

Heart to Heart

SPECIAL EDITION *including*
2010 ANNUAL REPORT



MANDEVILLE MOM KNOWS THE GOAL

Annual
mammograms
begin at 40



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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St. Tammany Parish Hospital
Communication Department
1202 South Tyler Street
Covington, LA 70433

commdept@stph.org



RICK OLIVIER PHOTOGRAPHY
THINKA DESIGN & BRANDING



Fleet-Footed Fun and Fundraising in Downtown Covington

Fast-moving teams of animated gurney racers, cheering crowds and a spirit of competition set the tone for the 2011 Gurney Games presented by Fauntleroy Latham Weldon Barré Architects on Sunday, March 27 in the streets of downtown Covington.

The St. Tammany Hospital Foundation's lively annual fundraiser also featured a gurney parade along Columbia Street, music, games, food and racers' poorly concealed (and good-humored) attempts to bribe the panel of judges.

In keeping with a tradition that dates to 2007, gurney racing was the highlight of this family-friendly event.

Teams from hospital departments and local businesses maneuvered colorfully decorated gurneys through the streets in competition for prizes from fastest course time to fan favorite.

Good-natured ribbing between gurney teams added to the lively sense of fun during this afternoon event.

As in the past, gurney teams worked to win over the crowd and influence judges with trinkets and displays of spirited hi-jinks.

Local Northshore businesses played a critical role in the success of this unique local tradition that supports the healing work of STPH physicians, nurses and staff.

Information on the 2012 Gurney Games and other sponsorship opportunities is available by contacting Nicole Suhre at 985-898-4171 or nsuhre@stph.org.

LATHAM FAMILY REMEMBERS *Loved Ones*

Rosemary Barton Pfeffer taught Latin and English in Covington for 40-plus years. Her husband, Philip Emmett Pfeffer, was a local attorney.

Their memory is honored with the naming of an elegant, private room in St. Tammany Parish Hospital's 4South unit.

"They would be so pleased we were able to do this," said daughter Susan Latham, who along with her husband Ken Latham, marked the occasion with a holiday gathering of family at STPH.

"His leadership was invaluable as we set our goals to grow the foundation," said Julia Pearce, 2011 board chair. "We also greatly appreciate the family's generosity in dedicating this hospital room."

4South rooms reflect STPH's Healing Arts initiative, which enhances healing through art and design that contribute to a soothing environment. The rooms feature wood, soft lighting, noise-minimizing flooring and artwork to benefit patients and visitors alike.

**"Ken's leadership
was invaluable as we
set our goals."**

— Julia Pearce
2011 STHF Board Chair

Ten rooms remain available for dedication. Rooms may be named for a tax-deductible donation of \$25,000 and may be payable over five years.

Additional information is available by contacting Charley Strickland at 985-898-4141 or cstrickland@stph.org.



The Latham family from left to right, Daniel, Susan, Ken, Emily and her husband, Barrett Aucoin.



ST. TAMMANY HOSPITAL
FOUNDATION

1202 South Tyler Street
Covington, LA 70433

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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

Peripheral Artery Disease Has Met Its Match

Peripheral artery disease (PAD) can complicate the ability of wounds to heal, especially in diabetics with impaired blood flow to the feet and lower legs.

The Clinic for Wound Care and Hyperbaric Medicine at St. Tammany Parish Hospital recently acquired equipment that provides reliable, early detection of PAD. The Sensilase System quickly assesses levels of microcirculation in tiny blood vessels as well as macrocirculation in large arteries.

The results of the noninvasive procedure provide crucial information about decreased blood flow due and vascular blockages that can impede wound healing. The device also helps to minimize the risk of amputation in diabetic patients at elevated risk of lower extremity wounds.

The Sensilase System, acquired through the generosity of the St. Tammany Hospital Foundation, also helps wound specialists predict which patients are likely to heal without vascular intervention, explained Dr. John Kessels, the clinic's medical director.

"The test is painless and can be done in less than 10 minutes," Dr. Kessels said.

More information about PAD and comprehensive wound care services at STPH is available by calling 985-871-6088.



Charitable Gift Annuities:

Timely Gifts that Benefit both the Donor and the Foundation

Roland J. Hymel, Jr., nationally renowned retired insurance executive and STH Foundation donor, took the time to answer questions regarding charitable gift annuities from Charley Strickland, executive director of the St. Tammany Hospital Foundation.

Who should consider a charitable gift annuity? First, it should be someone with charitable intent; for example, a grateful patient who wants to do something special for the hospital by making a substantial gift to the foundation without reducing their income.

Why is now a good time to consider this type of gift? Since I began my career in 1957, there has never been a time better than right now. Money markets are less than 1% as are short-term certificates of deposit. The market is volatile and investors are looking for guaranteed income. Charitable gift annuities are based on age when the gift is made and are guaranteed for life. For example, for someone 75 years old the rate is 6.4%. You can't beat it!

What are the tax advantages? The donor receives an immediate charitable income tax deduction of about 40% of the gift and around 70% of the annuity income is tax-free.

Can you give me an example? For a person 75 years old who makes a gift of \$10,000 to the foundation, the income tax deduction is \$4,252 and the annual annuity is \$640 with \$463 of it tax-free. Retirees living on savings and retirement income should compare what they're earning to these figures. For example, if the donor invested the \$10,000 in a long-term CD at 3%, he would have an annual income of \$300 and would have to pay income tax on the full amount.

Are there advantages to the donor's estate? The gift amount is removed from the estate.

Any other advice? I like using the required distribution from an IRA to fund a charitable gift annuity. You do have to pay income tax on the distribution, but you get a charitable deduction for the gift. It's practically a wash. I have created a number of gifts of this type. The upside is as you get older each year, you can create a new annuity at a higher rate based on your new age.

For more information on charitable gift annuities, contact Charley Strickland, 985-898-4141 or cstrickland@stph.org.

Unraveling a Mystery Saves a Life

ER doctor looked for clues in making fast diagnosis

Gregory "Hal" Newman was in agony as he arrived at the St. Tammany Parish Hospital emergency department last October.

It was his third visit to an ER in 24 hours, but the back pain that had sent him to the other facilities had only intensified.

Burning with fever of 104 degrees, the athletic, 26-year-old engineer could barely walk. Potent painkillers had done nothing to relieve the stabbing pain that emanated from his lower back.

"I thought I was going to die," Newman said.

Dr. Daniel Jones, STPH emergency physician, looked to clues from Newman's earlier hospital visits to unravel his ailment. He knew that a CT-scan and blood work done hours before at another ER had turned up nothing unusual. The young man insisted that he had not experienced any recent sports injury, meaning a pulled muscle was unlikely.

Newman provided another crucial hint. Three months earlier, he had been treated for a skin infection on his arm. Dr. Jones guessed that staph bacteria related to that episode may have traveled through Newman's blood and lodged in his spine.

Extreme sensitivity in Newman's lower back, coupled with fever, provided further indication that an infection was the culprit, Dr. Jones said.

He ordered MRI to enable a more detailed view of Newman's back. The 3 a.m. diagnostic test confirmed Dr. Jones' suspicions. About an hour later, the reviewing radiologist called Jones to report Newman had a dangerous spinal abscess that put him at risk for paralysis or death.

"Dr. Jones probably saved his life," Jackie Newman said of the doctor's rapid diagnosis of her son's condition.

Dr. Jones arranged for emergency surgery by the first available neurosurgery team nearby. Within hours, surgeons had removed the abscess and part of the bone in Newman's spine.

"It was nice to be able to diagnose what was wrong and get him the help he needed," Dr. Jones said. "Clues from all the hospital visits helped me do that."



Wade Fournier, STPH emergency services nurse manager, stressed the unusual nature of Newman's case and the difficulty of diagnosing a spinal abscess.

"It's the first case like it that I've seen in 15 years in the emergency room," Fournier said. "If it had invaded the bone, he almost certainly would have been paralyzed or died."

Newman made a smooth recovery after surgery, returning to work while still using a portable IV that was removed in December. In the weeks after Christmas, he also returned to the sports field, competing in his first soccer match since before the incident.

"I've returned to sports," Newman said. "All sports."

Mandeville mom knows the goal:

Annual mammograms begin at 40



Michelle Goff wasn't worried during her May 2007 mammogram at the St. Tammany Parish Hospital Breast Center. It was convenience, not worry, which prompted the timing of her test. The 42-year-old Mandeville mother of three scheduled her screening three months before her insurance company would cover it so that she could sync the timing of her annual mammogram with her annual ob-gyn visit.

"It was a fluke that I went at that time at all," Goff said, a fluke that upended her life and underscores the continuing importance of yearly mammograms for women starting at age 40.

At the 2007 screening, Dr. Daniel Rupley, radiologist and Breast Center medical director, found a 1.3-centimeter mass in one of Goff's breasts and immediately ordered a tissue biopsy.

The results revealed an aggressive, fast-growing cancer. Over the next seven months, Goff underwent a lumpectomy and surgery to remove additional breast tissue, and then chemotherapy and radiation.



Son Dwayne Jr., daughters Abigail and Diana, with mother, Michelle Goff.

It was a harrowing period, but one in which support from husband Dwayne Goff, friends and STPH caregivers buoyed her spirits. The STPH Cancer Resource Center provided Goff with wigs, scarves and encouragement after she lost her hair to chemotherapy. She recalls The Breast Center staff telling her to find one thing each day to make her laugh, even during the most draining course of treatment.

"Attitude is huge," said Goff, now 46.

That message sunk in for Goff. Although her treatment made her skin extra sensitive to sunlight, she attended her children's soccer games throughout her treatment, protecting herself with scarves and shade at the edge of the field to make sure she didn't miss any of the action.

She missed just one soccer game from May to December 2007, when tests showed that she was cancer-free. Subsequent diagnostic mammograms at The Breast Center and other follow-up checks have confirmed continuing good health.

For Dr. Rupley, Goff's experience reinforces the importance of yearly screening mammograms for

Michelle recalls The Breast Center staff telling her to find one thing each day to make her laugh, even during the most draining course of treatment.

"Attitude is huge."



women starting at age 40, or sooner for women with higher-than-average risk factors. Detecting the cancer early allowed Goff to pursue less invasive treatment options and enhanced her odds of successfully treating the disease.

"It's not uncommon to find breast cancer in the younger age group, women 40- to 49," Dr. Rupley said. "Mammography, even in this age group, is the one tool that is proven to reduce women's risk of dying from this disease."

Like STPH and most health organizations, the American Cancer Society continues to recommend that women begin yearly mammograms at age 40. In early 2010, the United States Preventive Services Task Force announced that it would no longer support the recommendation of yearly mammograms for women ages 40 to 49—a development that prompted confusion among women and their physicians nationwide.

Northshore primary physicians have continued to stress the importance of yearly mammograms beginning at age 40, said Pam Ballard, manager of The Breast Center. She is optimistic that message is resonating with local women. Following announcement of the task force's 2010 recommendation, the number of screening mammograms at The Breast Center dipped, but subsequently rebounded to expected levels, she said.

"Continuing to have annual mammograms beginning at 40 absolutely saves lives," Ballard said. "I think the community is hearing that message."

It's a message that Goff plans to pass along to her two daughters, now 11 and 13.

"For me, it was the sooner, the better," Goff said.

More information is available by calling The Breast Center at 985-612-2100.

Proof Positive: Early screenings save lives

Starting yearly mammograms at 40 saves lives—a fact reinforced by both St. Tammany Parish Hospital and national figures.

According to the hospital's own tumor registry, 21 percent of breast cancer diagnoses at STPH between 2000 and 2010 were among patients ages 20 to 49. Nationwide, about 25 percent of women who receive a breast cancer diagnosis are younger than 50.

STPH, like the American Cancer Society, recommends that women begin annual mammograms at 40. Most organizations have rejected a 2010 federal task force recommendation that women postpone regular mammograms until age 50, and then have them every other year.

Notably, the United States Preventive Services Task Force acknowledged that mammograms reduce breast cancer mortality by 15 percent in both the 40-49 and 50-59 year-old age groups. Its rationale was that the number of lives saved by mammograms in the younger group was not cost effective.

Cheryl Corizzo, STPH cancer program director, disagrees.

"A majority of women are diagnosed with breast cancer that is early stage, allowing for more treatment options and improved survival outcomes," Corizzo said.

More information is available on STPH tumor registry by calling 985-898-4581.

Foundation Board of Trustees Welcomes New Members for 2011

Four dynamic advocates for St. Tammany Parish Hospital have joined its foundation board as first-time members.

Larry M. Rase Sr. is an executive with Zen Noh Grain / CGB Enterprises. Rase also is chairman of the new Business Leaders Council, created by the St. Tammany Hospital Foundation to strengthen ties with local business leaders.

Richard P. "Dick" Kelley is a long-established donor who has managed an array of business ventures. Kelley is a member of the foundation's Planned Giving Council.

Allyson May Sanderson is an active foundation volunteer with professional fundraising and public relations experience. She has hosted or co-chaired events that raised more than \$340,000 for the foundation over the past three years.



Leveré "Monty" Montgomery Jr. is founder and owner of the Time Saver chain of convenience stores in Louisiana and a founder of 5 Minute Oil Change. He is a longtime donor to the foundation.

"It is our pleasure to welcome these fine community leaders to the ranks of our Board of Trustees. We look forward to the expertise that they bring to our board," said Judge John W. Greene, chairman of the foundation's Governance Committee.

BREATHING EASIER New system gives more accurate lung-function reading



bronchodilators, which are medicines that help open the airways to the lungs to increase airflow.

The new device requires less exertion on the patient's part, an important improvement for small children and adult pulmonary patients who sometimes find traditional spirometry tests difficult to perform, Moore explained.

"It's especially helpful for children and elderly patients, or those with severe pulmonary disease," Moore said.

The new lung-function test is short and easy to perform. The patient breathes passively into a mouthpiece for 20 to 30 seconds at a time, pauses and then repeats the process three to five times. Unlike traditional spirometry equipment, the test does not require maximum "forced" breathing that is difficult for some patients, Moore said.

The pulmonary rehab program at STPH, which is nationally certified by the American Association of Cardiac and Pulmonary Rehabilitation, is located in the Cordes Outpatient Pavilion in Covington.

More information on STPH pulmonary rehabilitation services, including the new lung-function test, is available by calling 985-898-3785 and on YouTube.com STPHNews.

St. Tammany Parish Hospital is offering a new pulmonary function test that provides a more accurate measure of lung function and is easier for patients to use.

The new Impulse Oscillometry System (IOS) offers a more sensitive reading of airway resistance in patients with asthma and other conditions, said Melissa Moore RRT, STPH pulmonary rehabilitation coordinator.

The system uses sound waves to track the volume of air a patient breathes in and out and other subtle measures of airway function. The equipment is especially useful in evaluating the effectiveness of

"I compare myself to a turtle on a fencepost.
You know it didn't get there by itself."

— Glenda Guzzardo



Against All Odds

Bush grandmother recovers from devastating infection, amputation

It wasn't a vicious attack, Glenda Guzzardo says of the dog bite that changed her life.

The mutt that the 65-year-old grandmother found along the roadside near her home in Bush was struggling to give birth in late May 2010 when she nipped Guzzardo's hand.

Guzzardo immediately washed the puncture, and then forgot about the incident after returning to help the dog with the birth.

A week later, Guzzardo was overcome with thirst and aches. Two days after that, her family rushed her to St. Tammany Parish Hospital after she could not get out of bed. Within hours, with her blood pressure plummeting, her body went into septic shock as her organs struggled against virulent bacteria that had entered her bloodstream when the dog bite pierced a bone in her hand.



So began a journey that would change Guzzardo's body but leave her spirit intact. Her six-week stay at STPH reached from the intensive care unit to inpatient rehabilitation, where therapists worked to help Guzzardo regain strength after gangrene forced the amputation of both legs below the knee.

Guzzardo, who also lost her right hand and part of her left, later received care from STPH home health nurses. STPH

occupational and physical therapists traveled to Bush to continue work that began in the hospital and adapted as Guzzardo gained strength and learned to use prosthetic legs.

Those who watched her recovery say her optimism inspired them. "It's one reason she made so much progress," said Kelly Rogers, STPH home health director.

Occupational therapist Debbie Kleis describes Guzzardo as "an amazing lady." Adds physical therapist Jeff Roberts: "Her drive blows me away."

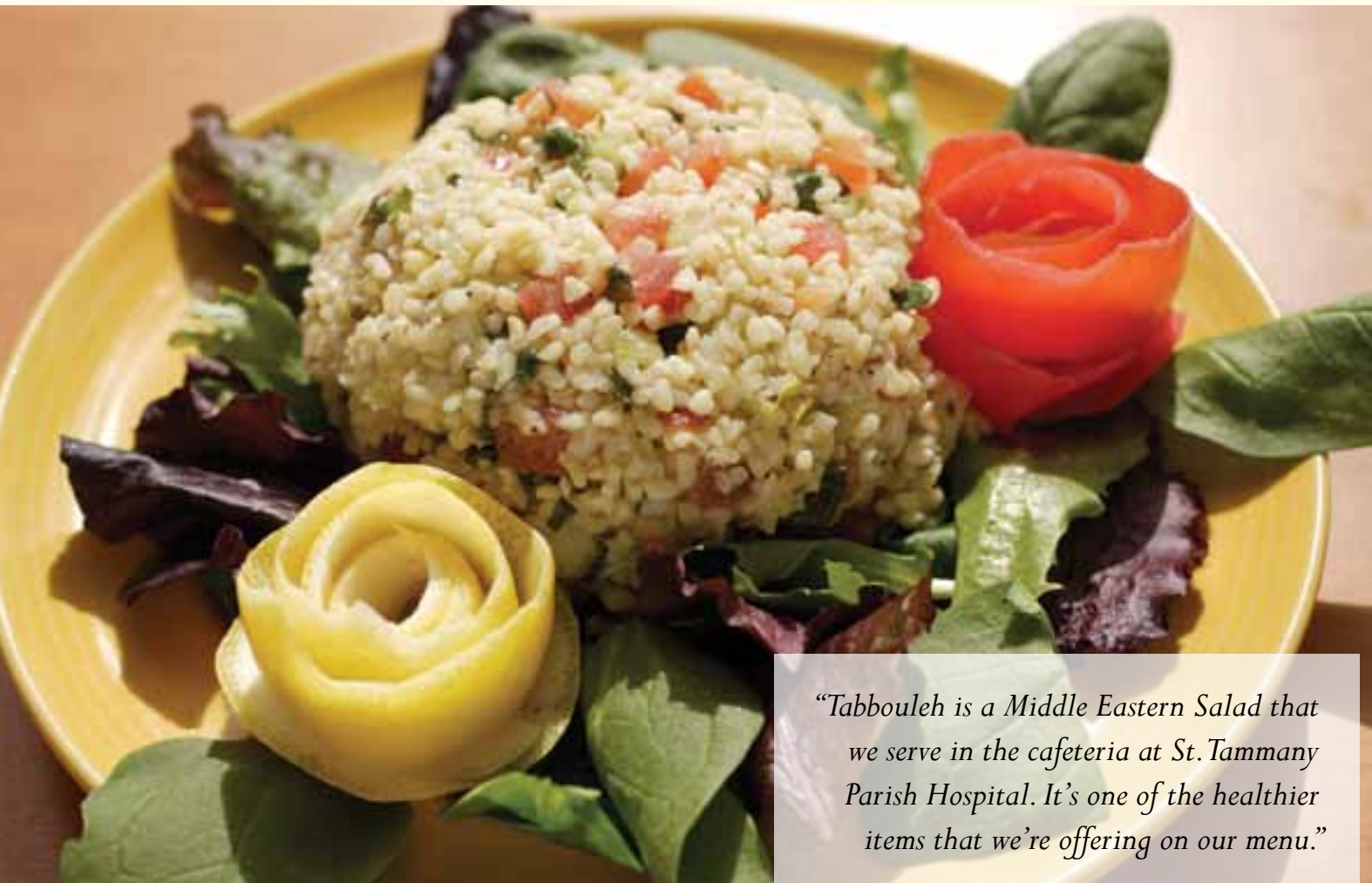
Guzzardo says her recovery hasn't been a solo trip. She credits her family and the dedication of her caregivers. Dr. Daniel Ilie, STPH hospitalist, explained her condition to her, even while she was in an induced coma. Guzzardo says his reassurances helped her confront the news that she had lost her legs and a hand when she regained consciousness.

Dr. Joseph Landers, STPH hospitalist, eased her family's fears through constant communication, she says.

Guzzardo continues to make progress through STPH outpatient therapy. She walks with a walker, uses the computer and does some cleaning. She dreams of more progress, including the chance to one day climb on her riding mower and take care of the yard.

Her spirit is undiminished. Her toddler grandson likes to race his tiny walker against Guzzardo's wheelchair.

"It's been a learning experience for all of us," she says. "I compare myself to a turtle on a fencepost. You know it didn't get there by itself."



“Tabbouleh is a Middle Eastern Salad that we serve in the cafeteria at St. Tammany Parish Hospital. It’s one of the healthier items that we’re offering on our menu.”

Tabbouleh

Chef Bobby Schellhaas

INGREDIENTS:

- 2 cups Bulgur wheat, cracked
- 6 oz. Olive oil
- 2 cups fresh parsley, chopped fine
- 1 cup fresh mint, chopped
- 6 cups diced tomato
- 6 cups diced cucumber
- 6 oz. fresh lemon juice
- 2 tsp. salt
- 1 tsp. black pepper

Stir together bulgur and 1 Tbsp. oil in a heatproof bowl. Pour boiling water over, then cover bowl tightly with plastic wrap and let stand 15 min. Drain in a sieve, pressing on bulgur to remove any excess liquid. Transfer bulgur to a bowl and toss with remaining ingredients, including 2 Tbsp. oil, until combined well.

Delicious is Nutritious in the STPH Cafeteria

As part of its goal to deliver world-class healthcare close to home, STPH strives to provide healthy food options in its on campus dining. STPH Food Service is introducing new menu items that support the federal government’s latest dietary guidelines.

“We’re excited about the opportunity to deliver on the consistent requests from employees, families and visitors to provide healthier fare,” Chef Bobby Schellhaas said. “We’re incorporating leaner meats and vegetable proteins, whole grains and more seasonal fresh fruits and vegetables.”

In December 2010 the USDA and the US Department of Health and Human Services published the 7th edition of the recommended Dietary Guidelines for Americans, with two basic principles: maintain calorie balance over time to achieve a healthy weight; and focus on consuming nutrient-dense foods and beverages.

TEST YOUR SLEEP AT HOME

New convenience in detecting sleep apnea

St. Tammany Parish Hospital Sleep Disorders Center now offers convenient home sleep testing for the most common sleep disorder, obstructive sleep apnea, in which breathing is repeatedly disrupted during sleep.

Laura Weller RRT RPSGT, STPH Sleep Disorders Center coordinator, is enthusiastic about the impact this can have for patients, “because patients that might otherwise refuse testing may see the convenience of being home as all the encouragement they need to agree to be tested.”

Left untreated, sleep apnea can contribute to serious health problems such as stroke, hypertension, abnormal heart rhythm, diabetes or depression. It can also result in low testosterone levels, plus poor performance of daily activities such as work, school and driving.

“Portable screening may be important for those with commercial driver’s licenses, considering upcoming regulations about driving and sleep apnea,” Dr. Lauren Davis, Board Certified Sleep Specialist, said.

Men and women who feel chronic fatigue or have impaired cognitive function, including memory loss, may have a sleep problem. Adults 40 and over who are overweight are at high risk of sleep apnea, as are those with nasal or sinus obstructions, gastro esophageal reflux and other conditions.

The home sleep test monitors pulse rate, oxygen level, air flow and chest movement. Patients take the device home after training by STPH Sleep Disorders Center staff, and then return it to the center the following day. A board certified sleep specialist evaluates the results to determine whether additional testing, including a full sleep study, is needed. The Sleep Disorder Center will work with the ordering physician to schedule any additional testing.

The STPH Sleep Disorders Center is nationally accredited by the American Academy of Sleep Medicine (AASM). All technical staff members are licensed and board registered polysomnographers. The center provides treatment and diagnosis of a full range of sleep problems at its new facility at 80 Gardenia Drive, Suite A, in Covington.

More information is available by calling 985-871-5987.

“Portable screening may be important for those with commercial driver’s licenses, considering upcoming regulations about driving and sleep apnea.”





ST. TAMMANY PARISH HOSPITAL 2010 ANNUAL REPORT TO THE COMMUNITY

As the community hospital for western St. Tammany and surrounding areas, St. Tammany Parish Hospital delivers world-class healthcare close to home on the Northshore. Hospital leadership endeavors to improve and maintain the overall health, safety and wellness of our population through strategic decisions for growth.

A HEALTHY COMMUNITY

The hospital provided a combined \$40 million in uncompensated and compassionate care in 2010, delivering on the promise to care for our community no matter their circumstances. Our compassionate healthcare programs include:

- Inpatient and emergency care for all
- Community education on health, diabetes and parenting
- Support for those battling cancer
- At-home visits for moms, free immunizations, medical attention and registration for government assistance
- Hospice care

We recognize the need to promote healthcare to the next generation by supporting local high schools and partnering with leading education and community organizations including Delgado, the Chamber St. Tammany West, Southeastern Louisiana University and Louisiana Technical College, Sullivan Campus. STPH employees also gave generously, with more than \$150,000 in hospital and employee funds going to local charities whose missions align with ours.

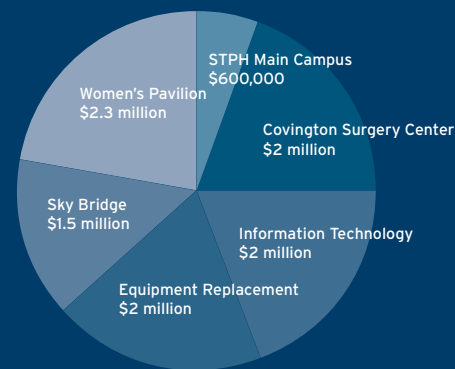
SAFE, QUALITY CARE

In 2010, STPH invested in hardware, software and extensive training throughout the system to strengthen information technology. Electronic communication for staff, physicians and medical offices 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.

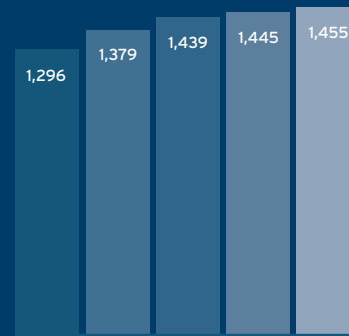
The Joint Commission's National Patient Safety Goals and the federal government's Hospital Consumer of Healthcare Providers and Systems (HCAHPS) enable consumers to compare hospitals by quality and safety goals. We are also proud to report our quality initiatives and accomplishments on our own web site, STPH.org.

KEEPING WORLD-CLASS HEALTHCARE CLOSE TO HOME

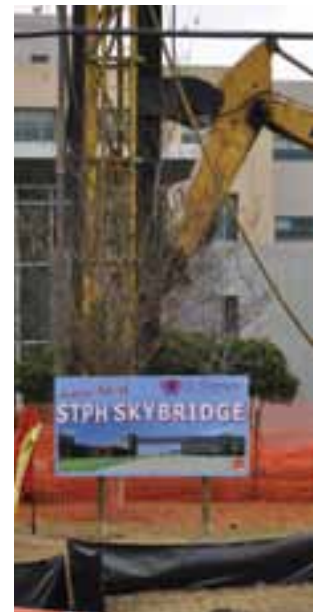
As a not-for-profit community hospital that receives no tax funding, STPH reinvested \$10.4 million in 2010 gains into expansion, health initiatives and community services. In 2010, that annual commitment translated into the opening of a new, expanded Covington Surgery Center in the top floor of the Charles A. Frederick Medical Office Complex across Tyler Street from the hospital. It meant breaking ground on the skybridge that will connect the Frederick Building to STPH. It meant technology and training, digital imaging, new methods of surgical and nonsurgical intervention, elevating the level of care and safety at which care is delivered, close to home.



Capital Spending



Benefits-Eligible Employees





**A GIFT TO ST. TAMMANY HOSPITAL FOUNDATION
IS A GIFT TO OUR COMMUNITY**

St. Tammany Hospital Foundation would like to take this opportunity to thank each and every one of our 2010 donors, friends, supporters and volunteers for being an integral part of raising nearly \$1.2 million in 2010. Your contributions make a difference to the continued health of our community by supporting St. Tammany Parish Hospital. Every gift, no matter how large or small, makes a difference in the lives of our patients.

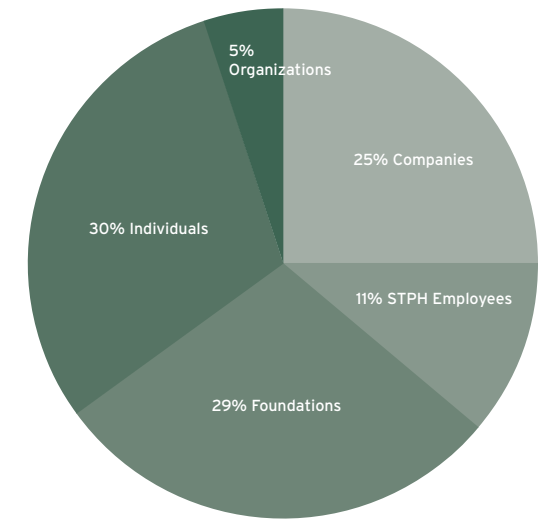
The foundation accepts gifts on behalf of St. Tammany Parish Hospital and works to fund both present and future equipment, program and facility needs. Contributions of any amount are gratefully accepted and may be unrestricted gifts or designated for a specific hospital department or program. Contributions to the foundation are tax deductible with 100% of all gifts benefiting the hospital program or department designated by the donor.

It is through the generosity of individuals, foundations, corporations and organizations that the hospital is able to provide a margin of excellence for its patients. Over 40% of giving in 2010 came from individuals including the St. Tammany Parish Hospital employees who gave nearly \$100,000 back to the hospital and those donors who responded to the heart-felt, year-end letter penned by Kerry Milton, STPH Chief Nursing Officer.

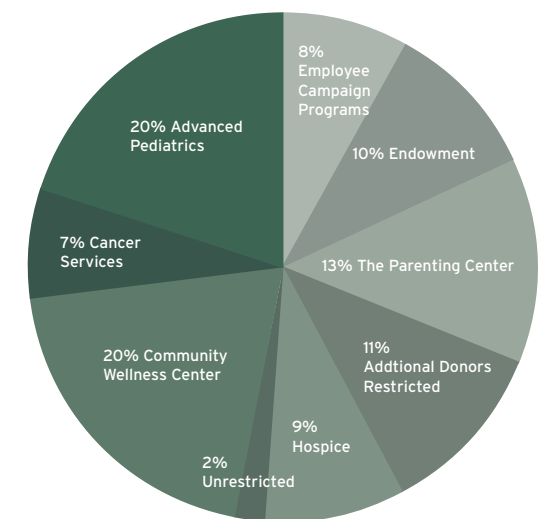
In 2010, private foundations contributed over \$344,000 to the Community Wellness Center's Nurse Family Partnership, the Parenting Center and Hospice as well as other worthwhile endeavors at STPH. Companies and organizations participated by sponsoring events including the Heart, Look and Soul of Fashion, Monster Mash, Gurney Games and Angels of Light. In addition, there were third-party events that benefited the foundation including the Goodyear Memorial Golf Tournament, Dakota Celebrity Bartender Night and the first annual St. Paul's Alumni Crawfish Cookoff.

The foundation was founded in 2003 as a 501(c)3 non-profit organization and is governed by an outstanding volunteer community board striving to develop relationships and financial resources to support the healthcare programs, projects and services of STPH. The hospital is a self-supporting not-for-profit community hospital and receives no tax funding. Now, more than ever, our hospital relies on philanthropic support to provide the cutting-edge equipment and invaluable programs that are so critical to its success.

Our community has given the foundation over \$7 million in support of the hospital's world-class healthcare. Thank you!



Sources of Funding \$1,184,793



Stewardship of Gifts 2010 \$1,184,793

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						
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

MAY						
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						
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		

Youth Stutterer's Support Group

Mondays; 7 pm

Jefferson Speech and Language Center, Mandeville

This group meets weekly to provide support for young people who stutter. 985-237-0270

Safe Sitter - Babysitter Training

April 26 & 27; 9 am to 4 pm

STPH Parenting Center

This 2-day program is for students interested in learning to develop good babysitting skills. 985-898-4435

Free Men's Health Seminar

April 27; 5:30 pm to 7 pm

STPH Conference Center

Dr. Sunil Purohit will discuss a wide range of treatment options for men suffering from an enlarged prostate. 866-432-5274

Smoking Cessation Program

May 3; 11:30 am to 12:30 pm

Paul Cordes Outpatient Pavilion

STPH is partnering with Mary Bird Perkins Cancer Center in Covington to host a free eight-week smoking cessation program. Lunch will be provided. 985-898-4581

That Birds & Bees Talk For Guys

(ages 9 - 12 years)

May 4; 6 pm to 7:30 pm

STPH Parenting Center

\$16/\$20 per parent/child pair. Informative son/parent workshop exploring changes young men experience and wonder of growing up. Registration Required. 985-898-4435

Baby Chat for Siblings

May 7; 10 am to noon

STPH Conference Center

In this fun class siblings of newborns will understand the changes that occur when mom and dad bring home the new baby. 985-898-4083

Using Lamaze Techniques

May 7 thru June 18; 4 pm to 7 pm

STPH Conference Center

Relaxation and pain control techniques will be practiced weekly over a series of 6 classes to help you through the childbirth experience. 985-898-4083

TLC's Derby for Cancer Care

May 7; 4 pm to 7 pm

La Maison, Abita Springs

Join TLC Home Companion Care, Inc. and KC's Babycakes for an afternoon soiree in celebration of the 2011 Kentucky Derby to support Cancer Services at St. Tammany Parish Hospital. 504-715-3656

Look Good, Feel Better

May 12; 6:30 pm to 8 pm

Paul Cordes Outpatient Pavilion

Certified professional cosmetologists demonstrate beauty tips to enhance your appearance and improve your self-image during cancer treatment. 985-898-4481

Boot Camp for New Dads

May 21; 9 am to noon

STPH Conference Center

Experienced dads offer their knowledge and demonstrate their parenting skills to new fathers. 985-898-4083

Free Prostate Cancer Screening

June 11; 9 am to noon

Bogalusa

For men who have not been screened in the last 12 months; includes a physical exam by a physician and a PSA blood test. Reservation required. Co-sponsored by St. Tammany Parish Hospital and Mary Bird Perkins Cancer Center. 985-898-4581

Children In The Middle - Children's Version (Ages 6-12 Years)

June 13 & 20; 7 pm to 9 pm

STPH Parenting Center

\$10. For children of parents participating in, or who have previously completed the "Children In The Middle" series. Register by 1 PM, Friday, June 10. 985-898-4435

Baby Care Basics

June 14; 7 pm to 9 pm

STPH Conference Center

Attend this 2-part series to learn how to care for your newborn. 985-898-4083

CPR for Healthcare Providers

June 18; 9 am to 1 pm

STPH Conference Center

This is an initial class for healthcare providers who require certification in basic life support (CPR). 985-898-4083

Breast Cancer Screenings

June 23; 9 am to 2 pm

TBA-Mandeville

STPH, Mary Bird Perkins Cancer Center and Woman's Hospital are co-sponsoring free clinical breast exams for women 18 and older and screening mammograms for women 40 and older (free for women without insurance). 888-616-4687