

Vol. 16: No. 3 Fall 2020



Heart to Heart

A publication from St. Tammany Health System



Still we rise

Even in the face of a pandemic,
STHS continues building toward
the future

A peek inside the hospital's new wing, p. 4
Express Care clinic to open in Covington, p. 6
St. Tammany Pediatrics moving to Covington, p. 6
STHS's fleet of robots grows again, p. 10



Take Control of Your Knee and Hip Pain

Mako™ Robotic-Assisted Surgical Technology

Knee and hip replacements made easier.

Innovation and technology have long been central to what we do at **St. Tammany Health System**, and nowhere is that more evident than in our arsenal of surgical robots to assist our surgeons as they help patients feel like themselves again.

Among the newest additions to our growing list of robotic surgical aides is Stryker's Mako system, a high-tech robotic tool used by surgeons in performing total knee and hip replacements.

So stop living in pain. Stop living with limitations. Reboot your knee or hip – and your life. Ask your **St. Tammany Health System** doctor about Mako-assisted surgery.



Gratefully Yours

Without question, COVID-19 has been the healthcare story of 2020 – but it's by no means the only story worth telling at St. Tammany Health System.



STHS President and CEO Joan Coffman

We stand as the most equipped and experienced on the Northshore, and when you couple that with our compassion, empathy and care, we cannot be surpassed.

As we launch the last quarter of 2020, I'd like to express my gratitude to you, our community, for the exceptional support you have shared with our health system colleagues in this wild and crazy year.

Thank you for following infection prevention guidelines to isolate when you are ill, wear a mask, wash your hands and keep a distance from others. Thank you for the thoughtful gifts to our foundation and colleagues in the midst of the initial outbreak of COVID-19 in our community, and thank you for continuing to remember us as the virus continues to infect new patients daily.

Thank you for trusting us with your family's healthcare. We strive to deliver on our promise to you: world-class healthcare, close to home. In 2020, we were recognized nationally for safety, quality and patient experience from organizations ranging from Leapfrog and U.S. News and World Report to industry watchers like Healthgrades and Quantros.

We are growing to serve. Our main campus expansion is moving along with the goal of seeing our first patient this winter. The Covington Clinic across the street from our Bone & Joint Clinic is about to open with Express Care, our pediatrics clinic, pediatric therapy and, soon, the Parenting Center. Our partner is advancing the cancer center project forward on schedule, where we plan the most comprehensive cancer center we've ever had.

We are the proud owners of a new Mako robotic system for orthopedic surgery, replacing total hips and knees. We also introduced UroNav for prostate cancer detection and treatment earlier this year. We have three DaVinci robotic systems for urologic, gynecologic and general surgeries.

We are performing pediatric spine surgery at St. Tammany Health System. We are using TAVR to replace heart valves, meaning patients don't have to undergo open heart surgery and can return to their daily lives within days not weeks.

We stand as the most equipped and experienced on the Northshore, and when you couple that with our compassion, empathy and care, we cannot be surpassed.

As you read about these and other stories in this quarter's issue of Heart to Heart, please know we take our commitment to our community to heart, caring for patients and families with excellence, compassion and teamwork.

Gratefully,

Joan Coffman, STHS President/CEO

Members of the STHS executive team model some of the cloth face masks purchased for health system colleagues this past summer. Pictured, from left, are Midge Collett, Kelly Rabalais, Sandra DiPietro, Sharon Toups, Joan Coffman, Kerry Milton, Jack Khashou and Craig Doyle. (Photo by Mimi Gaudet / STHS)



FULL STEAM AHEAD



The new patient wing at St. Tammany Health System's main Covington campus, located prominently along South Tyler Street, will be a four-story structure that will add 160,000 square feet of space to the hospital. (Photos by Tim San Fillippo / STHS)



Crews work on the lighting in the Administration reception area.



The fourth-floor, reserved for future expansion, will remain largely unfinished initially.

New four-story patient tower takes shape along South Tyler Street

BY MIKE SCOTT, MSCOTT@STPH.ORG

Coordinating the construction of a four-story structure at the same time you're running a full-service hospital is never exactly an easy task. Doing it in the middle of a global pandemic only makes things that much more difficult. Yet, despite the challenges, St. Tammany Health System's new patient wing — ground for which was broken in 2018 and which is part of a three-year, \$100 million expansion plan — continues apace, with a ribbon-cutting ceremony expected to take place this winter.

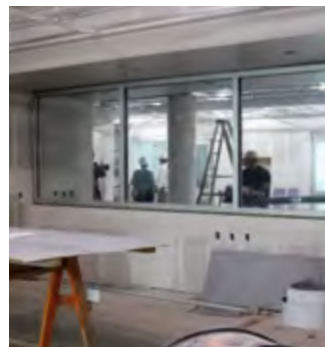
Here's a peek inside the building, which was designed by the Covington-based fl+WB Architects to blend seamlessly with the existing building — and which was teeming with activity recently as crews with Womack Construction put finishing touches on everything, literally, from the floors to the ceilings.



The ceiling treatment in public areas on the first floor, including in this Administration conference room, will feature arched wood.



A look down the first-floor hallway that will connect the new wing to the old building near the current site of PU's Coffee.



A nurses station takes place in one of the patient areas, which will occupy the second and third floors.



As with much of the new wing's first floor, the elevator lobby is tiled with a light brown marble tile. The ground-level flooring, when completed, will be poured terrazzo.



A new cancer center goes up near the intersection of Highway 21 and Interstate 12 in Covington. The center, a joint project of St. Tammany Health System and Ochsner Health, is expected to accept its first patient in summer 2021. (Photos courtesy Ochsner Health)



Taking shape

Northshore cancer care to expand with new facility rising south of Covington

BY MIKE SCOTT, MSCOTT@STPH.ORG

This winter, leaders at St. Tammany Health System expect to cut the ribbon on the 160,000-square-foot patient tower that's been under construction since late 2018 on its main hospital campus — but there won't be much time for celebration when it's finished.

There's too much other work to be done.

Just two miles south, another major expansion is taking shape that will expand the healthcare options afforded Northshore residents.

A product of STHS's long-term strategic partnership with Ochsner Health, it's a \$50 million, 75,000-square-foot cancer center currently going up near the intersection of Highway 21 and Interstate 12.

Once completed in summer 2021, the three-story structure will be home to Ochsner and St. Tammany Health System's comprehensive cancer care program, which is currently housed across the street from St. Tammany Parish Hospital.

"One of the things that we've noticed at our St. Tammany Cancer Center is that we have seen significant growth over the last five years," STHS President and CEO Joan Coffman said. "So, we're basically space-constrained at our existing site."

As envisioned, the new cancer center will continue to offer a full range of cancer care — from diagnosis to treatment to survivorship — all housed under one roof. There will just be more of it.

"Some of the things that are not able to be provided to the

"One of the things that we've noticed at our St. Tammany Cancer Center is that we have seen significant growth over the last five years. So, we're basically space-constrained at our existing site."

- Joan Coffman, STHS President and CEO

extent that we'd like to today — but which will be at the new cancer center — are clinical trials for our patients and expanding those clinical trials," Coffman said. "We do some of that today, but this will give us far bigger opportunity, particularly with our partner.

Also, we'll be able to allow integrated therapies — healing of body, mind and spirit — to occur in that location."

With a 40% increase in the number of cancer patients in the past five years at the existing cancer center location — a figure attributable mostly to early detection and innovative new therapies — and similar growth expected in the next five years, expansion of local cancer care is nothing but good news for Northshore families. The addition of an expected 30 to 50 new jobs over the next three to five years at the new cancer center further adds to benefits the local community will see from the project.

That being said, given the new center's strategic location just off Interstate 12, there's hope it will also serve as a beacon to cancer patients from outside the community hoping to sample the world-class healthcare the St. Tammany and Ochsner partnership deliver together.

"We are super excited about the opportunity to expand our services here in west St. Tammany," Coffman said.

The new cancer center is scheduled to accept its first patient in June 2021.

What is Express Care?

The Northshore's about to find out

BY MIKE SCOTT, MSCOTT@STPH.ORG

When it comes to healthcare, options are always a good thing.

This fall, Northshore residents will get another one.

St. Tammany Health System is on track in the next few weeks to open a new walk-in Express Care clinic at 71338 Louisiana 21, just a mile south of the health system's Covington hospital and in the same complex as the soon-to-be relocated St. Tammany Pediatrics practice.

According to St. Tammany Health System Assistant Vice President Dionne Williams, who oversees the health system's St. Tammany Physicians Network, the new Express Care clinic will offer all the services you'd expect from a traditional doctor's office but — in an effort to expand the health system's reach in the community — it will operate in the nontraditional hours of 2 to 10:30 p.m. every weekday.

Beginning in November, the clinic will also operate from 9 a.m. to 5 p.m. on weekends.

Upon its opening, the clinic will be staffed by nurse practitioner Kira Smith APRN, with additional healthcare providers expected to join Smith in the future.

Williams stressed that the STHS Express Care clinic shouldn't be viewed as an emergency care clinic. It will, however, be a convenient clinic.

"It's a physician's office clinic, just after-hours," Williams said. "Anything we can handle today in our Folsom clinic or in our Mandeville clinic or in Covington or Madisonville we can handle at our new Express Care location."

The new STHS Express Care clinic at 71338 Louisiana 21 in Covington shouldn't be seen as an urgent care clinic or an emergency clinic. Rather it's a walk-in facility offering traditional medical services in non-traditional hours. (Photo by Tim San Filippo / STHS)



St. Tammany Health System signage marks the spot of the health system's new pediatrics clinic, located at 71338 on Louisiana 21, just one mile south of the hospital campus in Covington. The clinic is on schedule to move from Madisonville to the new, larger building this fall. (Photo by Tim San Filippo / STHS)

St. Tammany pediatrics prepares for big move

Practice finds a new, larger home in Covington

BY MIKE SCOTT, MSCOTT@STPH.ORG

St. Tammany Health System's pediatrics clinic is on the move.

After operating, and growing, for the past three years out of the health system's Madisonville clinic, St. Tammany Pediatrics will relocate this fall to a newly acquired property at 71338 Louisiana 21, just one mile south of the main hospital campus in Covington.

In addition to being more centrally located, the new, bigger building will allow the practice to expand to become a one-stop pediatrics shop, according to Dr. Robert Fauchaux, chairman of the STHS Pediatrics Department.

"It's going to be able to house more services in the sense of, potentially, things like physical therapy, speech therapy," Dr. Fauchaux said. "We're going to have in-house lab capabilities, which we've not really had before to a significant degree."

Another key benefit is the new location's proximity to St. Tammany Health System's main hospital campus in Covington.

"We're a stone's throw from the hospital, which is also a good thing for us, because we're going to be closer to the intensive care units, the pediatrics ICU, the neonatal ICU," Fauchaux said. "So, we're going to be able to be closer to those and have a bigger office, and, because were roomier now, have more services in-house."

All of the pediatrics specialists associated with the practice — Dr. Fauchaux, Dr. Linda Keefer, Dr. Jennifer Miles and Dr. Margie Strong, as well as nurse practitioner Perry Russell APRN — will be making the move.

All combined, Fauchaux said the move means patients will be able to get the world-class healthcare they've come to expect from St. Tammany Health System even more conveniently.

Meanwhile, Dr. Catherine Pechon has joined St. Tammany Health System to operate a full-service family medicine practice out of the Madisonville clinic being vacated by the pediatrics practice. Pechon is currently operating out of the space and is accepting new patients.



The doctor is in, Madisonville

Meet Dr. Catherine Pechon, the area's newest family medicine practitioner

BY MIKE SCOTT, MSCOTT@STPH.ORG

Dr. Catherine Pechon is home.

She's originally from Texas, mind you. And after getting her undergraduate degree at Tulane University in New Orleans — where she met her husband, incidentally — she got her medical degree from Texas A&M followed by a residency at Duke-Southern Regional AHEC in Fayetteville, N.C.

But when it came time for Dr. Pechon and her Army veteran husband to settle down following 10 years of military nomadism, they knew exactly where to go.

With his extended family already living in the area — and both Pechons being devoted Saints fans — they set a course for Madisonville.

"It's such a great environment. People are happy to be where they are, there's a focus on high-quality patient care, and that was very important to me."

- Catherine Pechon MD

"We knew that this is where we wanted to stay," Dr. Pechon said. "We knew this is where we wanted to raise our kids."

And now, in addition to caring for her own family — which includes three young children — Dr. Pechon is turning her attention to her new neighbors' families.

Board-certified in family medicine and with interests in preventative healthcare and wellness, women's health, and weight management, Pechon in July joined St. Tammany Health System's new family medicine practice in Madisonville, at 1520 Highway 22.

That's the space occupied the past three years by STHS's pediatrics clinic, which is moving this fall to 71388 Highway 21, just south of the health system's main hospital campus. With the move, the former pediatrics clinic becomes a full-fledged family practice.

Dr. Pechon is already accepting and seeing new patients from age 2 to 102 and beyond. "In family medicine primary care, we see all ages: kids, adults, grandparents," she said. "It's kind of a one-stop shop."

While that includes administering all manner of standard healthcare, Dr. Pechon is also equipped to perform minor outpatient procedures, which will save many patients a trip up the highway to Covington.

But while it might be about convenience for her patients, for her it's all about the people for whom she'll get to provide care.

"That's the thing that drew me to family medicine: the relationships you develop, seeing different generations of the same family," she said. "That's absolutely one of the things about family medicine that's unique in a way. You build



Dr. Catherine Pechon recently opened a family medicine practice — treating all ages from 2 and older — in St. Tammany Health System's Madisonville clinic at 1520 Highway 22. (Photo by Tim San Filippo / STHS)

relationships. We see kids grow up and maybe see their kids when they start their own families."

In fact, it's exactly that family feel that sold her on joining the healthcare team at St. Tammany Health System in the first place.

"When I interviewed, you could really feel from the environment — both in the hospital and visiting the clinics — that there really is a sense of family here," she said. "It's such a great environment. People are happy to be where they are, there's a focus on high-quality patient care, and that was very important to me. Seeing how people that have been here for years and years, or leave and come back — that says a lot."

Watch a video interview with Dr. Pechon.

YouTube /sttammanyhealthsystem



Anna and Gary Kern are photographed at Tiller of the Land, the garden center they run in Lacombe, on Tuesday, Aug. 11, 2020. (Photo by Tim San Fillippo / STHS)

Scared to death

How fear of COVID-19 nearly cost one Lacombe man his life

BY MIKE SCOTT, MSCOTT@STPH.ORG

When he woke up in the middle of the night with chest pains back in May, Gary Kern was understandably scared.

Nobody, after all, wants to have a heart attack, and Kern was afraid that's just what he was having. He would turn out to be correct on that point.

But because of the ongoing COVID-19 pandemic, he was also wary of going to the hospital. And so he decided to wait.

"I kind of just tried to fight through it, you might say," Kern said. That decision almost killed him.

Kern's story is illustrative of a troubling trend in the healthcare industry in which people are delaying both routine care and emergency care out of COVID fears — and often paying a steep price as a result.

"And that just compounds the COVID tragedy. People are getting sick because they're putting off needed healthcare, and they're doing it unnecessarily."

- Leslie Kelt, director of infection prevention at STHS

"Honestly, I can understand why people might be concerned," said Leslie Kelt, the director of infection prevention at St. Tammany Health System, where Kern eventually received care. "But the truth is, we've put in place stringent infection prevention processes — as

well as keeping all COVID patients in isolation — so the risk of catching the coronavirus at our facilities just isn't anywhere near what people think it is. It's not even in the same ballpark. Not in the same ZIP code.

"And that just compounds the COVID tragedy," Kelt continued. "People are getting sick because they're putting off needed healthcare, and they're doing it unnecessarily."

For the 65-year-old Kern — who, after retiring from the

At the hospital, he noted, a number of COVID precautions have been put in place: He was tested upon arrival, COVID patients were kept isolated from non-COVID patients even in the emergency room, masks were required for everyone. The list goes on.

petroleum industry, now helps wife Anna run Tiller of the Land garden center in Lacombe — it all started around 1 a.m. that May morning, when he awoke with tightness in his chest.

"Nothing major," he said. "I could actually get up and move around the house."

He thought stress might have been the cause, he said, but when the tightness didn't subside by 4 a.m., he roused Anna. They made the decision to call an ambulance. It wasn't the last decision they'd have to make that day.

The EMTs arrived quickly, Gary said, but the tests they ran on him were inconclusive, so it was unclear if he was having a heart attack. With thoughts of COVID-19 lingering in his mind, Gary signed paperwork refusing transport to the hospital.

That's when Anna noticed something. She's not sure whether the EMTs were actually trying to send her a message, but she received one anyway.

"I just kind of stepped back and watched the fact that they weren't leaving, even after the paperwork was signed," she said. "And I thought, 'There's something more to this.'"

As they lingered, the EMTs reviewed other heart attack warning signs they said Gary should watch for. Among them: jaw pain.

As it turns out, Gary had been experiencing exactly that. "So that's when I made the decision to go ahead and go in," he said.

Good thing. The doctors at St. Tammany Health System's Covington hospital found 100% blockage in one of the two major arteries providing blood to Gary's heart. The other had 40% blockage. He was rushed into the cath lab procedural room, where doctors inserted a stent to keep his blocked artery open.

"I was going down the hall, they were pushing me to the room where they do the stents and everything, and I made the comment, 'I don't think I'm having a heart attack,'" Gary remembered with a chuckle. "And (the doctor) said, 'Boy, you're living in denial.'"

The surgery was a success. Kern is still recovering, but he was at work at Anna's garden center on a recent day in August. He was moving more slowly than he otherwise might, he said — but he was alive. And, even

after a return trip to the hospital for an issue related to his heart attack, he was COVID-free.

Reflecting on the whole experience, he said one thing he learned was that, while it's normal to be scared, it wasn't COVID-19 that should have concerned him. At the hospital, he noted, a number of COVID precautions have been put in place: He was tested upon arrival, COVID patients were kept isolated from non-COVID patients even in the emergency room, masks were required for everyone. The list goes on.

Realizing how close he came to making the wrong decision, he decided to share his story in the hope that others learn from it.

"When you make these decisions, you're weighing that you're scared to go, but we really need to take care of our health in this," he said.

Anna agreed.

"We're grandparents, and that's one thing I kept telling Gary: Don't exclude medical care at this time just because we're scared of COVID," she said. "You want to see your grandkids, don't you? Well, let's go get you taken care of."

That's music to the ears of Kelt and her infection prevention team at the hospital. They've been working overtime since the pandemic began in March to identify and implement strategies to keep the hospital as safe as possible from COVID — and to give non-COVID patients peace of mind when they arrive for care, whether it's for a routine checkup or an emergency.

"We're prepared to treat everything we normally would, including heart attacks and strokes," Kelt said. "If you need us, know we have a safe environment. We are prepared, and we have the people, the environment and the staff to take care of you. We're here for you in every way possible."

COVID-19 BY THE NUMBERS

Key COVID-19 figures from March 10 to Sept. 30, 2020

166,033

The total number of COVID-positive cases in Louisiana

6,993

The total number of COVID-positive cases in all of St. Tammany Parish

1,643

The total number of COVID-positive cases in Washington Parish

15,627

The total number of COVID-19 tests performed at St. Tammany Health System facilities

1,516

The number of COVID-19-positive cases, inpatient and outpatient, treated at STHS

349

The number of COVID-19 inpatient cases discharged from the hospital

15

The total number of COVID-positive inpatients at STHS as of Sept. 30

Visit [STPH.org/](https://www.stph.org/) COVID-19 for the latest information on coronavirus in St. Tammany Parish.

meet_the_robots

STHS builds on its dedication to innovation with a new member of its robot family

BY MIKE SCOTT, MSCOTT@STPH.ORG

St. Tammany Health System's fleet of robots grew by one this past summer, with the addition of a Stryker Mako System, designed to assist surgeons in performing total knee and hip replacements.

"By adding Mako to our robotics inventory, St. Tammany is changing the way orthopedic surgeries are performed across the joint replacement service line," said Roch Hontas MD, an orthopedist with the STHS Bone and Joint Clinic. "We're

providing each patient with a far more precise surgery plan based on our own decades of experience coupled with the Mako's highly detailed imagery."

The Mako joins a high-tech club. It's one of a number of robots in service throughout the Covington hospital, from the operating room to the break room to patient rooms.

Here's a closer look at some of them:



Name: da Vinci
Manufacturer: Intuitive Surgical
Purpose: To assist doctors in a variety of surgeries, including procedures to treat pelvic and urologic cancers. The system employs a minimally invasive approach, meaning reduced complications and shorter recovery times.
Fun fact: In 2007, the da Vinci became the first surgical robot purchased by St. Tammany Health System. In summer 2019, STHS surgeons conducted their 5,000th da Vinci-assisted surgery.



Name: Modus V
Manufacturer: Synaptive Medical
Purpose: A robotic arm with high-powered digital microscope, it enables neurosurgeons at STHS to perform complex brain and spine surgeries.
Fun fact: The optics incorporated into the Modus V were originally developed for the International Space Station. Coupled with Synaptive's BrightMatter technology, which maps the best approach to the targeted area, it often allows for less invasive surgery — even in some cases previously considered inoperable.



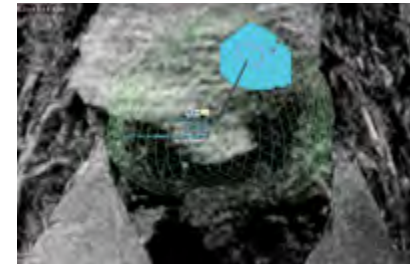
Name: Mako
Manufacturer: Stryker
Purpose: To assist surgeons in total knee and hip replacements.
Fun fact: Through CT-based 3D modeling of bone anatomy, surgeons can use the Mako System to create a personalized surgical plan and identify the implant size, orientation and alignment based on each patient's unique anatomy. During surgery, the surgeon can validate that plan and make any necessary adjustments while guiding the robotic arm.



Name: Lytbot
Manufacturer: Solaris
Purpose: The Lytbot uses UV light to disinfect surfaces quickly and effectively, killing up to 99% of harmful bacteria without chemicals after just a five-minute cycle.
Fun fact: STHS bought its first two Lytbots — nicknamed "The Twins" — with funds raised by the St. Tammany Hospital Foundation in April. They worked so well when coupled with the hospital's traditional cleaning methods that the hospital has since acquired a third. In addition, the foundation board gifted the hospital with two smaller but similar units designed to disinfect the bathrooms in patient rooms.



Name: Sally
Manufacturer: Salad Station
Purpose: Assembles fresh, made-to-order salads on demand, 24/7.
Fun fact: Technology, nutrition and convenience come together with Sally the salad bot, located in our lobby coffee shop. Using a touch screen, customers can order up one of a number of pre-programmed salads or customize their own using any of 22 ingredients — making for more than 1,000 combinations — all of which are kept at 38 degrees and refilled daily.



Combining electromagnetic tracking and navigation with an onboard computer and a real-time imaging interface, the UroNav system helps St. Tammany Health System doctors zero in on suspicious areas when conducting prostate biopsies.



A GPS system for your prostate? Yep. (Kind of.)

St. Tammany Health System doctors use UroNav technology to detect cancers early and more accurately.

BY MIKE SCOTT, MSCOTT@STPH.ORG

Your car has a GPS. Your phone has one. Your wristwatch might even have one, as well.

And now, so does your prostate.

Kind of.

Doctors at St. Tammany Health System recently unveiled the organization's new UroNav system, a high-tech blending of MRI imagery with ultrasound-guided images to aid doctors as they biopsy a patient's prostate, helping them more efficiently detect possible cancer earlier.

In a field in which early intervention is crucial, that's no small thing.

"For the first time in medical history, we can look inside the prostate now," said Dr. Joshua Yellin, a radiologist at St. Tammany Health System. "Nothing beats getting to see the architecture of the prostate. That is a direct visualization of a potential problem."

The UroNav process, at its root, is a team effort involving a patient's primary care physician, a radiologist, an ultrasonographer and a urologist.

The whole thing starts with a PSA blood test ordered by a patient's primary care physician. If that test shows an elevated PSA level, which can be suggestive of a prostate problem, MRI images are taken of the patient's prostate and examined by a radiologist.

"We look in great detail not just at the architecture of a lesion, but we look at other factors that we know are associated with cancer. The end result of that is a score (for) each individual spot or question," Yellin said. "And that's a pretty accurate way of diagnosing prostate cancer just based on imaging alone."

It becomes even more accurate, however, after he turns those images into a three-dimensional model with suspicious areas highlighted. When that 3-D model is combined with the ultrasound, it essentially provides a patient's urologist with a road map to follow — and a specific target to shoot for — when performing a biopsy to confirm a cancer diagnosis, said Dr. Joshua Sleeper, a urologist with St. Tammany Health System.

"When you do (a traditional) biopsy, it's basically random samplings," Sleeper said. "Now, we do have standard areas where we target, but you're certainly not hitting the entire prostate. And in a lot of men, men who have larger prostates, there's no way to sample that area."

With UroNav technology, Sleeper said doctors can target suspicious lesions highlighted for biopsy by the radiologist in areas of the prostate not routinely targeted in a standard biopsy.

"With the vast majority of men who have just an elevated PSA, the ultrasound appears normal," Sleeper said. "We don't see an identifiable region or tumor to hit. The UroNav involves overlying an MRI image, essentially giving us a bull's-eye to hit on the ultrasound image."

The bottom line: fewer biopsies of a single patient and better accuracy — which is good news for patients.

"There's been studies that have validated that it does improve detection and it improves detecting of higher-grade cancers," Sleeper said. "That will certainly play a role in determining treatment options for the patients."

Sleeper, Yellin and ultrasonographer Kim Belsom recently visited the set of St. Tammany Health System's "Healthy Living" program to discuss the UroNav technology in further detail, including how it helps them operate as efficiently and precisely as ever. Find it at

[YouTube /sttammanyhealthsystem](https://www.youtube.com/sttammanyhealthsystem)



Do you sometimes feel like you spend your entire day yelling? Focus on the good your child does rather than on the negative. See how it changes the tone of your day. (Stock image)

Accentuate the positive

How to teach your kids discipline without the fussing and fuming

BY ALEXIS DILL MS PLMT, ADILL@STPH.ORG

The word “discipline” comes from the root word “disciple,” meaning to “follow in love.” That makes sense, since our role as parents is to be our child’s first teacher and disciplinarian.

It’s also an enormous responsibility. After all, as parents, we lay down the foundation for our children, giving them the tools they will need to flourish in society.

When considering behavior as a whole, there are multiple important things for parents to keep in mind:

- **You are your child’s mirror.** In you, they find and develop their self-esteem. They are reliant on you to ensure they become lovable and capable human beings. Reflect their goodness.
- **Set aside time for them.** In our fast-paced society, it is easy to be fully consumed in what we are doing. Even setting aside just five minutes a day to play with your child can truly make a world of a difference.
- **Teach them the skills you want them develop.** As adults, I think we sometimes forget that things have to be taught to children. Think about the adults you want them to be one day and the family morals and values you want to pass on, then create opportunity to instill those values and morals in them on a day-to-day basis.

- **Accentuate the positive.** Do you sometimes feel like you spend your entire day yelling? Focus on your child’s strengths. Focus on the good your child does rather than on the negative. See how it changes the tone of your day.

Parenting is one of the toughest jobs in the world, and The Parenting Center is here for you. If discipline is something you struggle with within your home environment, please reach out. We are here to help.

At \$20, we offer parenting coaching by appointment, so call The Parenting Center at (985) 898-4435 to set up an appointment with one of our educators for guidance and assistance on how to incorporate positive discipline into your own household.

Alexis Dill is a provisionally licensed marriage and family therapist. She serves as education coordinator at St. Tammany Health System’s Parenting Center and can be reached at adill@stph.org.

Shelter from the storm

LWCC grant makes Recharge Room permanent for front-line healthcare heroes

BY MIKE SCOTT, MSCOTT@STPH.ORG

It was founded early in the COVID-19 pandemic as a way to make sure St. Tammany Health System’s front-line caregivers were taking the time to care for themselves.

Now, thanks to a \$15,000 grant from the Louisiana Workers’

Compensation Corp., or LWCC, the Recharge Room, as it is known, has become a permanent fixture at the Covington hospital.

“The mental and physical demands on our workforce during this crisis are unparalleled to anything our organization has seen before,” said St. Tammany Hospital Foundation Executive Director Nicole Suhre, whose nonprofit organization pursued and secured the LWCC grant. “The anxiety and stress induced by caring for patients in a pandemic is significant, and while our healthcare heroes put on a brave face as they care for their patients with world-class expertise and compassion, their worries can be crippling.”

In fact, Suhre said, the need to establish a special place in which front-line healthcare workers could catch their breath became evident soon after the hospital began receiving its first COVID-positive patients in mid-March. So, as an offshoot of the hospital’s Employee Assistance Program, or EAP, a group of hospital colleagues deemed “EAP champions” worked to assemble a pop-up oasis of serenity in one of the hospital’s first-floor conference rooms.

It featured soft lighting, soothing music, nature scenes projected on a large screen, and complimentary snacks, among other things. Additionally, in the first several weeks of the pandemic, trained counselors and social workers took turns staffing the Recharge Room, making themselves available to anyone who needed to talk.

“They can expect peace and quiet,” social worker and EAP Champion Colleen Hughes said at the time. “They can expect an offer of support and care. They can expect a moment to be away

“While our healthcare heroes put on a brave face as they care for their patients with world-class expertise and compassion, their worries can be crippling.”

- Nicole Suhre, STHF Executive Director

from supervisors and co-workers and patients and all of the things that go along with that in this trying time. And, really, it’s amazing how recharged you can become even after just a quick break if you settle your mind and focus on your breathing.”

As weeks turned into months, however, and the health system returned to more normal business operations, the demands of running a hospital required that the space occupied by the Recharge Room be returned to its original use.

But at the same time, the COVID pandemic wasn’t abating. Neither was the need for the Recharge Room, hospital leaders realized.

So, they worked to secure a permanent space for a new Recharge Room, this time even closer to the hospital’s intensive care and critical care units, and worked with the foundation on funding.

“I find it very forward-thinking of administration to say, ‘OK, because the mental health of our colleagues is so important, we’re going to set aside this space to give them somewhere to go to take a few minutes for themselves, to take a deep breath and reset,’” Suhre said.

Now, thanks to the LWCC grant, the new Recharge Room is up and running. It includes a soft color palette with soothing textures, greenery and music therapy elements, as well as artwork that is part of the foundation’s Healing Arts Initiative collection.

But most of all, it gives the hospital’s healthcare heroes a place to take a moment for themselves.

“STHS’s colleagues are our greatest asset and the heartbeat of our organization,” Suhre said. “Their well-being is a top priority, and it’s essential that we do what we can to support and care for them as they care for our community.”



The new, permanent STHS Recharge Room — made possible by a grant from the Louisiana Workers’ Compensation Corp. — gives frontline healthcare workers a place to catch a few quiet moments of serenity amid the often-overwhelming COVID-19 pandemic. (Photos by Mike Scott / STHS)



A group of golfers enjoy the afterparty at the 2019 Get Lucky! Golf Tournament. (STHS file)

‘Third time’s the charm’

Twice-delayed, foundation golf tournament is a go for Nov. 19

BY MIKE SCOTT, MSCOTT@STPH.ORG

If a double mulligan wasn’t a thing before, it is now.

For the second time, St. Tammany Hospital Foundation leaders have rescheduled the date of their 9th annual Get Lucky! Golf Tournament in deference to COVID-19.

It is now scheduled to begin with a 12:30 p.m. shotgun start on Nov. 19 at Money Hill Golf & Country Club in Abita Springs.

“You know how they say ‘the third time is the charm’? Well, we’re going to put that to the test,” the foundation’s Melanie Rudolph said. “We’ve had a couple of false starts thanks to COVID, but that’s given us the time to make sure we’ll be able to host a full tournament in the safest and most enjoyable way possible for our sponsors, golfers, vendors and volunteers.”

With support from title sponsor Refreshment Solutions, as well as other major sponsors including Ochsner Health and fl+WB Architects, the 2020 tournament will include all the features that have made the event a highlight of the annual Northshore calendar — and raised \$400,000 for the hospital in the process.

That includes food and beverage from local restaurants; closest-to-the-hole, longest-drive and straightest-drive contests; prize drawings; goody bags for every golfer; three beverage carts; and a fully catered afterparty with an open premium bar. Golfers will also get a chance to win one of two cars, courtesy of Honda of Covington and Mercedes Benz of Covington.

Proceeds from this year’s event will benefit the expansion of the hospital’s infusion suite.

“There’s no question: What makes the Get Lucky! tournament such a success every year is the willingness of so many members of our community to turn out for a great time and support us in our healthcare mission,” Rudolph said. “We can’t wait to see each of them, healthy and happy, on the greens on November 19.”



The 2019 Tree of Life glows in the St. Tammany Parish Hospital lobby. (STHS file)

Angels of Knight

Annual tree-lighting ceremony to honor Dick and Sally Knight

BY MIKE SCOTT, MSCOTT@STPH.ORG

One year not so long ago, in preparation for St. Tammany Hospital Foundation’s annual Angels of Light holiday tree-lighting celebration, someone realized the robes worn by the tribute angels adorning the tree were looking a touch ... disheveled.

So, Sally Knight did what Sally Knight so often did. She stepped up and ironed them. All of them. Three-hundred of them, to be exact.

It’s that roll-up-the-sleeves, can-do spirit that made Knight, a longtime volunteer at the St. Tammany Hospital Foundation offices, such a beloved and respected figure. It’s the same spirit that prompted her husband, foundation founding member Richard Knight — a longtime member of the foundation Board of Trustees, as well as the secretary/treasurer of its Executive Committee — to work so tirelessly to help the organization accomplish its goals.

On Dec. 10, the foundation will pay homage to the Knights and their generosity by dedicating the 2020 Tree for Life in their memory in a ceremony held in the main lobby of St. Tammany Parish Hospital. The event, which will include holiday music and light refreshments, begins at 5:30 p.m.

Just like in years past, community members can make a donation to the foundation to have a tribute angel on the tree dedicated in the name of a special person of their choosing, with proceeds benefitting St. Tammany Hospice. As has become tradition, the names of those being celebrated by each tribute angel will be read out loud during the ceremony.

All can also rest assured the Knights will be looking down from above with approval — as long as somebody remembers to iron those robes.

“Dick and Sally were generous contributors to the foundation, leaving a legacy that includes volunteerism, monetary donations and 10 works of art,” foundation Executive Director Nicole Suhre said. “St. Tammany Hospital Foundation will remain forever grateful for their contributions, and I personally feel honored to have known them both.”

Counting our blessings in a most unusual year

Foundation donors a 2020 bright spot

BY NICOLE SUHRE, NSUHRE@STPH.ORG



STHF Executive Director Nicole Suhre

We can’t do it alone. Now more than ever, financial support for STHS though our foundation is absolutely vital to fund the many programs and initiatives of our hospital.

Between the COVID-19 pandemic and an unusually active hurricane season, 2020 has been a challenging year for many of us.

But at St. Tammany Hospital Foundation, we have a habit of looking for silver linings, especially when the going gets tough. This year, once again, we found one in the deep generosity and community spirit of our neighbors all over the Northshore.

Yes, COVID has altered our way of life in countless ways this year. This was true for St. Tammany Health System as well, as its operations changed dramatically to care for those with COVID-19 while protecting the health of Northshore families, our colleagues and our volunteers.

But even with the unending upheaval and unprecedented hardships, our Northshore community came through with an outpouring of support for our health system and its healthcare heroes. Consider:

- In-kind support for our organization exceeded \$75,000 in the form of personal protective equipment for our colleagues; meals, snacks and treats for all of our departments; e-tablets for patients; gift cards; and more.
- Direct monetary support exceeded \$60,000 to support the work of our team and provide assistance where it was needed most.

The board and staff of St. Tammany Hospital Foundation are tremendously grateful for this support.

That being said, there’s still work to be done, not only where the pandemic is concerned but also with the everyday work of our health system. STHS continues to birth babies and care for patients with our compassionate brand of world-class healthcare.

The foundation remains committed to supporting that mission through the end of 2020 and into the new year.

But we can’t do it alone. Now more than ever, financial support for STHS though our foundation is absolutely vital to fund the many programs and initiatives of our hospital.

We humbly ask that you consider a donation to the foundation as you make plans for your year-end giving. Fully 100 percent of your gift — every single penny — will fund programs, equipment and facilities at STHS, a self-supporting, not-for-profit entity that receives no tax funding.

So, whether you choose to make a one-time cash donation; a pledge of up to five years; non-cash gifts of real estate, stock and securities; or planned gifts such as charitable remainder trusts, annuities and bequests, we look forward to working together to achieve your philanthropic goals.

Because, together, we’ll all weather the storm that is 2020 — and move forward, unbowed, into what we’re sure will be a happy and healthy 2021.

Onward,

Nicole Suhre, STHF executive director



Donations to St. Tammany Hospital Foundation come in many forms, including these floral displays bought by a local resident for a family event and donated afterward to brighten the days of hospital patients and nurses. (Photo by Tim San Filippo / STHS)

MISSION

We are the heartbeat of our community, caring for our patients and their families with excellence, compassion and teamwork.

VISION

We will strengthen the health of our community with compassion, innovation and partnership.

VALUES

Teamwork. Trust. Compassion. Quality. Innovation.

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STHS complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. STPH does not exclude people or treat them differently because of race, color, national origin, age, disability or sex. STPH provides free aids and services to people with disabilities to communicate effectively with us. If you need these services, contact the Patient Relations Department at 985-898-4669.



MISSION

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 Health System.

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Upcoming Events

The St. Tammany Hospital Foundation hosts events in support of its philanthropic goals for St. Tammany Health System. Below, find a short sample of noteworthy upcoming events. Please check STHfoundation.org and the foundation Facebook page for additional opportunities to support the foundation and health system.



A trio of happy little monsters takes a breather during Monster Mash 2019. (STHS file)

Monster Mash

What: The annual family-friendly fall festival to benefit St. Tammany Health System's Parenting Center. This year's event – which will feature trick-or-treating, take-home cookie decorating and craft kits, a pumpkin patch and more – will be a drive-through event in deference to COVID-19.

When: 10 a.m. Saturday, Oct. 17

Where: Bogue Falaya Park, Covington

Tickets: \$10 per child | \$20 VIP
 (must be purchased in advance)

Details: sthfoundation.org/MonsterMash

Get Lucky! Golf Tournament

What: The ninth annual golf tourney, presented by Refreshment Solutions, to support the programs and services of St. Tammany Health System.

When: Begins with a shotgun start at 12:30 p.m. Thursday, Nov. 19.

Where: Money Hill Golf and Country Club, Abita Springs

Details: STHFoundation.org/golf

Angels of Light

What: The annual lighting of a holiday tree covered in "tribute angels" to honor or remember special people with proceeds benefiting St. Tammany Hospice.

When: 5:30 p.m. Thursday, Dec. 10

Where: Front lobby of the STHS main hospital campus in Covington

Details: STHFoundation.org/Angels