a hospital system facing a major natural disaster. With 134 patients in-house, the artesian-fed well was up and running, guaranteeing fresh water. Four days of fuel was on-hand to power generators, as was three days' worth of food.

It was Gracia's last entry of the day, however, that was the most interesting. Some might say haunting. It read simply, "9 a.m. — meet Monday — reconvene."

Anyone who was around at the time remembers what happened next. At 6 a.m. Monday, Aug. 29, Hurricane Katrina roared ashore, bringing with it historic destruction and changing everything about life in South Louisiana.

Now, 20 years later, Gracia's notes — which chronicled the health system's daily meetings for the next two weeks — serve as a fascinating historical document, offering not only a reminder of the myriad challenges facing local residents in the wake of the storm but also providing a peek at the goings-on at St. Tammany Parish Hospital, where the health system's everyday heroes faced extraordinary challenges.

"After the storm, St. Tammany was hailed as a 'beacon of light' on the Northshore," health system President and CEO Joan Coffman said. "That was for two very good reasons. First, because unlike almost everywhere else, we kept the lights on. But also, the hospital really did serve as an oasis of hope for the community, thanks to the people who worked there, who stayed behind and weathered the storm so they would be here to care for the community when it needed them the most."

A read of Gracia's day-by-day Katrina diary, spanning the first two weeks after the storm, bolsters that statement.

Those in the hospital were resourceful. They were resilient. And they were inspirational, living and working at the hospital around the clock throughout what would be remembered as one of the most difficult chapters in the region's recent history.

An entry on the day after the storm outlined one of the major challenges they faced in no uncertain terms: “Communication is a black hole.”

Ham radio operators helped in that regard. The hospital also had electricity, thanks to its generators. Fortunately, floodwaters posed no real threat to it – so things were certainly better than on the south shore, where storm victims’ misery was being broadcast around the world.

Still, with little access to the outside world for news or supplies, hospital staffers essentially found themselves stranded on an island.

“Get diesel,” read one entry.

Immediately after it: “Get food.”

Two words scribbled next to those entries designated them “high priority.”

By that time, the hospital was on lockdown, with only colleagues, patients and family members allowed in. With local stores shuttered and fresh water at a premium, however, the hospital opened its taps to the public, providing potable water to all comers.

Inside the hospital, Gracia’s notes detailed the dwindling inventory of linens, of oxygen, of other things crucial for patient care. Although the generators kept lights on and critical instruments powered, there was no air-conditioning.

“Very hot – windows open,” Gracia wrote.

Things were far from normal – and even farther from ideal – but the hospital’s care providers were, indeed, providing care. That meant something, inside and outside the hospital.

“Physicians rallied,” Gracia noted. “Staff rallied.”

By 4 p.m. on that first day post-storm, the patient count had swelled to 154 – near capacity.

At 3 a.m. the next morning, Gracia noted a small but welcome treat: “Distributed animal crackers to ICU, CCY, NFC, NICU, 3E, ED, ...”

Over the next several days, the hospital staff was buoyed by any



Some of the more than 35 pages of handwritten notes taken by former STHS Human Resources Vice President Judy Gracia in the weeks following 2005’s Hurricane Katrina offer a fascinating peek into the health system’s storm response. (STHS image)



A military Jeep is shown stationed outside the main entrance to St. Tammany Parish Hospital in 2005 following the devastation of Hurricane Katrina. (STHS image)



Nurses in St. Tammany Parish Hospital’s New Family Center pause for a photo in the days after Hurricane Katrina. (STHS image)

scrap of good news. Two fuel trucks arrived on Day 2, ensuring the generators would stay on – for the time being. A day later, a U.S. Food truck made a delivery, as did medical suppliers, who brought in IV fluids and oxygen. Phone service returned.

Throughout the state, Louisiana hospitals offered whatever help they could to one another. Those outside the region sent so many personal

supplies for staffers that St. Tammany leaders were able to set up a “free store” in a conference room so colleagues could get personal hygiene items, donated clothes and the like.

Still, progress was agonizingly slow. With estimates for the restoration of electricity to the area ranging from two to four weeks, and with only a handful of businesses reopening, it was clear the recovery was going to be a long one.

The St. Tammany Parish Hospital staff, on duty since the day before the storm, were in desperate need of relief. Hospital leadership made finding it a priority.

“Get staff back into somewhat normal routine – staff back to scheduled life,” Gracia wrote on Day 6.

With basic community services slow to return, the hospital set up a temporary daycare for the children of employees, to make it easier for them to return to work. To add to quality of life for those in the hospital – functioning then as its own self-contained city – a “movie night” was planned in the cafeteria.

With the return of elective surgeries, which had been suspended during the lockdown, all employees were expected back to work by Sept. 6. It had been eight days since the storm, but the cavalry was coming.

It would mark the beginning of what would be a long, hard recovery for the region. Even fully two decades later, much remains permanently changed.

One thing hasn’t, though.

“I found it interesting back in 2021 when Hurricane Ida hit us on the 16th anniversary of Katrina, to the day,” Coffman said. “Like a lot of people, the health system took a major hit – but, as was the case during Katrina, we demonstrated again that we were prepared to care for the community, through thick and thin, in normal times and amid disaster.

“We were ready,” she added. “We still are.” ■

St. Tammany United

Breast cancer, lung cancer campaigns share the road for two-month push

By Mike Scott, mscott@stph.org

Start your engines, St. Tammany. For the sixth year running, St. Tammany Health Foundation is teaming with community partners for its Power of Pink breast cancer awareness campaign to raise money for local cancer care throughout October.

This time, though, it's got company – and a little extra horsepower.

“Since May 2022, our Northshore neighbors have seen our Be Well Bus on local roads, bringing potentially life-saving mammograms directly into the community,” foundation Executive Director Nicole Suhre said. “Now, with the recent introduction of our Breathe Well ConneCTion, a similar vehicle focused on lung cancer screenings, we thought the time was right to team them up to tackle community health on two fronts.”

First comes the breast cancer campaign, formally St. Tammany United in Breast Health: The Power of Pink. It launched Sept. 29 with a pull-out-the-stops celebration (and a plethora of pink, naturally) at St. Tammany Cancer Center – A Campus of Ochsner Medical Center.

At month's end, it will hand off to St. Tammany Health System's lung screening team for St. Tammany United in Lung Health: The Power of Pearl, which will take the baton and continue to trumpet the value of screenings through November, Lung Cancer Awareness Month.

“Breast cancer and lung cancer affect two different parts of the body, but they share one key thing in common: Early detection has been proven to have a positive impact on survival rates,” Suhre said. “With these two leading-edge screening vehicles, an amazing team of care providers



St. Tammany Health System President and CEO Joan Coffman signs a pink-wrapped Sheriff's Office vehicle at the launch of the health system's monthlong Power of Pink breast cancer awareness campaign. As part of the campaign, people can sign the Sheriff's vehicle in exchange for a \$5 donation. (Photos by Tory Mansfield/STHS)



Once again this year, the St. Tammany Parish Sheriff's Office invites people to sign its pink-wrapped Chevy Tahoe in exchange for a donation to benefit St. Tammany Health Foundation's annual Power of Pink breast cancer awareness campaign, which is formally titled St. Tammany United in Breast Health: The Power of Pink.



Members of the Pink Ladies sign the Sheriff's pink-wrapped Chevy Tahoe.

and, of course, the generosity of the community, we're certain we're on the road to making a difference.”

In addition to offering mammograms aboard the Be Well Bus throughout the month, the Power of Pink campaign – which gets key support from Presenting Sponsor Timeless Touch Medical Aesthetics and Partner in Prevention Sponsor AmBetter Health – will also

invite locals to sign a pink-wrapped Sheriff's Office vehicle as a fundraiser.

Additional money will be raised through give-back events hosted by local businesses as well as the sale of Power of Pink T-shirts designed by the Pink Ladies, a community-minded group of breast cancer patients, survivors and caregivers.

“I love my Pink Ladies,” the

“Breast cancer and lung cancer affect two different parts of the body, but they share one key thing in common: Early detection has been proven to have a positive impact on survival rates.”

– St. Tammany Health Foundation Executive Director Nicole Suhre



Dr. Angela Buonagura, a breast surgeon at St. Tammany Health System, helps kick off the 2025 Power of Pink breast cancer awareness campaign, which will run throughout the month of October.



Dilly & Sons Bagelry of Mandeville is one of a number of local businesses offering give-back specials in October through which proceeds of certain purchases will be donated to the 2025 Power of Pink breast cancer awareness campaign.



St. Tammany Health System President and CEO Joan Coffman, bedecked in pink, records a public service announcement during the kickoff for St. Tammany Health Foundation's 2025 Power of Pink breast cancer awareness campaign.

foundation's Kathleen Thomas said. "Their stories, and by extension the shirt they designed, are powerful reminders of their strength – and, indeed, of the Power of Pink."

November's Power of Pearl campaign, presented by Chevron, will be highlighted Nov. 22 by the third annual Power of Pearl Lung Cancer

Walk, hosted by the city of Covington at the Covington Trailhead, a free event to raise awareness of the value of screenings and to underscore the message that no one should travel the cancer journey alone.

But throughout the month, the new Breathe Well ConneCTion will offer mobile CT scans to those with

a known risk for lung cancer. In its first four months on the road, it conducted 245 screenings, including dozens of local firefighters.

Those who would like to be screened can also reach out to STHS Lung Cancer Screening Coordinator Megan Broussard year round at 985-871-LUNG (5864) to set up a screening.

"It'll be a busy two months," Thomas said. "But, if history is any guide, they will be a rewarding two months, once again showcasing the generosity of local residents and businesses – and putting all of the Northshore on the road to better health." ■

*Want to make an impact?
Visit [StTammanyUnited.org](https://www.StTammanyUnited.org) to learn more about the Power of Pink and the Power of Pearl campaigns.*





From left, CJ and Keith Ladner with Norma Richard.



Where the wild things are

Supporters of St. Tammany Health Foundation showed their stripes – and their spots, feathers and fronds, too – at THE Gala, the foundation's signature fundraiser, this year themed “Step Into the Jungle” and once more sponsored by Hub International. As always, the night featured food, drinks, live music, a silent auction and more – all with a feral flair – and, also as always, the generosity of those in attendance will benefit cancer care on the Northshore.



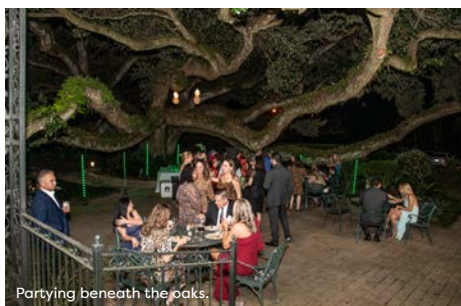
Reneé Christman encounters a tall, dark stranger.



Danielle Papania ►



Nate and Becky Parks.



Partying beneath the paks.



Rich, Rachel and Nancy Mauti.



Mark Grayson, Joan Coffman, Johnell Grayson, Mary and Kevin Gardner.



Members of the Louisiana Blue team.



Dalila Seruntine, of ►
the band Groovy 7.

The quiet power of generosity

We have done a lot in 2025; you are the reason why



Nicole Suhre, STHF executive director

“In much the same way that St. Tammany Health System is the heartbeat of our community, individual giving is the heartbeat of our foundation.”

“Weather” or not it feels like it quite yet, fall is here. Across the parish, we are seeing a bevy of nonprofit fundraising events, community festivals, fun gatherings at pumpkin patches and parks, and of course, football.

Things really gear up this time of year, especially for the nonprofit sector. The fall season ushers in a mix of fundraising methods that range from the transactional (think raffles, T-shirts sales and auctions) to the social (special events and gatherings) and, finally, to those more personal and meaningful asks to support specific causes (direct mail appeals and face-to-face philanthropy conversations).

It is in that final example that the most meaningful impact generally occurs.

The quiet power of personal generosity is what sustains our mission. In much the same way that St. Tammany Health System is the heartbeat of our community, individual giving is the heartbeat of our foundation. Every gift made this fall and through the end of the year is a vote of confidence and shared commitment in the work done by our organizations. They also allow us to plan boldly for the year ahead — and sometimes years ahead. Our foundation’s Board of Trustees have a clear vision for how our foundation will grow to meet the healthcare needs of this community, and we cannot do it without our donors.

As we approach the end of the year, remember that your contributions are tax deductible, that your generosity leaves a legacy and that every dollar raised makes a difference.

Warmly (and with a dash of pumpkin spice),

Nicole Suhre, CFRE
St. Tammany Health Foundation executive director

Foundation calendar Save the dates!



Power of Pearl Lung Cancer Walk

Nov. 22, 10 a.m. to 2 p.m. | Covington Trailhead

We invite you to the 3rd annual St. Tammany United in Lung Health-Power of Pearl Lung Cancer Walk. Join survivors, families and friends as they walk to promote lung cancer awareness or in memory of a loved one who harnessed the Power of Pearl during their journey.

Details: STHfoundation.org/UNITEDinPearl | (985) 388-5328

#GivingTuesday

Dec. 2 | 24 hours of giving

Giving Tuesday is an international day of giving. Give back to the community by showing your support to St. Tammany Health Foundation. Visit STHfoundation.org/GivingTuesday or call (985) 898-4174 to make a donation on Dec. 2.

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

Angels of Light

Dec. 11 | St. Tammany Parish Hospital Lobby

The foundation ushers in the holiday season with the lighting of its Hospice Tree for Life, which is decorated every year with tribute angels purchased by community members to honor or memorialize a loved one. Proceeds benefit St. Tammany Hospice.

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



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