



St. Tammany
PARISH HOSPITAL

SPECIAL EDITION *including*
2012 ANNUAL REPORTS



EMERGENCY

STPH Planned Expansion Clears Milestone

Project Reflects Changing Community Needs



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

Our Mission

A full-service acute care facility committed to providing world-class healthcare and the latest technology, St. Tammany Parish Hospital delivers today's life-improving procedures with the utmost care to area residents with emphasis on wellness, preventive care and disease management close to home. STPH is a self-supporting not-for-profit community hospital; it receives no tax funding. STPH.org

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St. Tammany Parish Hospital
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St. Tammany Hospital Foundation is Raffle-House Beneficiary

St. Tammany Home Builders Association selected St. Tammany Hospital Foundation as one of four local charities to share proceeds of the 2013 "Raising the Roof for Charity" Raffle House fundraiser.

This is the STH Foundation's first time as a beneficiary of the raffle, which has distributed more than \$4.3 million to local charities since 1994.

"The foundation is pleased to have been selected as one of the charities to benefit from the raffle house proceeds," said Nicole Suhre CFRE, STH foundation specialist. "We look forward to working with the St. Tammany Home Builders Association and the other charities involved to promote the house and sell as many tickets as we can to support these important local causes."

Tickets are \$100 each and only 7,500 can be sold.

The hospital foundation is competing with other selected charities for ticket sales. The organization that sells the most raffle tickets will benefit from the largest portion of proceeds.

The winner of the two-story, four-bedroom raffle house under construction in the Maison du Lac subdivision will be announced June 1. The courtyard-style home is valued at \$525,000 and has more than 3,000 square feet of living space.

Other valuable prizes will also be given away, including \$2,500 in cash and iPads. Tickets are available online at www.sthfoundation.org/rafflehouse or by calling Suhre at 985-898-4171.

The organization that sells the most raffle tickets will benefit from the largest portion of proceeds.

Tickets may also be purchased at the St. Tammany Hospital Guild Gift Shop, Northlake Medical Supply, the Northshore branch of Bank of New Orleans, Pelican Athletic Club, Honda of Covington, Francos, The Oasis Day Spa, the STPH Women's Pavilion, STPH Paul D. Cordes Outpatient Pavilion at all locations of St. Tammany Physicians Network.

MAN ON A MISSION

Kendrick Brings Global Insights to Foundation Board

Rock Kendrick has canoed rivers and hiked remote mountains as part of medical mission teams in India, Guatemala and post-earthquake Haiti.

Now Kendrick brings his passion for service and healthcare excellence to St. Tammany Parish Hospital as the newest member of the St. Tammany Hospital Foundation Board of Trustees. He has a personal connection to the hospital, as all three of his grandchildren were born in the STPH New Family Center.

"A strong community hospital benefits me, my children and grandchildren. I want it to benefit my grandchildren's children, too," said Kendrick, a respiratory care practitioner and co-owner with his wife, Susan, of Northlake Medical Supply Inc. in Covington.

A former U.S. Marine, Kendrick has served as president of the Council on Aging St. Tammany, is a board member of the Fellowship of Christian Athletes and is a Deacon at First Baptist Church in Covington. Special operations medical missions to third world countries, organized by First Baptist Church and the International Mission Board, are his passion. This perspective combined with his earlier work performing operational reviews at hospitals throughout the United States has given him insight on the quality of care at STPH, he said.

"Having a community hospital of St. Tammany's caliber is something you don't see in a lot of small communities. It's something that elevates our community to a higher level."

Additional information about the foundation, including ways to support its work, is available by contacting Executive Director Charley Strickland at 985-898-4141 or cstrickland@stph.org.

"A strong community hospital benefits me, my children and grandchildren. I want it to benefit my grandchildren's children, too."

— Rock Kendrick



ST. TAMMANY HOSPITAL
FOUNDATION

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Covington, LA 70433

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www.sthfoundation.org

Our Mission

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

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Better Breathing: Smoking Cessation is STPH Priority

“We provide a place where people can go to develop the skills that will allow them to quit.”

— Darla Steadman, STPH Respiratory Therapist

Photo from left to right: Certified Tobacco Treatment Specialists Cheraine Agoff RRT, Missy Moore RRT (pulmonary rehab coordinator), Mary Vegas CRT, Darla Steadman CRT and Stacy Lanoux RRT

Stopping tobacco use is the only way to significantly reduce the health dangers posed by its use, including lung cancer and other smoking-related diseases. But taking that step is famously tough: The average smoker tries to quit as many as eight times.

“It’s not just a habit but an addiction, so effective treatment needs to reflect that,” said Darla Steadman, STPH respiratory therapist. “We provide a place where people can go to develop the skills that will allow them to quit.”

St. Tammany Parish Hospital continues to expand the reach of its tobacco-cessation efforts, including the series, Living Tobacco Free, a program of Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. This grant-supported, nine-week program is free and open to the public. It provides support and education to participants through weekly sessions that reflect proven strategies for tobacco treatment.

STPH respiratory therapists who have received training as tobacco treatment specialists lead the sessions. Once-a-week classes are positive and supportive, covering topics from emotional triggers and tobacco-replacement options to health dangers and coping with “slips” while trying to quit.

The reach of Living Tobacco Free continues to expand with new lunch and evening classes, making participation easier for local residents’ work schedules. This spring, employee classes kick off in response to the hospital’s first comprehensive assessment of employee health needs. The program is also doubling the number of respiratory therapists with tobacco-treatment certification.

STPH respiratory therapists also continue to reach out to inpatients with information about quitting options and outreach after patients return home.

Upcoming Living Tobacco Free classes include both daytime and evening sessions, June 4 to July 30 and Sept. 10 to Nov. 5. Daytime sessions are noon to 1 pm at the Paul D. Cordes Outpatient Pavilion. Evening classes are 5:30 to 6:30 pm in the Abita Room of the STPH Conference Center on the main campus.

Information and program registration are available by calling 985-898-4468.

STPH Planned Expansion Clears Milestone

Project Reflects Changing Community Needs



St. Tammany Parish Hospital cleared a milestone in its planned \$21-million expansion of emergency services and private patient rooms after receiving approval of variances related to the construction project.

The City of Covington in February approved three variances sought by STPH, clearing the way for a planned third quarter 2013 start of construction.

The expansion represents the biggest project of its kind at STPH in more than a decade and will take three years to complete. It reflects the changing needs of fast-growing Northshore communities in STPH’s service area, which is among the fastest growing regions in the state.

Notably, the largest local population increases are among adults ages 35 to 54 and children from newborn to 14 years old, according to 2010 U.S. Census figures. Parish and state statistics likewise indicate that St. Tammany Parish has one of the highest rates of mental health crises in Louisiana, including high rates of emergency care related to alcohol and drug use and suicide attempts.

To meet these changing population needs, STPH will expand the emergency department by about 8,600 square feet on 11th Avenue. The project will create new space devoted to the emergency care of trauma, pediatric and psychiatric patients, and increase the number of treatment rooms in the emergency department from 20 to 30. Overall emergency services at STPH will expand to 28,000 square feet.

The expansion will also boost the number of private patient rooms in STPH’s surgical unit by 10 beds. Twenty-one new private medical/surgical rooms will be added to the hospital’s third floor as 11 first-floor patient rooms are eliminated to make room for expansion of emergency services.

The additional private rooms will be known as 3North, and will feature soothing amenities to enhance a healing environment that promotes the well-being of patients, families and caregivers.

Straight from the Heart, & Close to Home

WORLD-CLASS CARDIOLOGY CARE IS CORE PROGRAM AT STPH



“Most outpatient diagnostic centers don’t have this array of specialists on-site. We see it as a way to differentiate our level of care for the patients we serve,”

— Melonie Lagalante, STPH director of outpatient diagnostics

Providing excellent heart care to the Northshore community is a top priority at St. Tammany Parish Hospital. Our expert cardiology staff, using state-of-the-art equipment, delivers the full spectrum of outpatient and inpatient cardiac, thoracic and vascular diagnostics, procedures and rehabilitation.

“Nearly all high-level cardiac procedures can be done here at St. Tammany Parish Hospital,” said Dr. Hamid Salam MD, Covington cardiologist. “The hospital has sophisticated equipment and highly skilled medical teams.”

STPH continues to earn distinction for quality cardiac care, including earning accreditation as a Chest Pain Center with PCI from the Society of Cardiovascular Patient Care. This kind of national recognition sets STPH among hospitals with the highest level of expertise in percutaneous coronary intervention (PCI or angioplasty).

“Our cardiac program is something that we value highly, and providing comprehensive cardiac care will continue to be a strong element of our commitment to the community,” said Sharon Toups, STPH chief operations officer.

The wide range of diagnostic, interventional and rehabilitative services the hospital provides can be found in locations from the outpatient diagnostic centers to the main hospital and the West St. Tammany YMCA.

Certified CT technologists utilize the 64-slice CT scanner at the Paul D. Cordes Outpatient Pavilion in Covington for high definition, three-dimensional imaging including calcium scoring and CT angiography (CTA). These diagnostics enable cardiologists to determine calcium levels in coronary arteries and to noninvasively view blockages. The pavilion’s on-site radiologists enable use of the team and technology for CTA at the convenient outpatient setting, unique in the area.

The Cordes Pavilion is also home to Northshore clinics of subspecialists from Tulane Medical Center and Children’s Hospital New Orleans, including pediatric cardiologists.

“Most outpatient diagnostic centers don’t have this array of specialists on-site. We see it as a way to differentiate our level of care for the patients we serve,” said Melonie Lagalante, STPH director of outpatient diagnostics.

Both the Cordes Pavilion and STPH Mandeville Diagnostic Center offer EKG and related labs, plus echocardiograms, Holter and Coumadin monitoring at Cordes.

If diagnostic testing reveals a high risk of blockage, patients proceed to the next level of care, cardiology services at the main hospital’s cardiac catheterization labs. Here, minimally invasive procedures enable cardiologists to locate and open blockages without surgery.

The hospital’s accredited cardiac rehabilitation program further exemplifies STPH’s commitment to restoring patients’ overall health and well-being. The multistep program guides patients through reconditioning exercises that rebuild the strength of the heart after an acute cardiac event such as surgery, stent placement or heart attack, or for other diagnoses including arrhythmia, heart failure or stable angina.

The hospital’s unique partnership with the West St. Tammany YMCA allows patients to continue cardiac conditioning even after transitioning from the outpatient program. The program includes health and wellness components that address nutrition and lifestyle choices as a means of maintaining good health.

“We want our patients to achieve and maintain the strength they need for a productive, independent life,” said Shannon Holley, STPH catheterization lab/cardiology supervisor. “Helping patients regain a high quality of life is part of the cardiac care we provide.”



Living4Burke Screening Planning Committee

Burke Cobb was a vibrant, athletic 14-year-old looking forward to playing high school football when he died of sudden cardiac arrest in July 2012.

The athletic teen was playing a pick-up game of basketball with friends, after football practice, when he collapsed and died. After his death, his family learned that he had an undiagnosed heart disease known as hypertrophic cardiomyopathy (HCM), a thickening of the heart muscle that can cause sudden cardiac arrest. In most cases, children with HCM, do not have symptoms.

Burke’s family is working to educate the public about the risk of Sudden Cardiac Arrest in the young and the benefits of screening student athletes for signs of the disease through Echocardiograms, EKGs and blood pressure checks.

STPH leaders and the Living4Burke Foundation are working in partnership to make cardiac screenings more widely available to young athletes. Sudden Cardiac Arrest is the leading cause of death among student athletes. It is estimated that SCA claims the lives of 10,000 children every year. Up to 90 percent of sudden cardiac arrests in young athletes occur during, or shortly after strenuous activity. Educating coaches and parents about the disease is a key goal, explained Kristen Simpson, Burke’s aunt and a director of the Living4Burke Foundation.

“We support the mission of Living4Burke and look to partner with them to increase awareness and screening opportunities,” said Sharon Toups, STPH chief operating officer. Added Simpson: “Our goal is to prevent this tragedy from happening to another family.”

To schedule a screening, call 985-871-5665.



“We want our patients to understand what care we are providing and to what purpose. We also know patients need to know how their insurance or payor may view the visit.”

– Elaine Ward RN

Clinical Decision-Making: *Observing Patients in Transition*

Patients who arrive at St. Tammany Parish Hospital’s emergency department with chest pain, neurological symptoms or other emergencies are sometimes in the hospital “for observation” up to 23 hours.

But it is important to understand that time spent in observation is different from being admitted into the hospital as an inpatient.

In fact, a patient who spends the night in the hospital “for observation” is still receiving what is defined as outpatient care under Medicare rules that providers follow. That definition is critical, because the patient’s financial responsibility may vary depending upon a patient’s health insurance.

“Being in the hospital for observation provides time for the physician and staff to gather sufficient data, which enables the physician to determine whether the patient needs the inpatient setting or can be released home,” explained Elaine Ward RN, head of utilization management.

During observation, physicians may order tests or other assessments, and the patient may receive certain medical treatments, all with the goal of determining the best care setting for the patient.

The term “observation” can be especially confusing for patients who spend the night in the hospital and assume that means they are inpatient, said Ward.

“They need to understand that being in the hospital ‘for observation’ is a medical-billing term with a specific meaning, and that they are not admitted even if they spend the night here,” she added.

In fact, patients must meet established medical criteria to be admitted as an inpatient for medical-billing purposes, said Sharon Toups, STPH chief operating officer.

It is up to the physician to determine whether a patient meets criteria and should be transferred to an inpatient unit, or whether the patient is well enough to return home, Toups said.

Patients who are confused about the level of care they are receiving during their stay should feel comfortable asking about their status, said Ward.

“Patients who are uncertain can ask their physician or nurse about the level of care,” she said. “We want our patients to understand what care we are providing and to what purpose. We also know patients need to know how their insurance or payor may view the visit.”

If you or a loved one have questions about clinical decision-making, please contact Elaine Ward, 985-898-4443.

Photo: Utilization managers Teresa Savoie RN and Tricia Ross RN discuss a patient’s plan of care with nurse manager Mathilde Lyon RN and the patient’s nurse Karen Williams RN.

Type II Diabetes & Pre-Diabetes

by Dr. Michelle Fish, St. Tammany Physicians Network



Did you know that there are over 25 million people in the United States that have diabetes? Most have Type 2 Diabetes, and 7 million of them don’t even know they have it. What’s even more alarming is that there are another 70 million people with pre-diabetes, a condition in which blood sugar levels are higher than normal but not yet high enough to be classified as diabetes.

Uncontrolled diabetes can lead to many serious health problems, including heart disease and stroke. It is also the leading cause of kidney failure in the U.S and a leading cause of both adult-onset blindness and lower-limb amputations.

Before people develop Type 2 Diabetes, they almost always have pre-diabetes. Recent research has shown that damage to the body caused by diabetes, especially in the heart and blood vessels, may already be occurring during this pre-diabetes phase.

Should You Be Screened?

The current recommendations are for all adults over the age of 45 to be screened for diabetes/pre-diabetes. Also, anyone under the age of 45 with at least one of the following risk factors should be screened.

- + Overweight or obese
- + Physical inactivity
- + History of high blood pressure
- + History of high cholesterol
- + History of diabetes in pregnancy
- + Family history of diabetes
- + Being of a high-risk ethnicity such as African American, Native American, Hispanic or Asian

Like many other diseases, early detection can lead to early treatment and therefore reduce the risk of serious complications. The current recommendations are for all adults over the age of 45 to be screened for diabetes/pre-diabetes. Also, anyone under the age of 45 with at least one of the following risk factors should be screened:

- Overweight or obese
- Physical inactivity
- History of high blood pressure
- History of high cholesterol
- History of diabetes in pregnancy
- Family history of diabetes
- Being of a high-risk ethnicity such as African American, Native American, Hispanic or Asian

Additionally, anyone that is experiencing symptoms of high blood sugar levels such as increased thirst or urination, fatigue, nausea, or change in vision should also be tested for diabetes.

Luckily, there are several screening tests that can determine if you have diabetes

or pre-diabetes. These include a fasting glucose level, the glucose tolerance test and the newest accepted form of diagnostic testing, the Hemoglobin A1C test. Advantages of the Hemoglobin A1C test are that it is quick and doesn’t require fasting prior to testing. Your doctor can determine which test is right for you.

Diabetes can be a life threatening disease if left untreated. The good news is there are things that you can do prevent or delay the development of diabetes and its complications.

People diagnosed with pre-diabetes can prevent the development of diabetes with lifestyle changes including a healthy diet, being physically active and managing weight with or without medication therapy. For people who have diabetes at the time of diagnosis, those same lifestyle changes and often the early start of medication therapy can keep the blood sugar, and disease, under control. This can prevent many of the serious complications and allow someone with diabetes to live a happy, healthy, active life.

If you or a loved one has symptoms or concerns, consult Dr. Fish or any of her colleagues at Covington, Mandeville or Madisonville locations of St. Tammany Physicians Network, 985-898-4401.

Funds Granted to Foundation for Hospital Projects

St. Tammany Hospital Foundation received substantial grants in 2012 from the Harper Family Foundation and the Mitchiner-Gittinger Family Foundation as well as Pfizer, Inc.

The family foundations are in the fourth year of granting funds to the Nurturing Skills for Families series at the Parenting Center of St. Tammany Parish Hospital. A family-centered initiative, this proven program is internationally recognized for enhancing self worth, empathy, discipline and empowerment. Classes provide parenting lessons tailored to meet the specific needs of the family and include children of all ages attending with both parents by having sessions in the evening.

“Parents attending our classes requested the addition of monthly support group meetings to practice the interventions they learned,” said Lori Cage, director of the Parenting Center. “Monthly support groups allow parents to engage their children using their new nurturing parenting skills. Parents are coached to reinforce successful behaviors and learn how to play with their children which leads to long-term sustained positive behavior changes.”

The mission of the Parenting Center is to promote confidence and competence in parents, encourage optimal child development and enhance the well-being of the family. For more information on Parenting Center classes and activities, call 985-898-4435.

Pfizer, Inc. offers support for health care quality improvement initiatives through medical education grants. St. Tammany Parish Hospital Respiratory Services department was awarded a two-year grant at the end of 2012 to develop a comprehensive, evidence-based tobacco cessation education process to assist our clinical staff, respiratory therapists, nurses, case managers, care coordinators and physicians in helping reduce tobacco use in our in-patient population.

“We were recently informed that the STPH Respiratory Services Department was one of 201 applicants requesting funding from Pfizer. Of that number, 39 were granted funds,” said Lisa Kinler, department head. “We are the only grantee in Louisiana.”

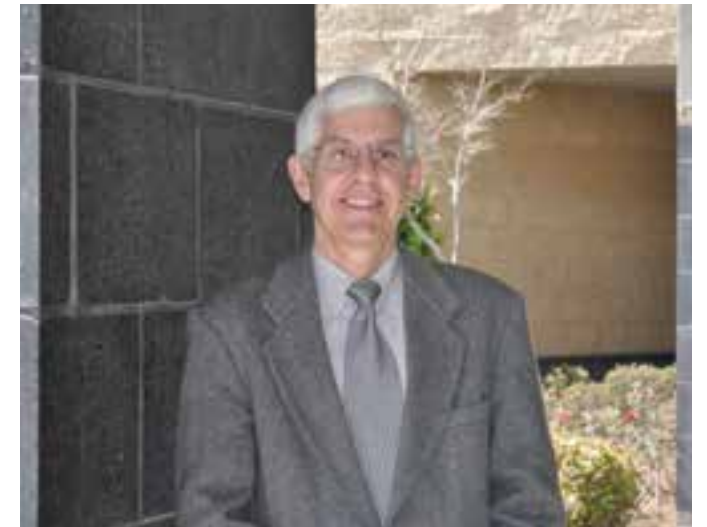
The primary goals of this project are to increase the number of patients who are counseled for tobacco use while in the hospital, who receive FDA approved tobacco cessation medication and who are referred to evidence-based out-patient counseling programs upon discharge.

The foundation accepts gift from individuals, businesses, corporations, organizations and foundations. To benefit the hospital through the foundation, contact Charley Strickland at 985-898-4141 or cstrickland@stph.org.



“Factors that suggest inherited risk include multiple cases of cancer in a family, or diagnoses before age 50.”

— Duane Superneau MD



UNDERSTANDING GENETIC CANCER RISK Tests Can Determine Inherited Risk of Certain Cancers

Shannon Arnold knew breast cancer ran in her family. Her mother had survived the disease. At least four of her mother’s aunts had been diagnosed with it.

But the Northshore third-grade teacher and mother of two did not truly understand the nature of her risk until after her own diagnosis with breast cancer in 2006, when she was in her early 40s.

While undergoing chemotherapy, Arnold sought genetic cancer testing at St. Tammany Parish Hospital, which ultimately revealed a mutated gene, BRAC2. Armed with the knowledge that she was at higher risk of breast cancer, Arnold had bilateral mastectomy in 2007.

Arnold’s mother and father also underwent genetic cancer testing after her diagnosis. That testing showed what they suspected: Arnold had inherited her elevated risk from her mother.

Genetic counseling is offered through Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital. Patients often want to learn about possible genetic risk if there are multiple incidences of cancer in their family or after their own diagnosis, explained geneticist Duane Superneau MD.

Only 5 to 10 percent of cancers are hereditary, so it is important to determine if genetic testing makes sense for an individual patient, said Dr. Superneau. To establish that, he works with patients to build a family tree that details cancer diagnoses. Factors that suggest inherited risk include multiple cases of cancer in a family, or diagnoses before age 50, Dr. Superneau said.

There are limits to what the tests can tell you. The tests only check for mutations linked to certain cancers, such as breast, uterine, ovarian, colon and melanoma. And a family history may show that a person won’t benefit from genetic testing because cancer in their family does not have a genetic link.

It’s also important to understand that a positive result does not mean an individual will get cancer, only that their risk is higher than the general population. But a positive result can shape decisions about treatment or determine the frequency of health scans to monitor for signs of disease, Dr. Superneau said.

Knowing her genetic risk prompted Arnold’s mastectomy six years ago. It continues to impact how her physicians care for her and how she cares for herself

Because she is at higher risk for skin cancer, she avoids the sun. The BRAC2 gene she carries also puts her at elevated risk for pancreatic cancer, so she undergoes scans of her pancreas each year.

She will encourage her children to be tested when they turn 18.

“You have to be an advocate for yourself,” Arnold said. “This is information to help you make decisions about your life.”

More information is available at 985-898-4581.



The Northshore's Health System

The governing board and administrative leadership of St. Tammany Parish Hospital work closely together to plan and grow your community hospital to ensure it meets its mission to deliver on the promise of world-class health care to residents of western St. Tammany and surrounding areas.

2012 represented a challenging year in health care. The federal Patient Protection and Affordable Care Act (PPACA) presented a new environment for health care institutions nationwide. At the state level, hospitals saw Medicaid funding once again on the chopping block in the 2012 legislative session. Despite this climate, St. Tammany Parish Hospital, a not-for-profit community hospital that receives no tax funding, continued its longstanding commitment to the community.

“We cannot stagnate our strategic plans for growth when we see the growing demographic indicators pointing clearly to the kinds of health care services our residents need,” said CEO Patti Elish.

Total patients using services throughout the system were on the rise in 2012. Patients and national organizations alike identified St. Tammany as an exceptional place to seek care and to work. With patient satisfaction scores among the best in the nation as measured by Press Ganey, WomenCertified recognized St. Tammany among the nation's best hospitals for patient experience, and the hospital was once again among *New Orleans CityBusiness'* Best Places to Work.

President and CEO Patti Elish was named that publication's Woman of the Year, and three STPH employees earned recognition as Health Care Heroes.

2012 was an exceptional year for quality and safety with launch of computerized physician order entry (CPOE) and introduction of entirely new orthopedic and neurosurgical operating suites. Health care acquired infections and patient falls are even further reduced for 2012. The federal measures called HCAHPS scores are up over prior year, with patients reporting higher overall satisfaction and increased scores in communication, the care environment and pain management.

“We consider the most compelling measure of the patient experience to be the number of patients who say they would recommend us for their own family or friends,” Elish said. “We are in the top 15 percent in the nation as well as leading the Northshore and state.”



Another achievement in 2012 focused upon STPH's fiscal reputation. In 2012's volatile health care financial environment, your community hospital maintained A and A- bond ratings from Fitch and Standard & Poor's. As part of its commitment to reinvest gains into its caring mission, STPH provided a combined \$32 million in uncompensated and compassionate care in 2012, delivering on the promise to care for our community no matter the circumstances. Compassionate health care programs include:

- + Inpatient and emergency care for all
- + Community education on health, diabetes and parenting
- + Cancer resources and support
- + At-home visits for new moms
- + Free immunizations, medical attention and registration for government assistance
- + Hospice care

St. Tammany Parish Hospital continued its longstanding commitment to the community with \$175,000 in fundraising and sponsorship for fellow not-for-profits whose missions closely align with ours. Our own hospital foundation plus local schools, health, wellness and community organizations including west St. Tammany public, private and parochial schools; American Diabetes Association, American Heart Association, Children's Advocacy Center, Council on Aging St. Tammany, Covington Food Bank, Hospice Foundation of the South, NAMI, New Heights Therapy Center, Northshore Families Helping Families/Access, St. Tammany Cancer Fund, St. Tammany West Chamber, United Way, Youth Service Bureau and YMCA West St. Tammany.

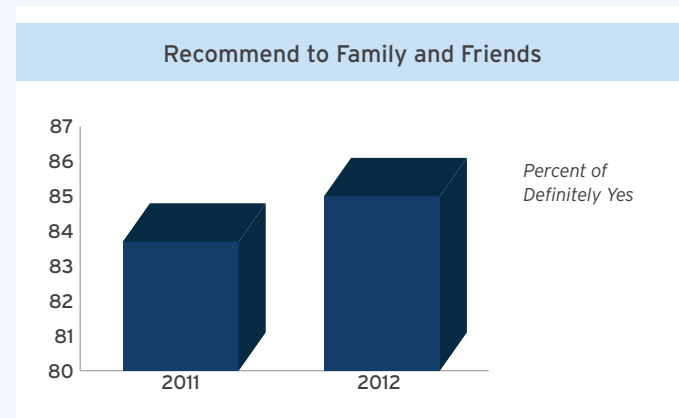
Your community hospital grows to serve the community's regional health system needs. 2012 brought new outpatient services in new locations throughout the service district. Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital launched midyear, the culmination of a 15-year partnership of the Northshore's two most

trusted names in cancer care. Home Health and Hospice relocated headquarters closer to the main campus. The hospital opened a new outpatient diagnostic center in Mandeville to expand the convenience, quality and safety of the Cordes Outpatient Pavilion into the south market; and pediatrics and primary care reached the furthest edges of our western market with the launch of St. Tammany Physicians Network Madisonville location.

Study and planning advanced in 2012 on long-term goals that continue into future years. Our plan examines the realities of our current health care industry in concert with what we predict for the population we serve. Our focus is mission-driven, with quality and safety on the forefront. Our commitment is to grow and expand in a manner that ensures our region has the health care it needs close to home. That focus will include beginning construction in 2013 on a new inpatient unit (3 North) and expanded emergency department to better match the population of western St. Tammany, including dedicated pediatric care.

Overall, 2012 was another step forward in the long-term strategic plan for growth at St. Tammany Parish Hospital. What federal regulations, particularly PPACA, will mean to residents of west St. Tammany and surrounding areas by the time of full implementation is unknown. What will happen to Medicaid funding each year in Baton Rouge is equally a question mark. What is abundantly clear to us is our mission. St. Tammany Parish Hospital will keep our focus on quality and safety. Our commitment will still be to grow and expand in a manner that ensures our region has the health care it has come to know and love.

2012 was a difficult but successful step forward in the mission: St. Tammany Parish Hospital delivers world-class health care to Northshore residents, close to home.





ST. TAMMANY HOSPITAL FOUNDATION
2012 ANNUAL REPORT

Making a Difference through Philanthropy

Philanthropy makes the difference between good and excellent: world-class healthcare, outstanding physicians and exceptional caregivers as well as state-of-the-art equipment and facilities.

The Foundation proudly recognizes the more than 1,600 donors who made gifts in 2012 totaling nearly \$1.2 million in philanthropic dollars which resulted in a 30% increase in fundraising to benefit St. Tammany Parish Hospital. Our community has profited from the generous philanthropy of these donors, who see in their giving an opportunity to provide excellent healthcare right here on the Northshore.

The year 2012 saw an increase across the board in major gifts, special events and annual support. Major gift donors make a visible difference in our community and in the lives of countless individuals served by the hospital. Private foundations and corporations made their mark in 2012 as well. These donors see their investment in the Foundation as a way to share in our vision.

The 2012 Employee Campaign resulted in more than 700 employees and volunteers participating in a most effective endeavor. In addition, the year-end letter penned by Dr. Rob Fauchaux brought both attention and funds to Advancing Pediatrics at STPH.

Special events continued to be at the forefront of 2012 fundraising with the Get Lucky! Golf Tournament, Heart and Night of Fashion, Monster Mash and Angels of Light, as well as a variety of third party events including Bras for a Cause, Derby for Cancer Care and The Dakota Celebrity Bartender Night, all boasting record attendance and dollars raised.

The successful partnership of Mary Bird Perkins at St. Tammany Parish Hospital continues to be a conduit of funds pouring into our community to benefit comprehensive cancer care. The Benefits of Home Gala as well as October's Go Pink events led the fundraising endeavor.

The Foundation's programs raise endowment funds, major gifts and annual fund dollars to support the key initiatives and priorities of St. Tammany Parish Hospital. Funding sources help ensure STPH's future and its mission of providing world-class healthcare, close to home.

Founded in 2003, the Foundation is a 501 (c) 3 nonprofit organization governed by a volunteer board of community leaders committed to the development of relationships and financial resources to support the healthcare programs, projects and services of STPH which is a self-supporting not-for-profit community hospital that receives no tax funding.

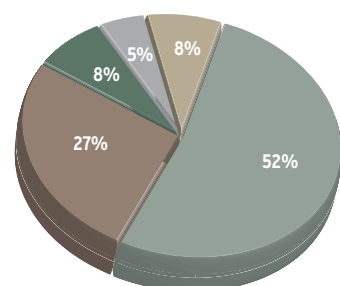
Gifts may be made in the form of cash, securities and real property. They may be outright gifts or deferred in wills, trusts or charitable gift annuities. To find out how you can support our hospital, please call us at 985-898-4141 or visit our website at www.sthfoundation.org.

To date, our community has given the Foundation more than \$9 million in support of our hospital's world-class healthcare. There is no finer gift than one that offers health and hope to others. Thank you to our community.



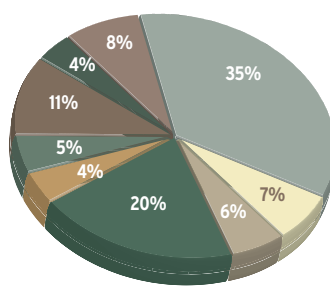
Sources of Funding 2012 \$1,150,484

- 8% Employees
- 52% Companies
- 27% Individuals
- 8% Foundations
- 5% Organizations



Stewardship of Gifts 2012 \$1,150,484

- 35% Advancing Pediatrics
- 7% Infection Prevention
- 6% Hospice
- 20% MBP Cancer Center at STPH
- 4% Employee Benevolent Fund
- 5% Endowment/Unrestricted
- 11% The Parenting Center
- 4% Respiratory Services
- 8% Additional Donor Restricted



STPH Calendar Highlights

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

APRIL

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

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	31	

JUNE

26	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						

Pizza Birthday Party

Wednesdays, April 3, May 1 and June 5; 11 am to noon

STPH Parenting Center

Children celebrating birthdays in April, May and June are invited to celebrate with cupcakes, punch and pizza. This is a member-only event and reservations are required. 985-898-4435

Living Tobacco Free

Tuesdays, April 2 through May 28 and June 4 through July 30

Day class, STPH Cordes Outpatient Pavilion

Evening class, STPH Conference Center

This free class gives you the tools and resources to quit permanently. Reservations required. 985-898-4468

Summer Survival Ideas

Wednesday, April 10; 10 am to 11 am

STPH Parenting Center

Learn about recreational resources available in our community to make summer a time of fun with family. Bring information on your own favorite places and events to share. 985-898-4435

Cuddle Buddies (Ages: 8 - 15 Months)

Thursdays, April 11, 18 & 25; May 9, 16 & 23; June 6, 13 & 20, 10:30 am to 11:15 am

STPH Parenting Center

This group is a learning and support opportunity for parents, grandparents, or caregivers and a social playtime for babies. 985-898-4435

Get Lucky! Golf Tournament

Friday, April 12, 11:30 am

Tchefuncta Country Club, Covington

Support pediatric advancement at STPH's second annual Get Lucky! Golf Tournament. Events include contests, prizes and the chance to win a car from Honda of Covington. 985-898-4171

NICU Reunion

Saturday, April 27, 2 pm to 4 pm

STPH Conference Center

Graduates of the STPH NICU and their families are welcome to visit with NICU staff. RSVP to 985-898-4555

Free Breast Cancer Screening

Tuesday, April 30, 9 am to 2 pm

Wal-Mart, Covington

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital is hosting a free breast cancer screening. Free clinical breast exams will be provided by a physician or nurse practitioner for women 18 and older. Screening mammograms are available for women 40 and older who have not had a mammogram in the past 12 months. 888-616-4687

Free Skin Cancer Screening

Monday, May 6, 5:30 pm to 7 pm

STPH Cordes Outpatient Pavilion

Mary Bird Perkins Cancer Center at St. Tammany Parish Hospital is hosting a free skin cancer screening. During the skin cancer screening, a visual skin exam will be performed by a doctor. 888-616-4687

Bullying and Cyberbullying

Tuesday, May 7, 6 pm to 7:30 pm

STPH Parenting Center

Learn how to deal with a situation in which your child is bullied, is acting as a bully and some ways to prevent bullying behavior. What does your child need to know and how to react to someone who they recognize is acting like a bully? 985-898-4435

Warning Signs of Typical Behavioral Health Issues in Children and Adolescents

Tuesday, May 14, 6:30 pm to 8 pm

STPH Parenting Center

Discover the initial signs of mental health issues typically seen in children and teens. 985-898-4435

Empowered Parent Network

Every fourth Wednesday, monthly, 10 am to noon

STPH Parenting Center

For parents of special needs children, this network group provides the opportunity to network, support and share information with other families dealing with similar issues. 985-898-4435

Positive Discipline: Who's The Boss

Tuesday, May 28, 10 a.m. to 11:30 am

STPH Parenting Center

Learn positive discipline techniques for children up to 5-years-old. 985-898-4435

BUGMOBILE

Monday, June 3, 10 am to 11 am

STPH Parenting Center

Come and get up close and personal with our buggy friends from the Audubon Institute. 985-898-4435

Nurturing Skills For Families

Thursdays, June 13 through October 13

16-week program for parents and children enhancing self-worth, empathy, discipline and empowerment. Made possible through a grant provided by the Harper Family Foundation and the Mitchiner-Gettinger Family Foundation. 985-898-4435

Mommy Meltdown

Thursday, June 27, 9:30 am to 11 am

STPH Parenting Center

Even moms need time to relax and recognize their need for a little TLC. Enjoy a morning of pampering including manicures, massage, a sweet treat and a little humor. 985-898-4435