



St. Tammany
PARISH HOSPITAL

Groundbreaking Neurosurgery at STPH

Advances Preserve
Brain Function





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
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A Fountain with a Purpose

Playful Fountain Distracts, Soothes Children, Parents

Northshore architect Kieran Weldon's son with special needs was born at St. Tammany Parish Hospital. His family and caregivers worried if he would survive.

"That was 16 years ago," said Weldon, partner with Keith Barre' in fl+WB Architects.

The experience inspired a passion for pediatric causes in Weldon.

"The care that he received was incredible," he said. This passion shaped Weldon's involvement in a healing fountain and garden outside STPH's pediatric emergency waiting area.

fl+WB designed the fountain, donated draft time and renderings and made a significant gift to St. Tammany Hospital Foundation's Pediatric Capital Campaign.

Like other elements of the STH Foundation's Healing Arts Initiative, the fountain's purpose is improving patient healing and well-being through beauty and soothing distraction.

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Weldon said he

worked to capture a sense of play in the fountain, which shoots illuminated beams of water among four cisterns.

"It reminded me of hopscotch," said Weldon, whose firm has worked on many STPH projects over the years, including the Emergency Department expansion and pediatric ER.

Nicole Suhre, STH Foundation executive director, described the fountain as "a beautiful intersection of state-of-the-art technology and the power of design and the healing arts."



Three Decades of Halloween Fun

Monster Mash Marks its 30th Anniversary in 2018

The 30th anniversary of STPH Parenting Center's Monster Mash fundraiser presented by Metairie Bank Northshore will be celebrated on Saturday, October 20 at beautiful Bogue Falaya Park in Covington.

This community-beloved festival hosts more than 2,000 families and offers a unique opportunity to enjoy a safe and fun holiday event each year.

"Throughout the last 30 years, our amazing supporters have helped the Parenting Center by raising more than \$1.5 million through their contributions to Monster Mash. The generosity and support we receive is incredible," said Lori Cage, Parenting Center executive director.

Proceeds from Monster Mash fund ongoing programs and enable the Parenting Center to introduce new services, many of which are offered at little or no cost to the community.

One of those new programs is CHOP (Cooking Healthy Options and Portions), which is offered to students ages 11 to 16 and teaches them about food and knife safety, measurements, choosing healthier options



and proper portion sizes.

The mission of the Parenting Center has always been to promote confidence and competence in parenting, encourage optimal child development and enhance the well-being of the family as a whole. As our population grows,

the resources required to fulfill this mission and strengthen families in our community increase as well.

The 30th anniversary of Monster Mash will combine community favorites such as the Trick-or-Treat Village, Princess & Pirate Tea and live music with a few new tricks and treats to commemorate the legacy of Monster Mash and the Parenting Center.

Learn More

For more information or to sponsor Monster Mash, visit stph.org/MonsterMash or call 985-898-4435.



1202 S. Tyler St.
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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.

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Growing for St. Tammany's Future

Master-Facilities Expansion Includes All-Private Rooms, Pediatric ICU

St. Tammany Parish Hospital in coming months will begin work on a \$53.4 million expansion that includes an addition to the existing building, more space for obstetrics and neonatal intensive care and completion of its transition to all-private patient rooms.

The project is STPH's biggest expansion in 15 years.

STPH has already begun work on a four-bed pediatric intensive-care unit inside the main hospital that is targeted for completion by late December.

The larger, 36-month expansion project is shaped by rising community need on the fast-growing Northshore as well as expanded STPH capabilities in cardiology, neurology, pediatrics and other specialties through its partnership with Ochsner Health System.

Project planning was informed by detailed analysis of community needs, including growing use of STPH by Northshore community physicians as well as Ochsner and St. Tammany doctors.

A multi-phase parking project to make room for the new patient addition and other aspects of the expansion is already underway with some changes, including new lots east and west of Tyler St. complete.

The addition will be the most visible element of STPH's master-facilities project to support its growth during the next five to 15 years.

The total number of patient rooms at STPH will remain at 240–250, but the expansion will add 10 critical-care beds and, for the first time, all STPH patient rooms will be private.

It is likely to include three completed floors as well as a 40,000-square-foot, fourth-floor shell to accommodate future growth, said project manager Randy Willett.

The additional shell would add about \$3 million to the project cost.

The goal is to break ground on the new building by the end of 2018. The 120,000-to-160,000-square-foot structure will take about two years to build, with a target completion

date in July 2020, Willett said.

Components of the addition include 30 critical-care beds on the second floor, 40 all-private med-surgery rooms on the third floor, two new operating rooms and expansion of women and children's care, to include improvements to the hospital's existing level III NICU.

The addition's ground-level floor will house administrative operations including conference rooms, offices and physician parking.

The master-facilities project was in the design stage this spring and early summer in preparation for a mid-summer bid process.

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The target for completion of the overall project is mid- to late 2021.

Changes for Good

Limiting Carbs and Adding Exercise Key to Diabetes Management



Retired federal customs agent Chester Kastava can speak to the powerful role diet and exercise play in effective diabetes management.

Diagnosed with Type 2 diabetes about five years ago, Kastava shaved a full percentage point off his A1C level—it fell from 7.4 to 6.4 in just three months—after he limited carbohydrates and added resistance exercises to his workouts.

The Mandeville retiree also lost eight pounds, even though losing weight wasn't a top priority when he set out to improve his health.

"I'm happy to say I'm still dropping," said the 74-year-old Brooklyn, New York, native. "It's a slow process but very rewarding."

Making changes in diet and exercise reflected a proactive decision on Kastava's part. Daily low-dose Metformin had helped him keep his A1C level close to the American Diabetes Association's recommended level of no more than seven percent.

But Kastava had noticed that his A1C level was inching up over time. He wanted to stop that steady rise, or even reverse it, if he could.

"Diabetes is all about diet, so seeing a nutritionist was just common sense," he said.

Stacey Lanoux, a registered dietician with St. Tammany Parish Hospital's Outpatient Diabetes Self-Management Program, worked with Kastava to design a diet and exercise plan specific to him.

The process began with a detailed accounting of what Kastava was eating, including his daily carbohydrate consumption. For a month, he wrote down everything he ate or drank and when. He also took readings of his blood sugar multiple times each day.

Lanoux used that information to determine which foods and habits caused Kastava's blood-sugar levels to spike.

The analysis turned up some surprises for Kastava, including the effect of a cup of hot tea with honey and half-and-half—a favorite afternoon ritual for him.

"Diabetes is all about diet, so seeing a nutritionist was just common sense."

— Chester Kastava, STPH patient

"The honey in it really lit me up," he said.

It's worth noting that Kastava didn't have to give up his cup of tea to prevent the glucose surge. He swapped honey for another sweetener, and he didn't need to

give up the half-and-half.

Limiting carbohydrates was fundamental. Lanoux instructed Kastava in counting total carbohydrates through a dietary plan and daily carb limit that she designed according to his height and weight.

Kastava then used the technique to make a series of changes. He switched white bread for whole wheat. He cut down on pasta and tortillas. He discovered quinoa was a delicious alternative to white rice.

"I can't remember the last time I had rice," he said.

He also learned that it was important to monitor his consumption of some fruits, such as apples, which are made up mostly of water and carbohydrates.

Lanoux also suggested he limit his daily sodium to 2,000 milligrams and drink more water after she noticed he was retaining fluid in his legs. He made these changes and got visible results.

"His legs don't have fluid anymore," Lanoux noted.

Resistance exercise helps the body better utilize insulin, and Kastava added moderate weights to his workouts at Lanoux's recommendation.

In consultation with Kastava's doctor, she also suggested he increase his use of Metformin to two times a day.

"Diet and exercise were the most important changes he made," she said.

This spring, Kastava got more good news on the effects of the changes he's made. The level of triglycerides in his blood fell from 170 to 110 in six months.

"He was diligent about making changes, and those changes have done him a world of good," Lanoux said.

GROUNDBREAKING NEUROSURGERY AT STPH

ADVANCES PRESERVE BRAIN FUNCTION



Craig Horn is upbeat, articulate and cancer-free months after treatment for metastatic brain tumors.

Horn, 54, is eager to share what he has learned about neurosurgery at St. Tammany Parish Hospital, where new technology and expertise have brought groundbreaking capabilities to the Northshore.

“I don’t know that I could put a value on the care I received,” said Horn, an accountant who was relocating from Slidell to Georgia this summer. “I don’t know that people are aware of the expertise that is available here.”

Expanding Northshore access to specialists in neurology was a central objective of STPH’s strategic alliance with Ochsner Health System, whose neurology program is among the nation’s top-ranked.

Combined with these specialists, investment in state-of-the-art equipment throughout the past two years STPH has introduced the ability to treat many complex brain and spine conditions, including brain and pituitary tumors, aneurysms and movement disorders such as Parkinson’s disease close to home at STPH main campus in Covington.

A new specialized neurosurgery operating room includes brain-navigation equipment and 3D-imaging software to help neurosurgeons identify the best way to remove a tumor while minimizing damage to surrounding brain tissue.

Including STPH and Ochsner, only a handful of U.S. hospitals have such equipment, noted neurosurgeon Sebastian Koga MD, a fellowship-trained specialist in tumors and vascular disorders of the brain who removed Horn’s initial tumor and four smaller lesions months later.

“It’s a different program than even two years ago,” said Dr. Koga, medical director of the Ochsner Neuroscience Institute at STPH. “We have the people, the facilities and the equipment to treat highly complex brain and spine disorders with very few exceptions.”

STPH’s neurosurgery program now includes a neurosurgery intensive-care and recovery unit where everyone from the scrub team to nurses is a neurology specialist.

“That kind of expertise raises the bar at every level,” Dr. Koga said. Horn’s initial brain tumor was detected after he experienced problems

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- CRAIG HORN, STPH NEUROLOGY PATIENT



walking during a hunting trip in Nebraska in fall 2017. Scans of his brain and body back home at STPH showed a tumor in his brain and cancer in the non-smoker’s lungs.

Days later, Horn underwent a craniotomy to remove the brain tumor. He spent two days at STPH, then returned home to continue his recovery. By Friday of that week—four days after the Monday surgery—he felt well enough to start making work calls from home.

Weeks later, he had surgery to remove cancerous tissue from the lower right lobe of his lung.

During a follow-up visit, Dr. Koga discovered four additional brain tumors, so arrangements were made to use gamma knife technology to destroy the lesions.

Horn returned home within hours of the procedure, with no after effects. He compared the experience to “a dentist’s appointment.”

“He didn’t miss a beat,” said Dr. Koga, who added that the earlier craniotomy had provided him with in-depth knowledge of the anatomy of Horn’s brain and insight into where new tumors might develop.

“That is an argument for continuity of care,” he said.

Horn is grateful to be back at work and enjoying favorite pursuits, including spending time with his family and friends.

He will continue to see Dr. Koga for follow-up scans every three months for the next year, then every six months after that.

“Being able to get the care I got close to home was amazing,” Horn said.

Dr. Koga said getting care close to home is about more than convenience. “People with an excellent attitude do better, and anything to reduce their stress and help them get critical support from family and friends nearby is very valuable,” he said. “Patients shouldn’t have to battle brain cancer in some far-flung place. We want them to be able to get the care they need here and carry on with life.”

TO MAKE A DONATION IN SUPPORT OF NEUROSCIENCES AT ST. TAMMANY PARISH HOSPITAL, CONTACT NICOLE SUHRE AT 985-898-4171 OR NSUHRE@STPH.ORG.



Gilsbar CEO Hank Miltenberger shared insights on the importance of supporting the foundation before a special presentation from foundation board chairman, Greg Pellegrini, honoring the work of Patti Elish, STPH chief executive officer, and wishing her well on her retirement.



Here's Looking at Generosity

STH Foundation Honors Outstanding 2017 Donors

Period treats and music set a retro mood for St. Tammany Hospital Foundation's Donor Recognition Celebration on May 17.

The event at Benedict's Plantation in Mandeville honored STH Foundation donors and supporters for 2017 with the theme, "Here's Looking at You, Kid."

The foundation's "Adrian" Spotlight Award for exceptional in-kind giving went to The Home Depot for providing supplies and support for the craft booth at the annual Monster Mash fundraiser

for the St. Tammany Parish Hospital Parenting Center.

Event highlights included stunning theme décor, the Rolling Cones ice-cream truck and music by New Orleans jazz ensemble The Messy Cookers.

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Spring 2018 Blooms for STH Foundation Fundraisers

Fun, Sunshine and a Lucky Ticket Highlight Annual Events



GURNEY GAMES

Spring 2018 events in support of St. Tammany Hospital Foundation included Gurney Games presented by fl+WB Architects, which raised funds in support of St. Tammany Parish Hospital and drew more than 500 race-watchers and participants to the Covington Trailhead.

The STPH laboratory team completed the course in the fastest time to claim the Race for Gurney Glory award. The Fan Favorite award went to the STPH education team, while STPH communication took home the prize for Best Judges' Bribe.



RAISING THE ROOF

The winner of the 2018 Raising the Roof for Charity Raffle House grand prize drawing has close ties to STPH: she is labor and delivery nurse Corie Johnson RN, who bought her ticket in support of STH Foundation.

More than 5,300 raffle tickets were sold this spring, and 2018 marks the second year running that STH Foundation has sold the winning ticket.

STH Foundation has received \$163,500 to date in donations from the Northshore Home Builders Association for its participation in the Raffle House.



GET LUCKY! GOLF TOURNAMENT

The seventh-annual Get Lucky! Golf Tournament sponsored by Refreshment Solutions on April 19 raised more than \$45,000 to support the mission of STH Foundation. Beautiful weather greeted 24 teams for this year's event at Money Hill Golf Course.



THE
gala
STEP INTO THE RING
HUB

An Evening of Vintage Fun

THE Gala Continues Tradition of Helping Cancer Patients

A vintage Parisian circus is the theme of a new gala presented by HUB International benefiting patients and families of St. Tammany Cancer Center.

THE Gala, themed "Step into the Ring," will be October 4 at The Southern Hotel in Covington. Highlights of the event include a champagne toast patron party, circus-style entertainment, live-artist painting, silent and live auctions, games, delicious food and drinks in the hotel lobby and its courtyard.

The fundraising target is \$240,000.

HUB International's role in presenting the event underscores its longstanding leadership on behalf of Northshore cancer patients and their families.

HUB International became a trailblazer of regional cancer-care fundraising in 2012, when they partnered with Mary Bird Perkins Cancer Center on the first Benefits of Home, which raised \$1 million for cancer patients in recent years.

Funds raised by THE Gala will allow St. Tammany Cancer Center to continue delivering exceptional cancer care to Northshore cancer patients, while also assisting patients with potential hardships such as transportation. The cancer center houses a comprehensive approach to cancer care by STPH, OHS and MBPCC as well as community oncologists.

"The focus has always been on helping those most in need and that won't change," said Kevin Gardner, senior vice president of HUB International. "It's had a huge impact, and money raised will continue to benefit cancer patients on the Northshore."

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— Kevin Gardner, senior vice president of HUB International.

Ethan Bush, chief development officer for Mary Bird Perkins added: "In the true spirit of collaboration, we look forward to an even more robust event this year with the same goal of benefitting patients and families with cancer in the community."

THE Gala offers numerous opportunities to support cancer patients close to home. They include:

- Big Top Featured Sponsor: includes the opportunity to name an event area, reserved

- seating for 10 and tickets to a champagne patron party;
- Lion Tamer Platinum Sponsor: includes reserved seating for eight and company logo listed on promotional materials and event program;
- Flame Thrower Gold Sponsor: includes reserved seating for six and logo placement in program.
- Trapeze Artist Silver Sponsor: includes tickets for four guests and company name in program;
- Spectacular Spectator: Includes couples seating and company or individual name placement in program.

Learn More

Additional information on support opportunities is available by contacting Melanie Rudolph, at 985-898-4141 or mrudolph@stph.org or by visiting sthfoundation.org/thegala.

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. or 11 a.m.

STPH New Family Center | Free

Learn about our private birthing suites, rooming in, skin-to-skin program and more.

985-898-4436

Prepared Childbirth

Tuesday, Aug. 14 | 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.

985-898-4083

Baby Care Basics

Tuesdays, Aug. 14 & Sept. 10 | 6-8 p.m.

STPH Conference Room | Free

Learn helpful hints and what to expect when caring for your new baby.

985-898-4083

Art of Breastfeeding

Monday, Sept. 5

6:30-8:30 p.m.

STPH Parenting Center | Free

Discuss benefits of breastfeeding as well as common concerns of the early breastfeeding period to create a positive and successful breastfeeding experience.

985-898-4083

New Baby Support Group

Every Thursday | 11:15 a.m. to noon

STPH Parenting Center | Free

Join other mothers and their little ones to discuss child development and parenting tips with professionals as well as other parents.

ksupan@stph.org or 985-898-4435

For the Kids

Play and Learn

Tuesdays, Aug. 14, 21 & 28

9:30-10:15 a.m.

STPH Parenting Center

\$15/members, \$24/nonmembers

For more information, contact ksupan@stph.org or 985-898-4435.

Ballet

Wednesdays, Aug. 15, 22 & 29

2:15-3 p.m.

STPH Parenting Center

\$21/members, \$30/nonmembers

For more information, contact ksupan@stph.org or 985-898-4435.

Cuddle Buddies

Thursdays, Aug. 16, 23 & 30

10:30-11 a.m.

STPH Parenting Center

\$6/members, \$9/nonmembers

For more information, contact ksupan@stph.org or 985-898-4435.

Monster Mash

October 20

Bogue Falaya Park

stph.org/MonsterMash



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.

cmhughes@stph.org 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.

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 with certified tobacco treatment specialists available.

985-898-4468

THE Gala

October 4

Southern Hotel

For more information contact Melanie Rudolph at mrudolph@stph.org or 985-898-4141.

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STEP INTO THE RING
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