

A close-up, profile view of a young boy with short brown hair and freckles, wearing a red t-shirt. He is looking down intently at an open book he is holding. The book's cover is dark with large, stylized white letters. The background is a blurred library or bookstore with bookshelves.

Heart to Heart

SPECIAL EDITION *including*
2008 ANNUAL REPORT

STPH Reaches Out to Young Readers



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

Our Mission

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

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PHOTOGRAPHY: RICK OLIVIER
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STPH Reaches Out to Young Readers

Every week, seven management team members at St. Tammany Parish Hospital set aside their normal daily tasks and head for Lyon Elementary School in Covington to help first- and second-grade students excel at reading.

Their weekly volunteerism reflects longstanding support of the school, as the STPH managers take time off, on hospital time, to make a difference in the community by helping local young readers develop this fundamental academic skill.

“The hospital’s support of our school and our readers has been critical,” says Cindy Lester, coordinator of the Help One Student to Succeed, or HOSTS, program at Lyon. “The hospital is a true partner with us in supporting the education of our students.”

STPH volunteers have participated in Lyon’s HOSTS program since 1998, the year it was established at the school. Using a proven national model, HOSTS matches volunteer mentors with children who are reading below grade-level to help them to catch up with their peers, Lester explains.

Mentors meet one-on-one with students for 30 minutes each week to read together and work on related topics

such as spelling and vocabulary. HOSTS students meet with each of four assigned mentors once a week for a total of two hours of extra reading assistance each week.

Lyon’s HOSTS program, the only such program in St. Tammany Parish, is highly effective. By year’s end, 85 percent of student participants are reading at or above grade level, Lester says.

“They just need a little boost to get where they need to be,” she says.

But HOSTS’ value isn’t just academic. Students bond with their mentors and look forward to weekly sessions with each mentor.

“They know which mentor comes on which day, and they look forward to all those visits,” Lester says. The Spring Forum for students, mentors and any willing Lyon Elementary parents or community members, is an emotional event, “because they become close over the year,” she says.

More information on Lyon’s HOSTS program is available by calling 892-0869.



Eric Brewster, STPH Department Head and HOSTS Mentor, shares the joy of reading with Lyon Elementary Students Tatyana Manson, Abigail Anderson, Caleb Self and Ashlynn Smith.

“I think it is important for all adults to take an active role in the education and nurturing of the next generation. As a parent, it is your responsibility and your passion to do just that for your children. As a HOSTS mentor, I am able to do this for another child who may need the extra time, attention and friendship.”

—Russell LeBlanc, STPH Department Head and HOSTS Mentor



ST. TAMMANY HOSPITAL
FOUNDATION

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Covington, LA 70433

Telephone (985) 898-4174
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Our Mission

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

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Charles Ann Strickland
EXECUTIVE DIRECTOR

St. Tammany Parish Hospital Helping You Live Well

St. Tammany Parish Hospital helps the Northshore community live well through health and fitness programs for everyone from babies to cancer survivors and new moms.

The STPH Cancer Resource Center has expanded its CancerFit program to include a free walking program led by cancer survivors. The focus of CancerFit is improved physical and emotional wellbeing through exercise, good nutrition and lifestyle changes.

“The support participants get is crucial,” says Chryl Corizzo, director of the cancer program. More information on CancerFit and the walking program is available at 898-4581 or ccorizzo@stph.org.

The STPH Women’s Lifestyle & Weight Management Program helps women achieve a healthy weight through practical strategies.

“It’s about making individualized plans that women can stick to,” says Melissa Gispert, a nutritionist and registered dietician who coordinates the program. More information on the program is available at 898-3776.

Two of the STPH Parenting Center’s interactive programs for young children and their caregivers have incorporated evidence-based curricula to help youngsters avoid the epidemic of childhood obesity.

Play Pals (for 2-year-olds) and Pre-K at Play (for 3- and 4-year-olds) now contain elements drawn from Animal Trackers and Healthy Hops, highly regarded national programs that emphasize gross motor development through play and good nutrition, respectively.

“We’re targeting kids at a young age to develop healthy habits,” says Lori Cage, director of the Parenting Center.

The center’s additional low-cost programs serve children as young as 8 months. Free trial classes are available. More information is available at 898-4435.

STPH’s Nurse Family Partnership provides free home visits for first-time moms from early pregnancy through the child’s second birthday. It stresses education and healthy choices on subjects as diverse as baby care and nutrition to smoking cessation and educational goals. All clients must be Medicaid eligible to enroll.

“It’s about making individualized plans that you can stick to...”



More information on the Nurse Family Partnership is available at 871-6039, ext. 1.

STPH’s living-well programs receive critical support from the St. Tammany Hospital Foundation, including a Winn Dixie Foundation grant for CancerFit secured through the foundation and three separate grants to benefit the Nurse Family Partnership.

The Parenting Center likewise receives key foundation support, including funds raised by the Monster Mash and Carnaval des Enfants events. More information on the foundation and giving opportunities is available at 898-4141.

ST. TAMMANY PARISH HOSPITAL

Your Name: Ashley Koplin Dept.: 2
First and Last

If you are a patient or visitor, where did you stay? visit?

Date: every day If needed may we contact you? Yes No
Phone: _____

Please send this Thank You Gram to:
Name: Linda / RN 2 floor rehab Dept.: _____
McCraney First and Last my dad is in room 247

The following act of kindness by this St. Tammany Parish Hospital team member made my day:
she is very kind and I think she is the greatest nurse ever!!

shh!

If this act demonstrates one of the C.A.R.E.S. customer service standards please circle the one it represents.

Create A Positive First Impression Anticipate Customer Needs Respect Patients, Staff & All Customers Efficient Delivery of Service Safety First & Foremost

Give your Caught In The Act to any department or nurse manager or place it in Caught In The Act boxes located throughout the hospital. Thank you for taking the time to share your positive comments! Your Caught In The Act will be sent to the employee you recognized.

Rebuilding a Life, through the Hard Work of Rehab

Late last summer, after his right arm mysteriously went numb, 47-year-old Dennis Koplin arrived at the Emergency Room at St. Tammany Parish Hospital.

At the hospital, the fit and outdoorsy manager of the PETRO truck stop in Hammond experienced a massive stroke when part of a blood clot that had formed in his forearm reached his brain.

“It was a miracle he survived,” says his wife, Ellie Koplin.

Deep in a coma, Koplin was transferred from the STPH Intensive Care Unit to a stroke center. There, physicians gave his family the option of surgery, but only a 2 percent chance of surviving the procedure, a course the family rejected as too risky.

Days later, Koplin was transferred to STPH’s Inpatient Rehabilitation Unit to begin the hard work of regaining movement and balance for daily tasks.

“He couldn’t walk; he couldn’t talk; he couldn’t do anything when he arrived,” says Mrs. Koplin.

A key focus was helping Koplin regain lost movement, including paralysis on his right side. That meant daily sessions on equipment to improve balance and strength for stepping, says Louise Dill, the unit’s nurse manager. During the four weeks he spent in the rehab unit, the physical therapist and occupational therapists helped Koplin regain the use of not only his right leg but his entire right side, Dill says. Koplin’s aphasia—the inability to speak—also improved, as did his cognition, she says. Prior to going home in late September, he was able to move his wheelchair from the unit’s gym to his room without assistance, and even visit the speech therapist’s office on his own.

Koplin’s excellent fitness was critical to his progress, says Dill. “His strength made a difference,” she says.

Meanwhile, Mrs. Koplin was learning practical skills to help her husband accomplish ordinary tasks, including getting in and out of the car.

“The therapists taught me so much,” she says. “I didn’t know how to do anything.”

THE STAFF ALSO PROVIDED CRITICAL EMOTIONAL SUPPORT TO MRS. KOPLIN AND THE COUPLE’S 11-YEAR-OLD DAUGHTER, WHO WAS FRIGHTENED BY THE CHANGES IN HER FATHER. NURSE LINDA MCCRANEY WAS ESPECIALLY HELPFUL TO THE GIRL, ENCOURAGING HER TO TALK AND WALKING AROUND THE UNIT WITH HER ARM AROUND THE GIRLS’ SMALL SHOULDERS. ON ONE OF THE HOSPITAL’S “CAUGHT IN THE ACT” FEEDBACK FORMS, THE GIRL DREW A STICK FIGURE OF MCCRANEY. IN THE SPACE FOR THE DATE OF EXCEPTIONAL SERVICE, SHE WROTE “EVERY DAY.”

“They were like family to us,” Mrs. Koplin says.

By Sept. 20, the day Koplin checked out to return home, he could move 25 feet with the benefit of a walker, major progress for a man who had no use of his right leg four weeks earlier.

The family recently relocated to their home state of California to be near three older children, where Mr. Koplin continues therapy to regain vital lost functions, including speech. Mrs. Koplin says she thinks often of the role STPH played both in helping her husband regain mobility and providing crucial support to help her family cope with an event that upended all of their lives.

“I don’t know what we would have done without them,” she says.



Cutting-Edge Relief for Painful Spinal Tumors

St. Tammany Parish Hospital is the first hospital in Louisiana to offer a cutting-edge procedure called plasma coblation to alleviate intractable back pain in cancer patients with spinal tumors.

Coblation of spinal tumors uses high-energy plasma fields to vaporize tumors in the spine without causing damage to veins, arteries and other delicate surrounding tissue in the back, explains Daniel Harlin, MD, the STPH interventional neuroradiologist who in January successfully completed the first such procedure in the state.

For Harlin, plasma coblation represents a breakthrough in the ability to improve the quality of life of metastatic cancer patients who may have months or years to live.

“The point is to use the latest technology to treat pain in very ill patients,” he says. “This makes the patient’s life much better right away by relieving their pain, and it reflects our commitment to treating the whole patient and ensuring they have the best possible quality of life for whatever time they have.”

Spinal tumors are most often the result of metastases of common cancers, such as cancer of the breast, liver or lung. Patients experience pain as the tumor invades the spine, creating fractures as the vertebrae compress. Removing the tumor by surgery is usually not an option for such patients because they are too weak to tolerate general anesthesia or other aspects of open spine surgery, explains Harlin.

By contrast, coblation of spinal tumors is minimally invasive and does not require general anesthesia, though patients are heavily sedated during the procedure. Patients can typically return home after a 23-hour stay in the hospital, says Harlin. The procedure provides quick pain relief and improved mobility, which allows patients to better comply with treatments of their primary cancer.

“Many people who could not survive spinal surgery do fine with this,” Harlin says.

After the tumor has been vaporized with a special plasma wand, the resulting space in the spine is then filled with medical cement, a procedure called vertebroplasty. Filling the space with cement stabilizes and strengthens the spine and provides relief from pain caused by compression of the vertebrae.

In the past, creating that safe, predictable space within the spine was a key challenge for physicians treating cancer patients too weak to survive spinal surgery, says Harlin. Killing the tumor by “cooking” it with a specialized needle inserted into the spinal column, for instance, stopped the tumor’s growth but left the dead tissue in place, making it difficult to stabilize the spine with medical cement, Harlin explains.

“It’s the creation of that space within the spine that’s new and much improved with this procedure,” says Harlin. “This allows us to safely fill that space with cement to stop the patient’s pain.”

Pat Maltese, director of radiology at STPH, says being able to offer revolutionary technology to Northshore patients is part of what makes the hospital a unique resource for the local community.

“We’re doing something here that no one else in the area or the state is doing,” Maltese says. “We are very happy to be able to offer that to our patients right here, close to home, so that they don’t have to drive a great distance to benefit from the best in cutting-edge technology.”

More information is available by calling the Radiology Department at 898-4427.

Thank You to our Supporters and Friends...

\$5 Million Raised since 2003

Thanks to the generosity of individuals, St. Tammany Parish Hospital grateful patients and employees, corporations, organizations, and private foundations, St. Tammany Hospital Foundation has reached an exciting plateau of giving. Gifts have been earmarked for advances in healthcare such as vital medical equipment and technology, new programs, community services and initiatives, employee education, healing arts, endowment and so much more.

“Our community has recognized the unique combination of cutting-edge technology, award-winning healthcare quality and personalized care at STPH,” said Ken Latham, chairman of the Foundation Board of Trustees. “We have reached the tipping point where donors see the foundation as the valuable mature asset that it has become. Supporting the foundation supports the health of our community.”

For more information about the foundation or to make a donation, contact Charley Strickland, executive director, at (985) 898-4141 or via email at cstrickland@stph.org.



Clockwise from top: Entertainer at Carnaval des Enfants, the Donor Wall of Honor, Angels of Light ceremony, the NICU Giraffe Omni bed.

Seared Sesame Red Tuna

Abry Crosby, executive chef for St. Tammany Parish Hospital, offers this enticing seafood recipe to promote good heart health. Tuna contains omega-3 fatty acids that offer excellent cardiovascular benefits. Red bell peppers are rich in fiber and vitamins C and A. Onions promote good health by helping to keep blood pressure and cholesterol at good levels, studies have shown. “It’s easy, healthy and delicious,” Chef Abry says.

Tuna Ingredients:

- 4 tuna steaks
- 4 tablespoons sesame seeds
- 3 tablespoons olive oil
- salt and pepper

Cabbage bed ingredients:

- 3 cups green cabbage, chopped
- 1 clove garlic, minced
- ¾ teaspoon ginger, peeled and minced
- 3 tablespoons low-sodium soy sauce
- 3 tablespoons rice or red wine vinegar

Bean sprout topping ingredients:

- 1 cup bean sprouts, rinsed
- ¼ cup water chestnuts, sliced in strips
- ½ cup red bell pepper, sliced thin
- ½ cup red onion, sliced thin
- 2 tablespoons olive oil
- 2 tablespoons rice wine vinegar
- ½ lime, juiced
- 1 dash hot sauce
- salt and pepper

Combine and toss all ingredients for bean sprout topping. Refrigerate up to 8 hours.

Sprinkle both sides of tuna with salt, pepper and sesame seeds.

Heat 3 tablespoons olive oil in pan on medium-high. Slowly lower steaks into oil. Sear on each side, 1-2 minutes each side.

Remove tuna from pan and immediately add cabbage, garlic and ginger to pan.

When cabbage starts to brown, add soy sauce. Stir cabbage and add vinegar. Continue to stir. When cabbage has wilted, remove pan from heat. Serve immediately.

To serve, place cabbage on plate, then place tuna on cabbage. Top with bean sprout topping.

Serves four.



Go RED for Good Heart Health

Poached Seacal pears in red wine, seared red tuna steaks and a red-radish salad were among the delicacies served at the St. Tammany Parish Hospital cafeteria to mark the hospital’s first “Go Red for Heart Health” event in February.

The menu represented STPH’s co-educational celebration of the American Heart Association’s “Go Red for Women” campaign to improve heart health through nutrition and lifestyle choices.

At STPH, the cafeteria served dishes rich in naturally red ingredients, including fruits and vegetables high in the nutrient lycopene.

“It was fun to get creative,” says Abry Crosby, STPH executive chef.

Look for more creative—and nutritious—offerings in the cafeteria as STPH Food Services rolls out menus that mark awareness of health issues, such as breast cancer, or simply celebrate specific foods, like National Orange and Lemon Day and National Paella Day.

“These are things that we love to be able to offer our cafeteria guests, and that we definitely want to expand to our patients, too,” says Kathy Hill, department head for Food Services.

Tuna contains omega-3 fatty acids that offer excellent cardiovascular benefits. Red bell peppers are rich in fiber and vitamins C and A. Onions promote good health by helping to keep blood pressure and cholesterol at good levels. . .



A Rich History of Giving

The Nurse Family Partnership at St. Tammany Parish Hospital recently received a vital infusion of support from two Louisiana foundations with a rich history of supporting families in need.

The Harper Family Foundation and the Mitchiner-Gittinger Family Foundation were formed by Frank M. Voelker, Jr., an attorney and father of Frank M. Voelker III, MD. These foundations have long supported social and educational initiatives across Louisiana, from the work of rural churches and schools in Crowville and Lake Providence to children's programs in New Orleans and efforts to support homeless mothers. Dr. Voelker's mother, Virginia, remains involved with the foundations.

In December, the foundations' board expanded its support of families in need through a competitive grant awarded to the Nurse Family Partnership at the STPH Community Wellness Center.

As part of the national, evidence-based Nurse Family Partnership program, STPH nurses trained in obstetrics or pediatrics make twice-monthly, in-home visits to young mothers in the local community before the 28th week of pregnancy through their child's second birthday.

The Nurse Family Partnership does not replace regular prenatal visits or pediatric care. Instead, it augments that care with one-on-one visits to help mothers address individual health and social needs, from meeting

To Dr. Frank M. Voelker III, a Northshore cardiologist, the Nurse Family Partnership offers crucial help to mothers during their babies' first two years of life.



work and education goals to preparing nutritious meals for their families and forming safe and nurturing relationships.

"We help them achieve their hearts' desires for themselves and their children," says Linda Serpas, BS RN, supervisor of the program at STPH.

To Dr. Frank M. Voelker III, a Northshore cardiologist and member of the foundations' board, the partnership offers crucial help to mothers during their babies' first two years of life.

"What better way to help first-time moms than to offer them a nurse to help with that," Voelker says. In the past, young mothers often turned to their families for such support, "but in today's transient society, that is many times not an option," he says.

The Nurse Family Partnership's successful grant application was submitted by the St. Tammany Hospital Foundation to support a range of marketing and educational projects, including efforts to inform Northshore moms-to-be about how the program can help them, says Charley Strickland, executive director of the foundation.

More information on giving opportunities and the St. Tammany Hospital Foundation is available by calling 898-4141.

Pictured above: Dr. Voelker visits with NFP supervisor Linda Serpas at the Community Wellness Center

STPH Breast Center Joins Elite National Group

The STPH Breast Center is one of only 14 centers to achieve National Quality Measures for Breast Centers certification out of a select pool of 200 centers participating in the NQMBC quality measurement program.

Certification requires STPH to submit comprehensive yearly data for auditing by the national group, which provides benchmarks for optimal breast care, says Debbie Fascio, manager of the center at 201 St. Ann Drive, Suite A, in Mandeville.

"This provides an ongoing way to assure our patients that we are providing the best quality of care," Fascio says.

The center provides screening mammograms, ultrasounds, biopsies, diagnostic mammograms and other diagnostic imaging, evaluated by onsite radiologists specializing in breast health.

For more information or to make an appointment, call 612-2100.

Cancer Survivors Day

"I had so many questions, and there were so many experts there to answer them," says Melba Ferina, a Ponchatoula breast cancer survivor, about last year's Cancer Survivors Day at St. Tammany Parish Hospital.

"It was open, informal and wonderful," Ferina says.

June 13 STPH will celebrate the lives of more than 12 million cancer survivors with "Living Through and After a Cancer Diagnosis: A Celebration of Life," a free event open to anyone affected by cancer.

Experts on topics from oncology to nutrition will participate in roundtable discussions and answer individual questions. The 8:45 a.m. to 11:30 a.m. event will be held in the STPH Conference Center. Refreshments will be served.

For more information or to register, call 898-4581 or email ccorizzo@stph.org.

Planning for the Future to Help Loved Ones

While we as Americans tend to shy away from this topic, securing end-of-life plans spares families anguish of making decisions without knowing your true wishes.

"We see desperation among families when patients can't speak for themselves," says Chryl Corizzo, director of the STPH Cancer Resource Center.

STPH participates in National Healthcare Decisions Day to promote this important aspect of life planning. This year, the free event will be April 17, 9 a.m. to 10:30 a.m. in the STPH Conference Center and is open to the public.

The STPH Ethics Committee, physicians and nurses will discuss what patients can do to inform families and care providers about their wishes, from spiritual matters to comfort measures.

For more information or to register, call 898-4581 or email ccorizzo@stph.org.

Calling 9-1-1 Can Save Your Life

In an emergency, do you know what to do? Sometimes, the best action is to come straight to the emergency department at St. Tammany Parish Hospital. But when you need emergency response, use 9-1-1.

Dialing 9-1-1 is the fastest, easiest way to communicate with local police, fire and medical services during an emergency. In St. Tammany Parish, dialing 9-1-1 connects you to the St. Tammany Parish Emergency System.

When people are overwhelmed in an emergency, trying to look up police, fire or EMT phone numbers can waste precious seconds. The universal 9-1-1 system is specifically designed to be easy to remember and easy to use for everyone from children, the infirm and senior citizens to those who have problems with hearing or language. The St. Tammany Parish Emergency System works closely with St. Tammany Parish Hospital and other hospitals and emergency response services including police, fire and ambulance services.

WHEN CALLING 9-1-1, STAY CALM AND GIVE YOUR LOCATION, EMERGENCY AND NAME. LISTEN CAREFULLY TO THE 9-1-1 OPERATOR AND ANSWER ALL THE QUESTIONS. DO EXACTLY AS THE 9-1-1 OPERATOR INSTRUCTS DURING THE COURSE OF THE CALL, AND NEVER END THE CALL UNTIL THE 9-1-1 OPERATOR SPECIFICALLY INSTRUCTS YOU TO DO SO.

Remember 9-1-1 and teach the children in your life how to use this number as well. For more information, contact St. Tammany Parish Communications District, 898-4911.



ST. TAMMANY PARISH HOSPITAL
2008 ANNUAL REPORT TO THE COMMUNITY

St. Tammany Parish Hospital is a not-for-profit community hospital dedicated to delivering world-class healthcare close to home. This mission is central to every action the hospital leadership takes from providing needed programs to expanding medical services.

KEEPING THE COMMUNITY HEALTHY

The St. Tammany Parish Hospital Board of Commissioners, its administration and staff live the mission of delivering world-class care every day. Decisions about the future growth, scope of care and plans for the hospital are guided by that central philosophy. In 2008, STPH provided some \$18.8 million in compassionate community healthcare plus nearly \$21.5 million in uncompensated care to benefit the residents of west St. Tammany, east Tangipahoa and Washington parishes.

At STPH, we believe our community value extends beyond traditional inpatient and emergency care. Compassionate healthcare

includes comprehensive programs that our community needs. Examples of such mission-driven programs include:

- Community educators providing diabetes education and parenting skills training
- A cancer resource center that provides the latest scientific research, free wigs and support groups for those battling cancer
- A community wellness center, which ensures vulnerable populations have access to WIC, Medicaid and LaCHIP plus at-home visits for new moms, immunizations and medical attention
- A hospice program, which delivers the most compassionate palliative care to terminally ill patients

St. Tammany Parish Hospital strives to improve the overall health and wellbeing of our neighbors close to home. In 2008, STPH sponsored the American Heart Association HeartWalk, Council on Aging St. Tammany, Covington Fire Department, the Covington Food Bank and Medical Clinic, Great 100 Nurses, Hospice Foundation of the South, the Junior League programs for children, Louisiana Breast Cancer Task Force, March of Dimes, Safe Harbor Women's Shelter, St. Tammany Healthcare Alliance, United Way and Youth Service Bureau. We also recognize the need to promote healthcare to the next generation by supporting local high schools.

The hospital sponsors, hosts and participates in support groups, educational opportunities, health fairs, screenings and other activities designed to improve our community's health every month of every year. In 2008, STPH employees donated \$240,000 to community organizations, causes and pursuits including our own St. Tammany Hospital Foundation, whose purpose is to ensure STPH will be here for generations to come.

KEEPING THE COMMUNITY SAFE

STPH remains committed to quality. The Joint Commission's National Patient Safety Goals and the federal government's Patients' Perspectives of Care Survey (HCAHPS) are public comparison web sites that enable consumers to compare hospitals by quality and safety goals. We are also proud to report our quality initiatives and accomplishments on our own web site, www.stph.org.

In 2008, STPH invested in hardware, software and extensive training in physician offices, outpatient and inpatient settings throughout the system to strengthen our information technology systems to further protect patients from the possibility of "Never Events." Electronic medical records, medication reconciliation and laboratory bar coding systems combine with highly personalized care at STPH to ensure every patient receives precisely the correct care and every caregiver has precisely the correct information at hand to diagnose and treat today's patients.

Our "Go for 0" campaign at St. Tammany Parish Hospital serves as a constant reminder to everyone throughout the hospital system that winning the fight against the spread of infection is literally in our own

hands. The Centers for Disease Control (CDC) state that hand washing is the single most effective measure for preventing infections. The "Go for 0" campaign aligns St. Tammany Parish Hospital with hospitals and healthcare providers throughout the United States in teaching everyone the power of clean hands and in mitigating infection risks throughout our system. Since the campaign's inception, STPH has continued progress in the goal for our patients to have zero healthcare-associated infections. Our results show that our best practices in place have prevented the spread of infections at our hospital.

HELPING THE COMMUNITY'S ECONOMY

As the parish's largest private employer, STPH is a significant, positive economic force in St. Tammany Parish and the Northshore region, returning dollars into the economy through the purchasing power of the largest hospital in the parish and its employees, whose salaries return dollars to the communities of St. Tammany, Washington, Tangipahoa and surrounding parishes.

Salaries and benefits paid to our staff of 1720 employees topped \$72 million in 2008. Combined with the purchasing power of STPH itself, the total annual return to the local economy through STPH is estimated to be over \$200 million.

Since its founding, our hospital has also made significant investment in the healthcare of this region, including construction and renovation projects, partnerships in economic development projects, contributions to youth programs, medical staff recruitment and retention, and a broad range of charity care programs.

In 2008, STPH opened the \$10 million 4South unit inside the hospital, providing 14 new private patient rooms, which showcase the healing arts including dedicated spaces for patients, families and staff in each room, which help with overall healing. The hospital also opened the \$3.4 million health facility at 80 Gardenia in Covington, which is home to the St. Tammany Physicians Network Covington office and the Sleep Disorders Center. The hospital also began the \$600,000 Riverside and \$10 million Medical Office Building projects adjacent to the main campus to expand office space for physicians and hospital personnel and to improve landscaping and drainage on both sides of Tyler St.

KEEPING WORLD-CLASS HEALTHCARE CLOSE TO HOME

As a not-for-profit community hospital, STPH reinvested its 2008 gains into expansion, community health initiatives and community services, remaining true to our mission by keeping world-class healthcare, close to home.



Philanthropy Makes the Difference in Good Care and Great Care

St. Tammany Parish Hospital Foundation would like to take this opportunity to thank each and every one of our 2008 donors, friends, supporters and volunteers by sharing our outstanding success.

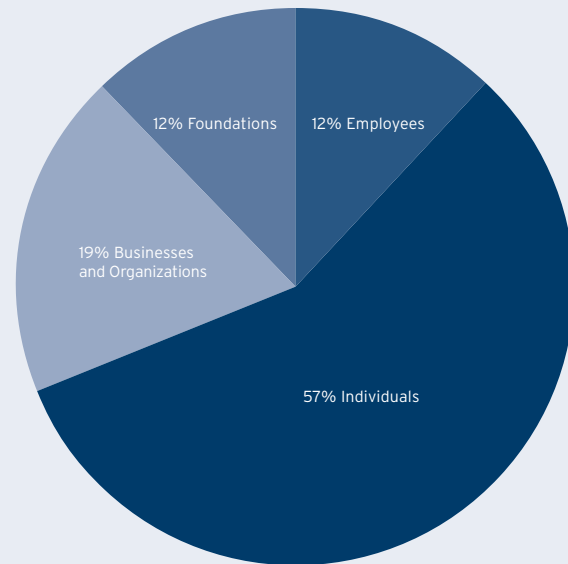
2008 WAS A VERY GOOD YEAR. MORE THAN \$1,346,000 WAS RAISED TO BENEFIT ST. TAMMANY PARISH HOSPITAL INCLUDING \$752,971 FOR HIGH-TECH MEDICAL EQUIPMENT, PROJECTS, PROGRAMS AND CAPITAL IMPROVEMENTS. IN ADDITION, \$593,029 WAS RAISED FOR ENDOWMENT, A LONG-TERM PERMANENT SOURCE OF FINANCIAL SUPPORT FOR THE HOSPITAL.

We recognize our Northshore community for assisting with record-breaking projects including the WE Care Employee Campaign in which more than 850 employees participated, the year-end mailing authored by Harry A. Warner and the 20th Anniversary Monster Mash benefiting The Parenting Center. Of note as well were the second annual Gurney Games and partnership events including the Andy Goodyear Memorial Golf Tournament and Carnaval des Enfants.

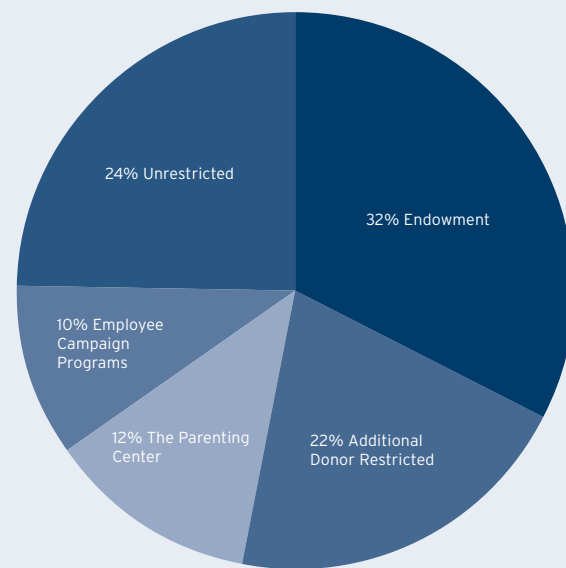
Additionally, major gifts including the naming of the Bryan Burns Family Memorial Chapel, substantial grants from private foundations and two matured bequests made 2008 the best fundraising year ever for the Foundation.

The Foundation is lead by a tireless volunteer group of community leaders and exists to provide a comprehensive program of fund development to supplement, enhance and enrich the programs, facilities and services of STPH. In 2008, the gavel was passed from the first Chairman of the Board, Adrian B. Cairns, Jr. MD, who now serves as Chairman Emeritus, to Kenneth E. Latham AIA.

The Foundation was established in 2003 to sustain the healing work of the physicians and staff of St. Tammany Parish Hospital. The hospital is a self-supporting, not-for-profit community hospital and receives no tax funding. Since its inception through the end of 2008, nearly \$5 million has been raised in support of the hospital. We are pleased to present the following tribute to our 2008 donors.



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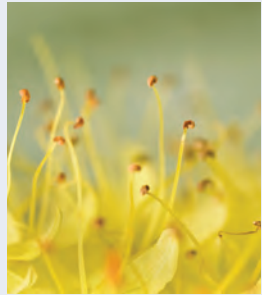
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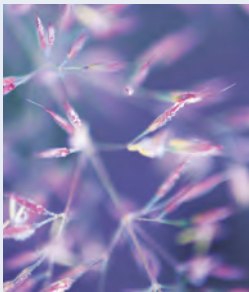
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STPH Calendar Highlights

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.

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

MAY						
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
31						

JUNE						
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				

Infant/Child CPR - (CPR for Family and Friends)

**Apr 7 or May 12, 6 pm to 8:15 pm;
June 20, 9 am to 11:15 am**

STPH Parenting Center

\$20 per person; \$30 per couple. Would you know what to do if your child was choking or stopped breathing? Learn the skills you need to know for these emergencies. Register one week prior to class; Call 985-898-4435

Breastfeeding Support Group

Apr 2, May 7 and June 4; Noon to 1 pm

STPH Parenting Center

FREE. Mothers, babies and expectant mothers join a certified lactation consultant for questions and answers relating to breastfeeding your baby; Call 985-898-4435

Safe Sitter - Baby Sitter Training

**Apr 14 and 15 or Jun 9 and Jun 10;
9 am to 4 pm**

STPH Parenting Center

\$65 per person. For students 11 to 13 years old interested in learning to develop good babysitting skills. Please register early, course fills up quickly; Call 985-898-4435

Family Fun Day

June 6, 10 am

Fontainebleau State Park

FREE. Join other Parenting Center members for a day of fun in the Park. Fishing will also be free, so bring your poles and a picnic lunch for a day of fun; Call 985-898-4435

Mom's Night Out

May 14, 6:30 pm to 8 pm

STPH Parenting Center

FREE. Join other moms for an evening of laughter, relaxation and a little time away. You'll enjoy humor therapy and the opportunity for a free massage. Please bring an hors d'oeuvre to share; Call 985-898-4435

End-of-Life Healthcare Decisions

April 16, 9 am to 10:30 am

STPH Conference Center

FREE. A panel discussion about the importance of making end-of-life healthcare decision before a health crisis arises. The event will coincide with National Healthcare Decisions Day; Call 985-898-4581

Backtalk

**July 1, 8, 15, September 2, 9, 23;
7pm to 9pm**

STPH Conference Center

FREE. A series of classes to help expectant mothers learn about changes during pregnancy and prepare for childbirth; Call 985-898-4083

New Baby Support Group

Thursdays, 11:15 am to Noon

STPH Parenting Center

FREE. Join other mothers and their babies, ages birth to 7 months, to discuss child development and parenting tips with other parents as well as professionals; Call 985-898-4435

Heartsaver CPR

June 2, 9 am to 2 pm

Pine View Middle School

FREE. This is a certified CPR class for camp counselors and 21st Century staff. Please register by 1pm on Wednesday, May 27; Call 985-898-4435

Home School Choices

May 13, 10 am to 11:30 am

STPH Parenting Center

FREE to Members; \$10 per person for nonmembers. Learn from those who know the obstacles and satisfaction of offering your child an education at home. A panel of home school moms will share their experiences that led them to home schooling; Call 985-898-4435

L.E.A.R.N. Start Essentials

April 28, 7 pm to 9 pm

STPH Conference Center

FREE. Learn how to incorporate healthy habits into your lifestyle that will help you to maintain your family's health and fitness. This program was developed by renowned pediatrician Dr. Bill Sears. Please register by 1 pm Friday, April 24; Call 985-898-4083

Stepfamily Parenting

June 25, 6 pm to 8 pm

STPH Parenting Center

\$10 per couple for members; \$20 per couple for nonmembers. This informative session will help stepfamilies thrive as a family. Please register by 1pm Friday, June 11; Call 985-898-4435

True Colors for Parents

May 5, 10:30 am to 11:30 am

STPH Parenting Center

FREE to members; \$10 for nonmembers. Enhance your relationship with your children by better understanding their temperament and learn strategies that work well in disciplining them; Call 985-898-4435

What's Good About Anger?

**April 2, 9, 16, 23, and 30;
6 pm to 7:30 pm**

STPH Parenting Center

\$25 per student for members; \$35 per student for nonmembers. This five-week series for 13- to 16-year-olds deals with the emotion that creates energy and can also create turbulence in relationships. Teens will learn to channel their anger so that it works for them. Space is limited and pre-registration is required; Call 985-898-4435

Single Parenting

June 25, 6:15 pm to 8:15 pm

STPH Parenting Center

\$5 per person for members; \$10 per person for nonmembers. Parenting is hard, single parenting is harder. Join other single parents and learn some ways to make the most of parenting, even when you have to do it alone. Please register by 1 pm, Friday, June 11; Call 985-898-4435

Baby Care Basics

June 2, June 12; 7 pm to 9 pm

STPH Parenting Center

FREE. Learn helpful hints and what to expect when caring for your new baby; 985-898-4083