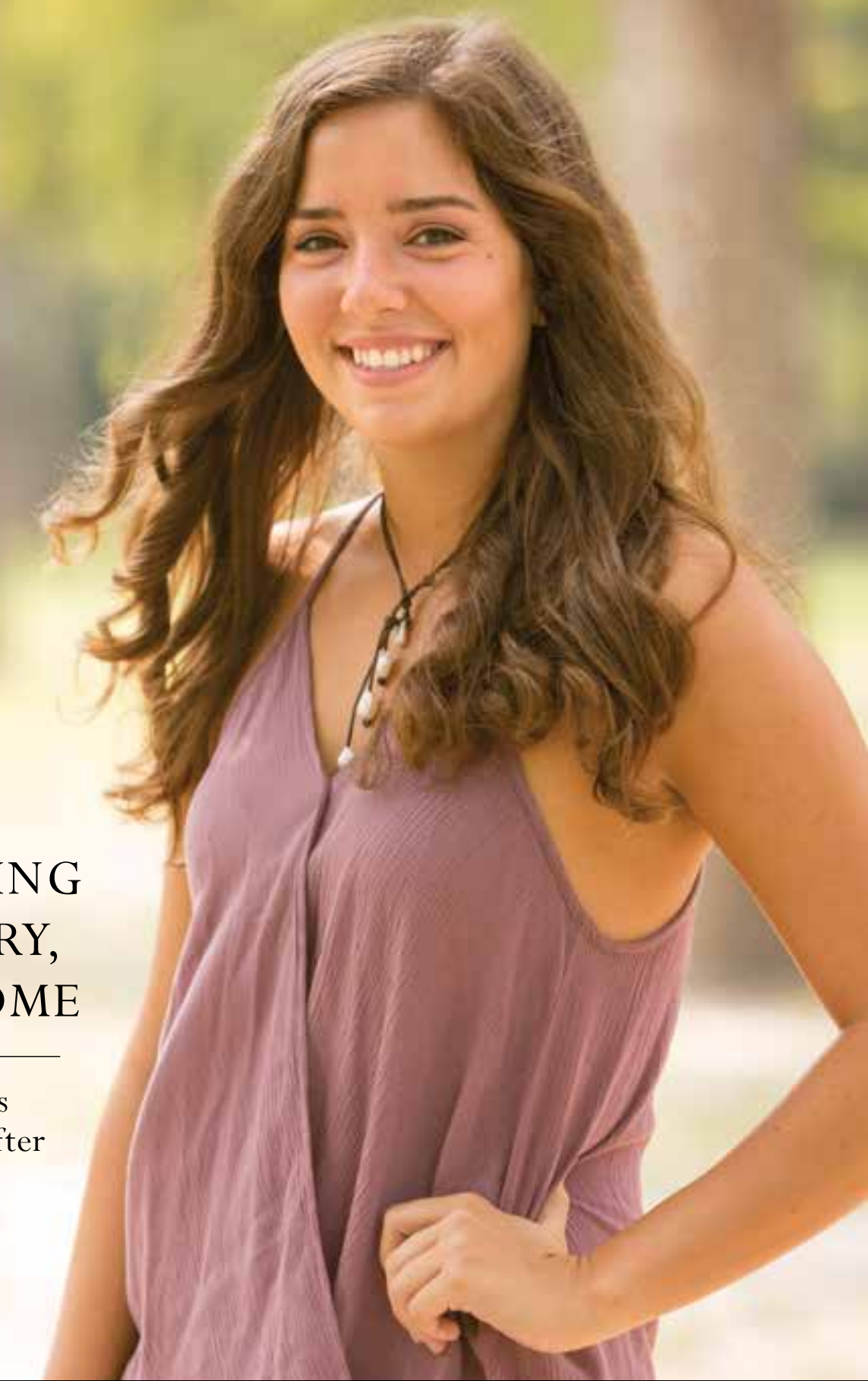


*Heart
to
Heart*

St. Tammany
PARISH HOSPITAL

LIFE-CHANGING SPINE SURGERY, CLOSE TO HOME

Student Shelby Stoop is
Back in the Running after
Corrective Procedure





1202 S. Tyler St.
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 ad valorem tax funding.

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St. Tammany Parish Hospital
Communication Department
commdept@stph.org

PHOTOGRAPHY: RICK OLIVIER
DESIGN: THINKA
WRITING: SARA BONGIORNI



World-class Emergency Care. In Mandeville.

St. Tammany Parish Hospital plans to open an offsite emergency department this fall.

The facility at 2929 Hwy. 190, Mandeville, will provide residents with closer access to emergency care and quicker integration into St. Tammany Parish Hospital systems.

“Adding this emergency option in Mandeville is a way that we can live our mission and deliver on our promise of world-class healthcare close to home,” STPH CEO Patti Elish said. “Once it opens, the Mandeville emergency department will be available 24/7/365, just like the main campus in Covington.”

The Mandeville location will be a full-service emergency facility able to treat emergent health



situations including heart attack and stroke. It will have onsite diagnostics and access to specialists including Ochsner vascular neurologists via TeleStroke.

Staff at the Mandeville emergency department will be St. Tammany Parish Hospital

employees, and the board-certified emergency medicine specialists providing physician services onsite will be the same trusted physician group serving in the STPH main campus emergency department.

Similar to the main campus ED, patients should seek primary or urgent care for non-emergency healthcare and seek emergency care when experiencing severe issues beyond the scope of urgent or primary care offices.



Fielding Photography

ANGELS OF LIGHT

Benefits Hospice Patients, Families

A Northshore tradition returns to the main lobby of St. Tammany Parish Hospital with the 2017 Angels of Light fundraiser to benefit St. Tammany Hospital Hospice.

As in the past, the Dec. 7 event will fill the STPH main lobby with holiday music and sparkling lights as attendees gather to celebrate and memorialize the lives of loved ones. This year's event begins at 5:30 p.m.

The evening's highlight will be the lighting of the 2017 Tree for Life. The tree will be adorned with Tribute Angels inscribed with the names of beloved friends and family members, either living or deceased.

The Angels of Light holiday ceremony benefits St. Tammany Hospital Hospice. Hospice provides palliative care and support to terminally ill patients and their families in the home through an interdisciplinary team that also addresses psychological, social and spiritual needs.

Tribute gifts received by St. Tammany Hospital Foundation by Dec. 4 will be recognized during the 2017 Tree for Life lighting event.

Participate in 2017 Angels of Light

Additional information about sponsorship opportunities is available by calling Melanie Rudolph at 985-898-4141 or visiting sthfoundation.org/angels.



1202 S. Tyler St.
Covington, LA 70433

Telephone 985-898-4171
Fax 985-871-5744

Email: foundation@stph.org
www.sthfoundation.org

Our Mission

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

BOARD OF TRUSTEES

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Chuck Billiot Photography

Focus on Pediatrics at STPN Madisonville

Changing Northshore Demographics Prompts Transition

The Madisonville location of St. Tammany Physicians Network will transition to a pediatrics-only practice over the next 12 to 15 months.

The concentrated focus is driven by a continuing influx of young families to the area and St. Tammany Parish Hospital's commitment to expanded pediatric care on the Northshore.

"We see a growing need there," said Dionne Williams, STPN director. "St. Tammany Physicians Network is responding to the need we see for pediatrics."

Physicians Jennifer Miles MD and Linda Keefer MD PhD will remain at STPN's Madisonville office on Highway 22. Board-certified in both pediatrics and internal medicine, Dr. Miles and Dr. Keefer will work with their adult patients to select a physician in STPN's family and internal medicine offices in Covington, Folsom or Mandeville.

"St. Tammany Physicians Network is responding to the need we see for pediatrics."

- Dionne Williams, STPN director.

Covington pediatrician Robert Fauchaux MD and nurse practitioner Perry Russell APRN also recently joined the medical staff of the Madisonville office as part of the new focus on pediatrics.

STPH continues to enhance pediatric care for Northshore families. The hospital in 2016 added a pediatric focus in its remodeled and enlarged emergency department. Also in 2016, STPN added pediatric orthopedist Dr. McCall McDaniel to its Bone and Joint Clinic.

It has also expanded access to pediatric specialists and sub-specialists on the Northshore through its strategic partnership with Ochsner Health System.

"This is a definitive step in serving our patients for pediatric care," STPN's Williams said.



Caring & Communicating

New "Rolling Interpreters" Overcome Language Barriers

St. Tammany Parish Hospital physicians and nurses recently gained enhanced ability to understand and communicate critical medical information to patients who do not speak English or have other barriers to communication.

Mobile translation devices funded through St. Tammany Hospital Foundation are being used to connect clinicians and patients to certified medical translators in more than 240 languages.

The cart-based systems include iPads, specialized software and speakers mounted on poles. The kiosk-like equipment can be rolled into patient rooms to provide around-the-clock access to expert interpreters.

Matilde Lyon RN, nurse manager for medical/surgical and telemetry units, described the devices as "interpreters on wheels." The new equipment is being used in the STPH Emergency Department, New Family Center and other inpatient locations on the main hospital campus.

Handheld interpreters are also being used at the Paul D. Cordes Outpatient Pavilion and other STPH outpatient locations.

A video function helps physicians and nurses communicate effectively with deaf or hard-of-hearing patients.

"The system can translate hundreds of languages, but it can also help to overcome other communication barriers," said Nicole Suhre, STPH executive director.

The foundation acquired 15 of the systems at the request of a shared-governance committee of STPH nurses. All interpreters are certified and are in

compliance with The Joint Commission.

An earlier system was difficult to use and required both caregiver and nurse to hold receivers during translation sessions. The new equipment is hands-free and activates with the push of a single button.

Since they were deployed in recent months, the units have been used to communicate with patients speaking languages from Spanish to Arabic. High-quality speakers attached to the poles of the carts allow a patient's spouse or other support person to participate in conversations with clinicians.

Lactation consultant Jan Waddell RN said changing patient demographics, including more Spanish-speaking new moms, make the systems essential for optimal communication.

Sometimes in the past she worried that patients might not fully understand what she was telling them but be hesitant to ask for clarification.

"It's not just communicating critical information, but being sure that the patient fully understands it," Waddell said. "Our mothers need to know how to take care of themselves and their babies. This allows us to feel secure that they understand."

Waddell has noted another change in recent months since the rolling devices were deployed: non-English-speaking new moms are "absolutely asking more questions" during lactation coaching and other visits to their rooms, she said.

"Whenever we can explain something clearly, that reduces anxiety, and that is something that we want to do for every patient as part of providing the best possible care," added Lyon.

A New Tool for Patient Safety

Tele-sitter Helps to Reduce Fall Risk

Nurses at St. Tammany Parish Hospital have a new tool to help them protect patients at high risk for falls.

Portable "tele-sitter" devices acquired last summer can be placed in the rooms of fragile or elderly patients, including those with memory loss, as they are at elevated risk of getting out of bed and falling, explained Mathilde Lyon RN, nurse manager for adult care.

"It's an additional safety measure," Lyon said. "It's like having a nurse in the room with the patient."

The devices relay a live video feed to a central site monitored by a nursing assistant who can speak to the patient or alert the nursing staff if a patient begins to get out of bed. The equipment provides a quicker way for nurses to remind patients who are agitated or confused to remain in bed while help is on the way to the patient room to check on them.

The system includes two-way audio that allows nurses and patients to speak to each other. It does not produce a permanent recording. A privacy function allows nurses to shut off the feed from the patient's room.

Safety is not the device's only function, Lyon noted. A recent patient was comforted by having the device in her room and frequently spoke to the nurses via the tele-sitter for reassurance, she said.

"For her, being able to speak to the nurses even when they were not in her room was a source of comfort," Lyon said.

LIFE-CHANGING SPINE SURGERY

CLOSE TO HOME



STUDENT SHELBY STOOP IS BACK IN THE RUNNING AFTER CORRECTIVE PROCEDURE

By her junior year of high school, Shelby Stoop had tried a back brace and chiropractic treatment to correct the curve in her spine from adolescent scoliosis.

Those measures did not work.

Shelby was a candidate for surgery because she was no longer growing and because the curvature in her spine was more than 50 degrees. But she worried surgery would interrupt sports and other activities, including her senior year with the St. Scolastica Academy cross-country team.

By late 2016, however, Shelby's condition made her increasingly uncomfortable and started to affect the fit of her clothes. She was ready to explore surgery.

Soon after, the now 17-year-old student-athlete became the first pediatric patient to undergo corrective spine surgery for scoliosis at St. Tammany Parish Hospital, the first facility to offer the procedure on the Northshore.

"It is exciting to now offer this type of procedure at St. Tammany Parish Hospital," said Cindy Ingram RN MN, director of women and children's services. "In the past, a patient would have to travel across the lake to have this surgery. Now we are able to serve these patients close to home."

THE NOW 17-YEAR-OLD STUDENT-ATHLETE BECAME THE FIRST PEDIATRIC PATIENT TO UNDERGO CORRECTIVE SPINE SURGERY FOR SCOLIOSIS AT ST. TAMMANY PARISH HOSPITAL, THE FIRST FACILITY TO OFFER THE PROCEDURE ON THE NORTHSHORE.

STPH recruited pediatric-orthopedic specialist and surgeon McCall McDaniel MD in 2016 as part of the hospital's continuing effort to expand local access to pediatric specialists and subspecialists.

During a four- to five-hour surgery, Dr. McDaniel placed a series of tiny rods and hooks along Shelby's spine to correct the bend, she explained.

Bone fragments were also inserted into the teen's spine during the procedure to stimulate the growth of additional bone that over time will provide the structural support the rods now supply, Shelby's mother, Suzanne Stoop, noted.

Prior to the surgery, Dr. McDaniel had assured Shelby and her parents that it would provide some correction. But Suzanne Stoop said improvement was remarkable and immediate, and included a 2-inch gain in height.

"It was a huge correction in terms of appearance," she said.



The first few weeks of recovery were challenging for Shelby, who was temporarily sidelined from driving and school for six weeks. But that quiet period did not last—and did not deter her from returning to high-energy pursuits in the following months. Last summer's fun included wakeboarding and gearing up for her final season of cross-country running.

"She is of those children who won't be held down," Stoop said of Shelby, who is interested in pursuing pre-law studies when she heads to college in fall 2018. Added Dr. McDaniel: "The fact that she is enjoying wakeboarding is a good example of how well she has done since surgery."

Getting treatment close to their Northshore home was a big deal to the Stoop family.

"We wanted to get the right care for our daughter, but we also wanted to remain close to home," Stoop said. "Being able to do both of those things was fabulous."

Continuum Of Excellence

Coordinating Complex Care is Hospitalists' Specialty

In healthcare, the term *continuum of care* describes the process of guiding a patient through a spectrum of health services, everything from emergency treatment to acute hospital care to outpatient therapy.

Hospitalists coordinate the care of patients who may be under the care of several doctors and other medical professionals during their hospital stay.

Patrick Torcson MD, chief hospitalist, vice president and chief integration officer for St. Tammany Parish Hospital, compares the work of his team of physicians to that of a football quarterback.

"We are specialists in managing the care of hospitalized patients and understanding what every member of the team is doing," said Dr. Torcson. "Coordinating patient care with every member of that patient's team is what we do."

Patient Stephen Ehrhard's three-month hospitalization at STPH in early 2017 underscores the essential role managing the continuum of care plays in patient well-being.

STPH specialists from surgeons to home health professionals treated 49-year-old Ehrhard in a process that was guided by Dr. Torcson and the STPH hospitalist team.

Ehrhard was initially hospitalized at STPH for a urinary tract infection. Throughout the following months, he was treated for pneumonia, pancreatitis and other ailments. He underwent surgery to have a gastric feeding tube inserted into his stomach for delivery of food and medicine.

A dangerous, underlying lifelong seizure disorder added complexity to his care.

As with other patients, relentless focus on communication between clinicians was the backbone of care coordination during his January-to-April stay at STPH.

"We are specialists in managing the care of hospitalized patients and understanding what every member of the team is doing. Coordinating patient care with every member of that patient's team is what we do."

- Patrick Torcson MD

"We stay in communication by every available channel," Dr. Torcson said. "There's the patient's electronic health record, but also the phone and a secure texting platform. And there is no substitute for face-to-face communication."

After Ehrhard's discharge, the hospitalist team continued

to oversee care that included follow-up at the hospital's discharge clinic to ensure that Ehrhard was continuing to do well. He also received six weeks of at-home physical therapy to help him regain strength and balance.

JoAnne Ehrhard spent three months by her son's side, sleeping at night on a pullout sofa bed in his third-floor hospital room. Seamless coordination of his care was a source of peace of mind during a stressful and worrying time, she said.

"I always felt his care was well coordinated," she said.

The human touch wasn't lost in the process. Dr. Torcson once asked two hospital technology experts to visit the Ehrhards' room to help JoAnne better access internet to review her family's online medical records, she recalled.

She grew close to an STPH phlebotomist over the months. The team of nurses offered words of encouragement and taught her to feed her son through his gastric tube when he was unable to eat or drink by mouth.

Stephen Ehrhard is doing well these days. His seizures have subsided, and he is gaining strength. His mother hopes he will soon be able to walk again without the aid of a walker, as he could before his extended hospital stay.

"People at St. Tammany were wonderful to Stephen and to me," JoAnne Ehrhard said. "I still get texts from the nurses asking me how he's doing."



Eric Suhre Photography

Healing as a Journey

4th Exhibit Captures Journey in Time, Moments, Color

Lush floral blooms, the narrow streets of the French Quarter and a young girl's adventure on the bank of a river were among gentle images captured by regional artists for the fourth Healing Arts Rotating Gallery Exhibit.

Nine artists provided visual art for "A Healing Journey," the Aug. 1–Sept. 26 artwork exhibit displayed in public areas on the first and third floors of St. Tammany Parish Hospital.

The semiannual juried exhibit is an element of St. Tammany Hospital Foundation's Healing Arts Initiative. The decade-old initiative advances the research-driven role of the arts to promote healing and well-being among STPH patients, staff and visitors.

"Healing is a journey, and the talented artists who provided the pieces for 'A Healing Journey' captured that journey through a variety of moments in time and space," said Nicole Suhre, STHF executive director.

An opening reception celebrated participating artists Catherine Hall Camp, Dolores Crain, Michaela Howell, Carolyn LeBlanc,

Pio Lyons, Marianne Angeli Rodriguez, Glinda Schafer, Linda Shelton and Pam Soileau.

The artists also donated a piece of art to the foundation's permanent collection as a part of their participation in the rotating exhibit.

Pieces on display during the exhibits are available for purchase, although purchased pieces remain on public display until each exhibit's conclusion.

The next installation of the Healing Arts Rotating Gallery Exhibit is planned for early 2018.



Heal through the Arts

More information on Healing Arts and giving opportunities is available by contacting Nicole Suhre at 985-898-4171 or nsuhre@stph.org.



“He brought credibility and passion to our newly formed foundation. Dr. Cairns had a deep love for St. Tammany Parish Hospital.”

— Nicole Suhre, STHF executive director.

A Legacy of Generosity, Kindness, Leadership

Adrian B. Cairns Jr. MD, May 8, 1934 – June 5, 2017

Adrian B. Cairns Jr. MD, a beloved Northshore physician and founding member of St. Tammany Hospital Foundation, died June 5, 2017, at age 83 after a brief illness.

Dr. Cairns passed away peacefully at St. Tammany Parish Hospital surrounded by family members.

The son of an Alexandria, La., general practitioner, Dr. Cairns knew at age 5 that he wanted to be a physician and often accompanied his father on house calls.

Dr. Cairns combined innovation and an unrivaled bedside manner in his career as an ear, nose and throat specialist. His tenure spanned work as an Army physician at Fort Knox during the Vietnam War to sharing a Canal Street practice with his father to teaching surgery at Tulane University Medical School.

Dr. Cairns brought tireless energy to academic and professional pursuits. He completed a pre-med degree at Tulane University in just three years. He implemented groundbreaking policies to protect the hearing of military recruits after studying the long-term impact of blasts and other loud noises. He ran a free clinic in Elizabethtown, Ky., during his years of service at Fort Knox.

An art collector and lifelong traveler, Dr. Cairns studied Native American healing traditions, repeatedly visiting Western reservations to deepen his understanding of them. He was perhaps best known for his love of aerobatics in open cockpit bi-planes, once appearing in a CNN news segment for making an emergency water landing after his engine stalled.

He was passionate about motorcycles and photography and once studied with legendary photographer Ansel Adams in California’s Yosemite Valley.

Dr. Cairns moved from New Orleans to the Northshore in 1983, where he joined the staff of St. Tammany Parish Hospital and served on its board of commissioners for a decade. He was pivotal in creation of St. Tammany Hospital Foundation, working closely with like-minded community leaders to start the foundation and serving as its first chairman from 2003 until 2008.

His service to the STH Foundation Board of Trustees continued from 2009 until the time of his death under the title chairman emeritus.

Dr. Cairns and his wife, Cher, were also generous supporters of the foundation. That legacy is reflected in the foundation’s development of a special spotlight award called “The Adrian.” Since 2008 the foundation has presented the annual award to an exceptional donor who has supported its work through in-kind giving.

“He brought credibility and passion to our newly formed foundation,” said Nicole Suhre, STHF executive director. “Dr. Cairns had a deep love for St. Tammany Parish Hospital.”

A natural storyteller known for his bedside manner, Dr. Cairns continued to visit STPH patients and staff until shortly before his death.

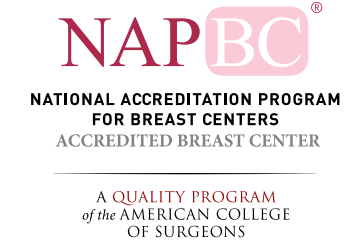
“He loved to see people in the hospital and talk with them,” said Joe Cairns, a Tennessee chef and the youngest of Dr. Cairns three sons. “He was enjoying his life fully right up until the end, and that included connecting with hospital patients and foundation donors.”

STPH Breast Program Approved by the NAPBC

One of only Five Designated Programs in Louisiana

St. Tammany Parish Hospital has been granted a three-year/full accreditation designation by the National Accreditation Program for Breast Centers (NAPBC), a program administered by the American College of Surgeons. Accreditation by the NAPBC is only given to those programs that have voluntarily committed to provide the highest level of quality of care for those with diseases of the breast, including breast cancer, and that undergo a rigorous evaluation process and review of their performance. STPH is one of only five breast programs in the state of Louisiana to be designated by NAPBC.

“Receiving care at a NAPBC-accredited hospital ensures that a patient will have access to comprehensive care,” said Greg Henkelmann MD, radiation oncologist and chair of the breast program leadership team. “This includes a full range of state-of-the-art services, a multidisciplinary team approach to coordinate the best treatment options, information about ongoing clinical trials and new treatment options, and most importantly breast care close to home. We are proud to be the destination of choice for breast care on the Northshore.”



During the survey process, the program must demonstrate compliance with standards established by the NAPBC for treating women who are diagnosed with the full spectrum of both benign and cancerous breast disease. The standards include proficiency in the areas of: program leadership, clinical management, research, community outreach, professional education and quality improvement. A breast program that achieves NAPBC accreditation has demonstrated a firm

commitment to offer its patients every significant advantage in their battle against breast disease.

The American Cancer Society (ACS) estimated that there would be 252,710 women and 2,470 men diagnosed with invasive breast cancer in the United States in 2018. In addition, more than 63,000 new cases of in situ lesions of the breast were expected to be diagnosed and hundreds of thousands of women who will deal with benign breast disease this year will require medical evaluation for treatment options.

For more information about the National Accreditation Program for Breast Centers, visit their website at accreditedbreastcenters.org.



Chuck Billiot Photography

STPH CALENDAR HIGHLIGHTS

As the Northshore's community health network, St. Tammany Parish Hospital hosts events, meetings and opportunities for you to improve and maintain your physical and emotional well-being. We've provided a short sample of the many upcoming events below, and please check stph.org/calendar and your local newspaper for additional learning opportunities for individuals of all ages.

For New Parents

New Family Center Tours

1st and 3rd Saturdays | 10 a.m. to noon

STPH New Family Center | Free

Learn about our private birthing suites, rooming in, skin-to-skin program and more. For more information, contact 985-898-4436

Prepared Childbirth

Tuesdays, December 5 & 19 | 6-8 p.m.

STPH Conference Room | Free

Learn the physical and emotional changes that occur, how your baby develops throughout pregnancy, the signs and stages of labor, what to expect during childbirth and the breathing and relaxation techniques used during labor. Anesthesia options will be discussed. For more information, contact 985-898-4083

Baby Care Basics

Tuesdays, Nov. 13 & Dec. 11 | 6-8 p.m.

STPH Conference Room | Free

Learn helpful hints and what to expect when caring for your new baby. For more information, contact 985-898-4083

Art of Breastfeeding

Monday, Nov. 1 | 6:30-8:30 p.m.

STPH Parenting Center | Free

Create a positive and successful breastfeeding experience. For more information, contact 985-898-4083

For the Kids

Play and Learn

Tuesdays, Nov. 7, 14 & 28

9:30-10:15 a.m.

STPH Parenting Center | \$15/members, \$24/nonmembers

Parents and their children, 16 months to 4 years, play and learn together through music and movement, arts and crafts, and storytime. For more information, contact ksupan@stph.org or 985-898-4435

Ballet

Wednesdays, Nov. 8, 15 & 29

2:15-3 p.m.

STPH Parenting Center

\$21/members, \$30/nonmembers

Ballet for motor skills in young children ages 2 and up. For more information, contact ksupan@stph.org or 985-898-4435

Cuddle Buddies

Thursdays, Nov. 9, 16 & 30

10:30-11 a.m.

STPH Parenting Center

\$6/members, \$12/nonmembers

Learning and support opportunity for parents and social time for babies with songs, stories and playtime. For more information, contact ksupan@stph.org or 985-898-4435

For the Grown-Ups

Sister Survivors Support Group

1st Tuesday of each month | 7 p.m.

St. Tammany Cancer Center | Free

Support group open to any female cancer survivor, whether currently receiving treatment or has completed treatment for any cancer diagnosis. For more information, contact jfreudenberger@marybird.com or 985-276-6832

Bereavement Support Group

1st Wednesday of each month | 3 p.m.

STPH Madisonville Conference Room

For adults who have suffered loss. For more information, contact dvanek@stph.org

1 in 4 St. Tammany

2nd Tuesday of each month | 6 p.m.

STPH Women's Pavilion Conference Room

Supports mothers, fathers and their families that have experienced a pregnancy or infant loss. For more information, contact dvanek@stph.org

Living Tobacco Free

Paul D. Cordes Outpatient Pavilion

Louisiana residents who smoked their first cigarette before 1988 and are ready to quit smoking are eligible for free tobacco cessation counseling, one-on-one and group counseling. For more information, contact 985-898-4468



Angels of Light

Thursday, December 7

5:30-6:30 p.m. | STPH Main Lobby

Honor a loved one by purchasing a tribute angel on the Tree for Life at the 2017 Angels of Light benefitting St. Tammany Hospital Hospice.

Visit sthfoundation.org/angels or 985-898-4141

#GivingTuesday

November 28

24 hours of giving

#GivingTuesday is an international day of giving. Give back to the community by showing your support to St. Tammany Hospital Foundation through monetary and in-kind contributions.

Visit sthfoundation.org/GivingTuesday to learn more