



Heart to Heart

A publication of St. Tammany Health System



In the name of the father

Mauti family targets lung cancer with half-million dollar gift, p. 10

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Foundation launches annual communitywide breast cancer campaign, p. 8

70 for 70: A father's enduring love, p. 13

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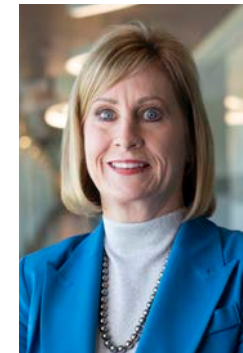
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Gratefully Yours

Who Dat say they gonna help beat cancer?



Joan Coffman, FACHE

“The Mautis’ gift is the kind of generosity and dedication to the community that makes the Northshore such a wonderful place to live, work, raise a family – and, of course, cheer for the Saints.”

Do you recognize that strapping young fellow at the center of this issue’s cover photo? If you are a Saints fan, you probably do. He is Rich Mauti, the fan-favorite wide receiver and special-teamer from yesteryear who won the hearts of the Who Dat Nation even before it was known as the Who Dat Nation.

All these years later, the New York native is still here – south Louisiana will do that to a soul – and, through his family’s tireless efforts to raise money for cancer care throughout the region, he is still playing a crucial role in the community.

As you will read in this issue, the Mautis recently took those efforts to a new level by donating a half-million dollars to our St. Tammany Health Foundation for use toward the purchase of what will be the first mobile lung screening bus in the region.

Can you say MVP? It is just that kind of generosity and dedication to the community that makes the Northshore such a wonderful place to live, work, raise a family – and, of course, cheer for the Saints.

The Mautis’ recent gift is also just one of a number of good-news headlines you will find inside this issue, which includes stories from our community on such topics as a new arts program for patients at our cancer center p.12, some great advice from our cadre of medical superstars p.4, and a downright delicious recipe for Chef Austin Kirzner’s Blackened Shrimp Creole p.7.

I am suddenly hungry just thinking about it. As I dig into my lunch, I invite you to dig into this issue. I hope you enjoy reading it as much as we enjoyed assembling it.

Thank you for reading, and, as always, thank you for trusting St. Tammany Health System with your family’s care.

Gratefully,

Joan M. Coffman, FACHE
St. Tammany Health System president and CEO



Keeping it local

St. Tammany Health System President and CEO Joan Coffman addresses those gathered Sept. 3 for the announcement of a half-million dollar gift from the Mauti Cancer Fund to help purchase what will be region’s first mobile lung cancer screening bus. (Photo by Tory Mansfield/STHS)

Ask the STHS Experts

Our team of seasoned professionals answer questions from our Northshore neighbors

By STHS Communication Department

Got healthcare questions? We've got answers, thanks to the local medical experts who have appeared as guests on "Northshore Healthbeat," the recently launched podcast of St. Tammany Health System.

Below, find edited excerpts of some of those answers. You can also listen in every other week by searching "Northshore Healthbeat" at most major podcasting platforms, including Apple Podcasts, Spotify, Amazon Music and others.

When it comes to sunscreen, there are tons of options out there. But what's the best?

Dr. Shahraam Kamalpour, dermatologist: "The most important sunscreen is the one that you're going to wear. It doesn't matter if it has the best ingredients. There's some fancy new sunscreens that have DNA repair enzymes that can actually help allegedly repair the sun damage to your DNA, and some studies might support some of that, but the most important thing is that you're wearing it."

"So, if it's one you find cosmetically elegant, that you find doesn't burn in your eyes when you sweat, or you just like it — you like the bottle, whatever the reason is — the most important thing is you're going to use it."

How many hours of screentime per week is recommended for pre-teens?

Dr. Seth McVea of St. Tammany Pediatrics: "Screentime can



Dr. Shahraam Kamalpour, a dermatologist, was a recent guest on Northshore Healthbeat, a twice-monthly podcast produced by St. Tammany Health System. (Photo by Mike Scott/STHS)

YOUR TURN

Do you have a question for our STHS team? Go ahead. Just ask. Email your questions to us at CommDept@stph.org. We'll do our best to get an answer, with select responses appearing in future editions of Heart to Heart. *(Please include your hometown and the initials you'd like us to use in identifying you.)*

definitely be a tricky beast. I think as pediatricians we used to have more of a hard-and-fast answer of, 'Your kid shouldn't be exposed to more than two hours of screentime a day,' and that's easier said than done, I find.

"I really think that as pediatricians and as parents, we have to evolve with the world. And screentime and what

it adds to education — and what it adds to children's lives — is becoming more and more prominent. I think a better answer, instead of having a set time, is really looking at the quality of what your kids are looking at.

"You want to look for engagement. Is your child having engagement with what they're using their using their screentime for? Is it a TV show, for instance, that is teaching them learning principles, ethics, things that they are interacting with? Is it a game that's stimulating their mind? Are they learning how to beat puzzles? Are they problem solving? I do think that obviously we need to get outside, we need to play, we need physical activity and to see the sun, but I think instead of having a hard lock on how long we're using, it's what we're using and how is it adding to your kid's life." ■

FLOWER POWER

Every quarter, St. Tammany Health System recognizes nursing excellence with the Daisy Award and non-nursing colleagues with the Sunflower Award. Here are the latest to earn the honors.



A wide-eyed Tina McMahon, right, reacts after learning she received a Daisy Award. McMahon, who works in the Adult ICU at St. Tammany Health System's flagship St. Tammany Parish Hospital, was nominated for the honor by grateful patient Kim Pierce, who wrote: 'Tina's words of wisdom, calmness and kindness kept me calm! ... She watched me like a hawk and took amazing care of me, was confident in what she was doing and her duties, which made me more confident.' (Photo by Tory Mansfield / STHS)



STHS Nurse Megan Simon wipes away a tear upon being told by Chief Nursing Officer Kerry Milton that she was selected for the Daisy Award for extraordinary nursing. Megan, who works in the hospital's New Family Center, was nominated by the mother of a patient, who wrote: 'Megan's exemplary care reflects positively on St. Tammany Parish Hospital and exemplifies your institution's high standards.' (Photo by Tim San Filippo / STHS)



STHS Chief Nursing Officer Kerry Milton, left, surprises Emergency Department Nurse Rachel Mallory with news that she won a Daisy Award for extraordinary nursing. Rachel was nominated for the honor by a family member of a patient, who wrote: 'From intake to transfer to the unit, Rachel cared for my mother like she was her own. ... Thank God for her skills and knowledge!' (Photo by Jan Budenz / STHS)



Sunflower Award recipient Adam Rohr, center, shows off his award with members of the Inpatient Physical Therapy team at St. Tammany Parish Hospital. Adam was nominated for the award by grateful patient Michael Lockwood, who wrote: 'Patient care often involves a roller coaster of physical and emotional elements. However, on good days and bad days, I found myself always looking forward to my sessions with Adam. Who says THAT about physical therapy?!' (Photo by Jan Budenz / STHS)



St. Tammany Health System President and CEO Joan Coffman applauds Telemetry Medicine Unit Clerk Jena Singletary after surprising her with a Sunflower Award. At right is Dennis Burke, the husband of a patient who nominated Jena for the honor, writing: 'As I own and operate a nationwide company, I am familiar with the difficulty in finding dedicated people such as Ms. Jena Singletary. I recommend that St. Tammany Health System hang on to her, as her behavior, attitude and dedication are The Face of STPH.' (Photo by Jan Budenz / STHS)

STAT!

Quick hits from the STHS newsroom

By STHS Communication Department

In July, St. Tammany Health System's flagship St. Tammany Parish Hospital earned honors as a high-performing hospital by **U.S. News & World Report** in its 2024-2025 Best Hospitals rankings. ... Also in July, the American Heart Association honored St. Tammany Health System with its **Get With the Guidelines-Stroke Gold** designation, in addition to its Stroke Honor Roll Elite and Type 2 Diabetes Honor Roll designations. ... The STHS Parenting Center has been reaccredited as a **Certified Autism Center** by the IBCCES. ... In August, **Newsweek** named St. Tammany Health System's flagship St. Tammany Parish Hospital one of the best hospitals in America and the fourth-best in Louisiana ... Also in August, **Fitch Ratings** affirmed the 'AA-' long-term rating on the series 2018A and 21018B bonds issued by St. Tammany Health System. In addition, Fitch affirmed the health system's 'AA-' Issuer Default Rating, declaring the rating outlook to be stable. ... St. Tammany Parish Hospital has received the American College of Cardiology's **NCDR Chest Pain - MI Registry Platinum Performance Achievement Award** for 2024 ... The hospital was also named to a **Becker's Hospital Review** list of the top-recommended hospitals in Louisiana ... Congratulations to **Dr. Seth McVea** of St. Tammany Pediatrics, who was named the recipient of the St. Tammany Quality Network Medical Director's Award for the third quarter of 2024. ... Congratulations also to STHS Registered Nurses **Kristi Lamarque** and **Toby Tournillon**, honored with 2024 Nightingale Awards by the Louisiana Nurses Foundation. Additionally, four other STHS nurses — **Michelle Boudreaux**, **Corie Johnston**, **Emily Price** and **Keri Skeins** — were honored with Nightingale nominations. ■



Find our podcast on most major platforms.

1:20



4:17



Is there a St. Tammany Health System employee you'd like to honor? Find out how at StTammany.health/ThankYou or by scanning the code at right.



'We both had angels here that day'

A story of luck, gratitude – and a life-saving STHS nurse

By Mike Scott, msscott@stph.org

Paul Clifton remembers it vividly, even now, months later.

He was at the Cardiac Rehab gym at St. Tammany Health System's Paul D. Cordes Outpatient Pavilion, working out as part of his recuperation from a recent surgery. He had already put in 40 minutes on a treadmill and just sat down for a turn at a hand bike.

That's when he got a strange feeling, "like my batteries were draining."

"I just felt a strange sensation," he said. "I knew something was happening, because I uttered the words 'Oh, no' to the attendant that was there ... and that was it. It was lights out."



The first thing Courtney Jee remembers was the thud.

A registered nurse with St. Tammany Health System, she had coincidentally been checking the supplies in a crash cart kept in the gym at the time. She turned when she heard the noise and saw Clifton on the floor.

"I wasn't sure why he was there," she said, "so I ran over."

Like all patients in the STHS Cardiac Rehab gym, he had been wearing a heart monitor during his workout. The tech at the monitoring station – which shows the readouts from all the patients working out – told Jee that Clifton's heart had entered "a lethal rhythm."

"At that point, I knew why he was on the ground and what I had to do," she said.

She called his name. She shook him. Nothing. "So," she said, "I started chest compressions."

Time slowed. She continued as her



Paul Clifton visits with St. Tammany Health System nurse Courtney Jee in the Cardiac Rehab gym at the Paul D. Cordes Outpatient Pavilion in Covington. Jee revived Clifton when he suffered a potentially lethal cardiac event while working out at the hand bike pictured. (Photo by Tim San Fillippo/STHS)

colleagues ushered the other patients out of the room. Another watched Clifton's vitals. Yet another called 911.

Jee guesses it took maybe a minute or so, but it felt like an eternity.

"It was a moment where – I wasn't alone; there were people everywhere – but there was a moment where I felt like it was just Paul and I," she said. "And I couldn't let him go."

And then he opened his eyes.

"Where am I?" he asked.

"What's going on?"

Just then, Jee could hear the sirens of an approaching ambulance. In short order, he was heading to the hospital. He has since made a full recovery.



As it turns out, Clifton's heart event

wasn't brought on by exercise. Rather, it was an inevitable glitch, doctors told him. If it wouldn't have happened while he was at the Cardiac Rehab gym and surrounded by healthcare professionals like Jee, it would have happened elsewhere – and who knows what would have happened then.

That being the case, he has a message for patients who might blanche at the prospect of weeks of cardiac rehab:

"Stick to it as best as you can and follow it through to fruition," he said. "I had many times wanted to give it up. If I had done that, I wouldn't be standing here today."

Standing next to him, Jee added: "We both had angels here that day. Thank God they were here." ■



Chef Austin Kirzner of Covey Rise Farms and Lodge, far left, whips up a pot of Shrimp Creole in the kitchen classroom at the Samaritan Center in Mandeville as part of Healthier Northshore's free Eat Well, Live Well cooking demo series. (Photo by Tory Mansfield/STHS)

Taste of the Northshore

Local flavors take centerstage in cooking demo

By Mike Scott, msscott@stph.org

Chef Austin Kirzner loves his native New Orleans. He loves the food, he digs the vibe and he relishes the decades he spent honing his culinary skills in the kitchens of places including Red Fish Grill on Bourbon Street and Commander's Palace.

"Those places made me into the chef I am today," he said.

But there comes a time in most New Orleanians' lives in which those late nights begin to wear thin, the mornings after begin to feel more difficult to endure – and thoughts of starting a family begin to supplant the more hedonistic temptations of youth.

Which is how Chef Kirzner – like so many others – ended up on the Northshore, raising a young family.

More to the point, it's how he ended up as executive chef of the restaurant at Covey Rise Lodge, the sprawling farm, wedding venue and luxury hunting retreat just over the Tangipahoa Parish line in Husser.

On Sept. 23, he became the latest local chef to participate in Healthier Northshore's quarterly Eat Well, Live Well cooking demonstration series, which walks participants through a home-grown recipe – this time Shrimp Creole – before sending them home with a box of all the ingredients

needed to re-create the dish at home.

In keeping with the Eat Well, Live Well series' ethos, Chef Kirzner's version of Shrimp Creole makes good use of local, fresh-from-the-garden vegetables from Covey Rise's 75-acre farm, which supplies the produce for restaurants throughout the metro area.

It also emphasizes good health – with cauliflower rice replacing the usual carb-heavy white rice, for example – and the use of local products whenever possible.

That, of course, includes local produce, one of Covey Rise Farm's specialties, but it's also just as applicable to buying seafood.

"As everyone in this room knows, we're blessed," Chef Kirzner told those gathered for the demo in the Samaritan Center kitchen classroom in Old Mandeville. "We're 300 yards from the lake right now. Those guys out on the side of the road? Stop. Buy something from them. They have all the flavors we're looking for." ■

This latest installment of the Eat Well, Live Well cooking series was made possible through support from St. Tammany Health System, the Samaritan Center, Covey Rise Farms and the Healthier Northshore coalition. Learn more about the initiative at HealthierNorthshore.health.



Chef Austin Kirzner's Blackened Shrimp Creole

Yield: 4 servings

Ingredients:

- | | |
|-------------------------------|---|
| 2 oz olive oil | 2 oz hot sauce |
| 2 onions, small dice | 1 oz Worcestershire sauce |
| 2 stalks celery, small dice | 4 oz corn starch slurry (corn starch and water) |
| 2 oz garlic, minced | 2 lbs 21/25 Gulf shrimp |
| 1 bell pepper, small dice | 4 oz blackening seasoning |
| 2 oz tomato paste | Salt and pepper to taste |
| 1½ quart seafood stock | 2 cups cauliflower rice |
| 16 oz tomatoes | 2 oz green onions |
| 2 bay leaves | |
| 1 jalapeño pepper, small dice | |

Directions:

- Preheat oven to 350 degrees.
- Warm olive oil in large pot on stovetop, reserving about ½ ounce for later use. Sauté onion, celery, garlic and bell pepper in oil until translucent. Add tomato paste. Stir until vegetables are coated. Add seafood stock to pot and bring mixture to a simmer.
- Roast tomatoes on pan in preheated oven until skin is easily removed, about 12 minutes. Set aside.
- Add bay leaves, jalapeño, hot sauce and Worcestershire to pot. Bring to a boil then add the corn starch slurry. Once thickened, reduce heat to a simmer for 30 to 45 min.
- Heat remaining oil in a cast-iron pan over high heat. Coat the shrimp in the blackening seasoning and sear on both sides in cast-iron pan until fully cooked. Remove from heat.
- Once the tomato mixture is cooked, season to taste with salt and pepper. Serve over ½ cup of cauliflower rice and top with the blackened shrimp. Garnish with green onions.
- Enjoy!



Look! Cut me out! I'm a bookmark for your favorite cookbook!

Scan the QR code or visit StTammany.health/CordesOPP to learn more about the Paul D. Cordes Outpatient Pavilion.



The Power of Pink

Breast cancer shirt isn't just a shirt; to these women, it's personal

By Mike Scott, mscott@stph.org

Honestly, it's not really that unusual to sell T-shirts in support of breast cancer awareness month. In fact, on some level, it's almost expected.

But the bright pink shirts being sold in support of St. Tammany Health Foundation's monthlong 2024 campaign aren't just any T-shirts.

They are a symbol of something more — of community, of compassion and of the friendships forged among the cancer patients who designed them and their care providers.

"We saw the shirts from last year, and, being a woman, we were like, one, they need to be pink," said Brenda Demuth, a registered nurse on the Surgery Medicine staff at St. Tammany Health System who cares for breast cancer patients. "But also, it needs to represent the cancer patients — and what better way to do that than to get the cancer patients to design it?"

So, Demuth assembled a group of a dozen or so patients for whom she has cared and invited them to put their creativity on display.

The "Pink Ladies," as they call themselves, seized the opportunity. The result is a T-shirt that underscores the value of breast screenings, featuring a heart-shaped fingerprint embraced by a pink ribbon accompanied by the words "Prevention is at your fingertips."

"They're such an amazing group of women," Demuth said. "They're strong and they're wonderful and they're us — they're moms, they're daughters, they're granddaughters. They represent us."

Demuth was speaking Sept. 30 at St. Tammany Cancer Center — A Campus of Ochsner Medical Center during the launch of the foundation's campaign, formally titled St. Tammany United in Breast Health: The Power



The Pink Ladies, a group of local cancer patients and their caregivers organized by St. Tammany Health System nurse Brenda Demuth, far left, gather for a group photo at the launch of St. Tammany Health Foundation's annual breast cancer awareness campaign. In addition to providing a network of support, the Pink Ladies designed the T-shirt for this year's campaign, which they can be seen wearing in the photo. (Photos by Tim San Filippo/STHS)

"They're such an amazing group of women. They're strong and they're wonderful and they're us — they're moms, they're daughters, they're granddaughters."

— St. Tammany Health System nurse Brenda Demuth

of Pink. As she spoke, dozens of people in pink shirts, pink pants, pink dresses, pink everything, celebrated the start of what will be a month's worth of celebration, education and mammogram opportunities aboard the health system's Be Well Bus.

As in years past, the St. Tammany Parish Sheriff's Office is a partner

in the campaign, attending events with the bus and offering supporters a chance to sign a pink-wrapped Sheriff's Office vehicle for a \$5 donation to local cancer care.

New this year is the participation of the Covington-based Timeless Touch Medical Aesthetics as the campaign's inaugural Partner in Prevention Sponsor. According to co-owner and Nurse Practitioner Brittani Naccari Farrell, their involvement was a no-brainer.

"We all know somebody who's suffered from breast cancer — daughters, mothers, aunts, uncles — so we thought it would be a great thing to sponsor to give as much help as we can to support

such a good cause and encourage more prevention," Farrell said.

Other community partners included Winn-Dixie, employees of which held a toiletries drive to benefit cancer patients; Kendra Scott jewelers, which gifted special pieces to patients undergoing infusion treatment; and All American Medical, which was on-hand to provide massages for patients and cancer center staff.

In that regard, the cancer center has become more than a cancer center. It is also a community center, uniting people together for a common cause.

"When I came home to St. Tammany almost four years ago, it was to be a part of something special," said breast surgeon Dr. Angela Buonagura of STHS's Northlake Surgical practice, who works out of the cancer center. "Today, I can say without equivocation that the cancer program here really is just that. From the dedication of the administrative team to the entire cancer care team, I'm just deeply grateful for all of it, not just as a medical professional but as a member of the Northshore community." ■

Visit www.STHFoundation.org/PowerofPink to learn more about how you can be a part of St. Tammany Health Foundation's Power of Pink campaign.



ABOVE: Key community stakeholders and supporters assemble for a group photo to mark the launch of St. Tammany Health Foundation's annual breast cancer awareness campaign, titled St. Tammany United in Breast Health: The Power of Pink. It will continue all October long, with events and screening opportunities scheduled to take place throughout the community. LEFT: St. Tammany Health System President and CEO Joan Coffman and St. Tammany Parish Sheriff Randy Smith add their signatures to a pink-wrapped sheriff's vehicle as part of the local fundraising campaign for Breast Cancer Awareness Month. (Photos by Tory Mansfield/STHS)

Free Power of Pearl lung cancer walk returns for 2024

By STHS Communication Department

Get ready to feel the Power of Pearl. Coinciding with the recognition of November as Lung Cancer Awareness Month, St. Tammany Health Foundation has announced its second annual lung cancer walk and health screening event for Nov. 16 at the Covington Trailhead.

Part of the foundation's larger St. Tammany United campaign, the free event — formally titled St. Tammany United in Lung Health: The Power of Pearl — will be from 10 a.m. to 2 p.m. and will include

music by Tyler Kinchen & The Right Pieces, children's activities, food for purchase from local food trucks, an educational resource village and more.

The highlight of the day, however, will be the second annual one-mile Power of Pearl walk, which will honor those currently dealing with a lung cancer diagnosis and their caregivers, as well as to celebrate those who harnessed the Power of Pearl in their healthcare journey.

Those interested in participating can register for free at the QR code at right. The first 200 registrants will receive a free beer from Abita Brewing.

Event T-shirts are also available for purchase for \$25 at STHfoundation.org/UnitedInPearl.

As with the event's inaugural year in 2023, the goal is to impress upon the community the life-saving potential of lung screenings, which are fast, painless and can help detect cancer early, before it has spread.

St. Tammany United in Lung Health: The Power of Pearl is a free event organized by St. Tammany Health Foundation with key support from presenting sponsor Chevron, the city of Covington and Northshore Media Group. ■



THE GOOD FIGHT

Gridiron hero Rich Mauti and family make ‘transformational’ gift for local cancer care



Rich Mauti, left, with wife Nancy, son Patrick and daughter Rachel, at their announcement in September of a \$500,000 gift to St. Tammany Health Foundation for purchase of a mobile lung cancer screening bus. (Photo by Tim San Fillippo/STHS)

By Mike Scott, mscott@stph.org

It was 1979, and Rich Mauti had every reason to feel on top of the world.

Not only was the Penn State standout living his dream of being a professional football player as a New Orleans Saints fan favorite, but he was also just coming off a season in which he was named the Saints’ special teams MVP.

Monday mornings might have brought their share of aches and pains, but by and large things were good in his world.

Then, on Nov. 16, 1979, news came that would change everything.

That’s the day Mauti learned his father had lung cancer, the disease that would eventually claim his life.

It would also give the young Mauti a new mission: to tackle cancer with the same passion and dedication



St. Tammany Health System President and CEO Joan Coffman, center, accepts a \$500,000 donation from Rich Mauti and the Mauti Cancer Fund on behalf of St. Tammany Health Foundation, on Sept. 3, surrounded by foundation and health system representatives, and members of the Mauti family. (Photo by Tim San Fillippo/STHS)

he brought to the football field.

For the past 45 years, he has tirelessly continued that fight with his Rich Mauti Cancer Fund – and on Sept. 3, he landed what is being hailed as a “transformational” blow against lung cancer on the Northshore.

In a midday ceremony in the lobby of St. Tammany Parish Hospital, the Rich Mauti Cancer Fund DBA Mauti Cancer Fund presented a \$500,000 donation

to St. Tammany Health Foundation, the philanthropic arm of St. Tammany Health System, for the purchase of a leading-edge mobile lung screening unit for use across the Northshore.

When it comes online in 2025, it is believed the Mauti-funded unit will be the first such vehicle dedicated to lung screenings in the state.

“I consider this a transformational gift to our foundation and our broader community,” foundation Executive Director Nicole Suhre said in accepting the donation. “This commitment from Rich Mauti and the Mauti Cancer Fund puts us quite literally on the road to better outcomes for those with undiagnosed lung cancer. This type of gift showcases the power of philanthropy and enables our organization to create a program that hasn’t existed before in this community.”

Among other features, the new



How sweet it is! An array of cookies bearing the logos of St. Tammany Health Foundation and the Mauti Cancer Fund, photographed at September’s event. (Photo by Tory Mansfield/STHS)

screening vehicle will be outfitted with an artificial-intelligence-powered CT unit for low-dose lung cancer screening. The AI-powered unit will also offer a multi-organ approach that additionally addresses coronary calcium in the heart, aorta measurements and bone density in the vertebra.

It will join the health system’s Be Well Bus, which since 2021 has been bringing breast cancer screenings, skin cancer screenings and other such health assessments directly into the community.

“It is simple:

Screenings save lives,” St. Tammany Health System President and

CEO Joan Coffman said. “In just the past three years alone, we have had 14 early breast cancer catches on the Be Well Bus. The expansion of our mobile screening program stands to be just as impactful, if not more so. On behalf of St. Tammany Health System and the Northshore community, I want to personally thank Rich Mauti and the Mauti Cancer Fund for what is truly a lifesaving gift to the community.”

Lung cancer is a cause near and dear to the heart of Rich Mauti, a former professional football player who founded the non-profit Mauti Cancer Fund in 1981 after his father died of lung cancer. Mauti, who lives in Mandeville, has been an active figure in the local fight against cancer ever since.

Through the Mauti Cancer Fund, he has supported St. Tammany Health System’s cancer programs for several years, with contributions in support of breast screenings as well as transportation assistance for patients in active treatment at St. Tammany Cancer Center – A Campus of Ochsner Medical Center.

“The Mauti Cancer Fund is proud to partner with St. Tammany Health System through St. Tammany Health Foundation to provide our healthcare community with the first mobile lung screening bus in Louisiana,”

Mauti said. “We could not find a better means to screen, educate and service our local community. It is our mission to leverage our funds to reach as many people as possible with this leading-edge initiative. With the help of St. Tammany Health System’s medical expertise, we will accomplish that goal.”

Cancer is the second-leading cause of death in the United States, with lung cancer accounting for 26% of cancer deaths among men and 25% among women. If undetected until the disease advances to Stage 4, the survival rate for lung cancer patients is only 10%. If detected early, however, the survival rate rockets to 68% to 92%, studies have shown. ■

LUNG CANCER, BY THE NUMBERS

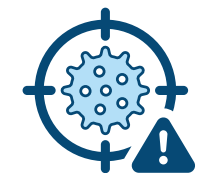
Cancer is second-leading cause of death in the United States, with lung cancer accounting for 26% of cancer deaths among men and 25% among women. Among other statistics to know:

68% to 92%



the five-year survival rate for lung cancer if detected early, as a stage one disease, before it has had a chance to spread.

10%



the five-year survival rate for lung cancer if detected as a stage four disease, after it has had a chance to spread.

23.8%



average rate of early lung cancer diagnosis in Louisiana, fifth-worst in the nation.

4.5%



screening rate of eligible patients in 2022.

2.7%



lung cancer screening rate in Louisiana, 38th out of 51 U.S. states and the District of Columbia.

Healing on the half shell

Program taps cancer patients' artsy side

By Mike Scott, mscott@stph.org

Technically, they are all united by cancer — different types of cancer and at different stages, but cancer just the same.

But, strictly speaking, that's not what brought them together recently at St. Tammany Cancer Center — A Campus of Ochsner Medical Center. Quite the opposite, in fact.

They were there for art.

"What I really hope is for them to come here and enjoy an hour without thinking about cancer," local artist Maddy Goff said shortly before welcoming a dozen or so eager pupils.

As she spoke, Goff was helping to lay out oyster shells, paint pens and other supplies for a free hourlong art therapy session held monthly at the cancer center for diagnosed cancer patients and their caregivers. It's the newest of several such enrichment activities and support services the cancer center offers — others include yoga, chair yoga, meditation, tai chi, healthy cooking demonstrations, support groups and music therapy — as part of its efforts to treat the whole patient, as opposed to focusing solely on the disease.

In medical circles, that whole-patient concept is known as Integrative Oncology. Being that we're in South Louisiana, such offerings at the cancer center have been dubbed Lagniappe Services — and, according to St. Tammany Health System Cancer Services Manager Lindsay Gomez, they are popular.

"I've always wanted to initiate art therapy after researching the benefit," Gomez said as patients began taking their seats. "This group class will allow cancer patients to create



Artist Maddy Goff leads an art therapy class at St. Tammany Cancer Center — A Campus of Ochsner Medical Center. In addition to art classes, the cancer center provides such offerings as yoga, tai chi, music therapy and other classes for diagnosed cancer patients.



As part of a new art therapy program at St. Tammany Cancer Center — A Campus of Ochsner Medical Center, patients and their caregivers were recently invited to paint oyster shells that will then be sold at THE Gala to raise money for similar cancer center programs. (Photos by Tim San Filippo / STHS)

art as a way to become self-aware and express what they are feeling."

The idea finally got traction this summer, when Gomez mentioned it to Kathleen Thomas of St. Tammany Health Foundation, the nonprofit arm of St. Tammany Health System and a major supporter of local cancer care. Thomas knew just who to call to help make it become reality: Goff.

"Maddy's an artist but she's also got a master's in social work, so she's perfect for this. Then, she's also a friend of the foundation, so I just picked up the phone and she basically said, 'When's the first class?'" Thomas said.

That first class, it turns out, was in July, and it saw participants adorn tote bags. It went over like gangbusters, although grateful students had a suggestion for the

next time: Maybe there was a way for them to create art that would in some way give back to the community.

What Thomas, Goff and Gomez came up with was a program to have them paint oyster shells with whatever designs they chose.

"This is the first time I've done art since 4th grade," one of the participants said.

"This is the first time I've done art ever," another added.

As they worked, Goff circulated among them, offering tips, advice and encouragement.

When they were done, participants were given the option of keeping their blinged-out shells for themselves or donating them to the foundation, which offered them in exchange for a nominal donation in October at THE

70 for 70: A father's enduring love

Note: This story is part of 70 for 70, a weekly series highlighting 70 key artifacts from St. Tammany Health System's history as we count down to our 70th anniversary on Dec. 1, 2024. Find additional installments in this series at StTammany.health.

By Mike Scott, mscott@stph.org

Kerri Rosenthal Lamers was the apple of her father's eye, which in and of itself isn't all that unusual. Daddies have special places in their heart for their daughters, especially when that daughter is an only child as Lamers was. That's just the way things work.

What is unusual, though — and heartwarmingly beautiful at the same time — was his way of keeping her close.

And that brings us to today's positively precious installment in our 70 for 70 history series.



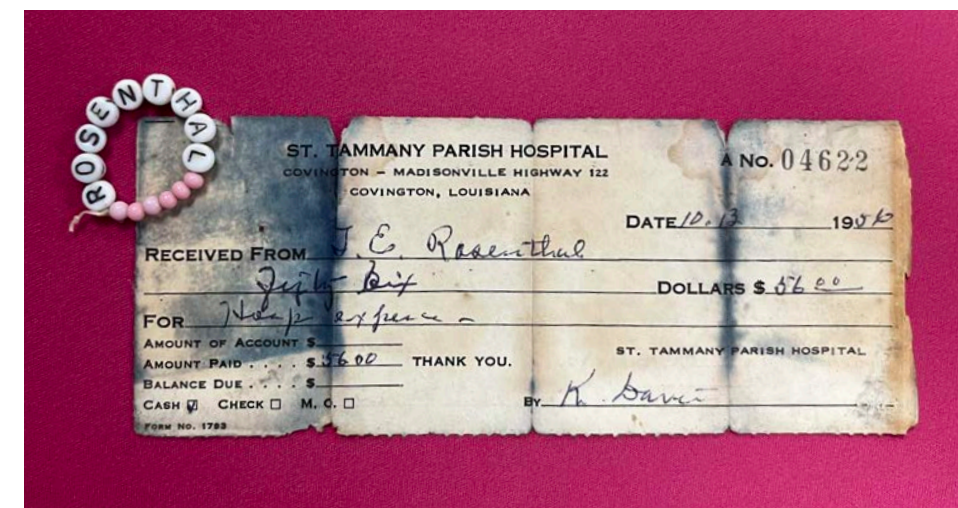
Today's artifact: A receipt from St. Tammany Parish Hospital for the 1956 birth of Kerri Rosenthal Lamers, accompanied by the beaded ID bracelet she wore home as a newborn.

Why it is significant: Fifty-six bucks. That's how much it cost T.E. "Toby" Rosenthal and Dottie Davis Rosenthal to have their baby at St. Tammany Health System's flagship St. Tammany Parish Hospital back in October 1956.

We know that because, on the day little 5-pound Kerri Rosenthal Lamers drew her first breaths, Toby — a fourth-generation Mandeville native — neatly folded his receipt and saved it in his wallet. It would remain there for the next 62 years, until his death in 2018.

Gala, its signature annual fundraiser.

Participating patients had the added option of writing a few heartfelt words to accompany their shell. The back of one "secret" shell was additionally adorned with a loose diamond donated by Diamonds Direct.



A receipt from St. Tammany Parish Hospital for the 1956 birth of Kerri Rosenthal Lamers, accompanied by the beaded ID bracelet she wore home as a newborn. (Photo by Mike Scott/STHS)

"Dad was a sentimental guy," Kerri said, "so I guess that was why he carried the receipt. I am an only child, and of course he loved me with all his heart."

Today, that receipt is still in remarkably good shape for a nearly 70-year-old slip of paper. A few creases. A little discoloration. But otherwise near-perfect. Ditto for the bracelet, which looks like a miniature version of the friendship bracelets so popular among Taylor Swift fans of today.

A lot has changed since that day Lamers arrived in the world, of course. For starters, the use of beaded ID bracelets for newborns — common in the 1950s. Sadly, that \$56 maternity bill is also a product of a bygone era.

Still, the fact that the Rosenthals held onto them for so long speaks volumes, both about the love their family shared and also about the

crucial role St. Tammany Parish Hospital has played in the lives of local families from the time it first opened its doors on Dec. 1, 1955.

That being the case, it occurred to Lamers that the receipt and the tiny, beaded ID bracelet — all of three-quarters of an inch across — might make nice additions to the health systems archives.

"Future generations, and this one, would be amazed," she said.

So, she reached out to donate them. The hospital, of course, gratefully accepted.

Of note is the value assigned to the items on the obligatory donation form Lamers signed upon gifting them to the hospital: "priceless." ■

Do you have a St. Tammany Parish Hospital story or item to share? We'd love to hear about it! Email us at CommDept@stph.org.

The Gala attendee who selected that shell got to keep the diamond.

Fittingly, money raised through the Gala, and through the sale of those newly bedazzled shells — will be used to support the cancer center. That includes its Lagniappe Services.

"THE Gala raises money for this, for these kinds of programs," Goff said, "so we can have fun together for an hour, forget what we're going through, spend an hour being present and just creating something that hasn't ever been made before." ■



Some of the denizens of the deep cut a rug – or a reef? – on the Gala dance floor.

Under the sea

Supporters of cancer care on the Northshore were whisked to a world of undersea wonder and whimsy at THE Gala, presented by HUB International, on Oct. 3. Themed Step Under the Sea, the night included food, drinks, music, a silent auction and more. By the time the guests returned to terra firma at the end of the night, the event had raised nearly \$230,000 to support patient programs and services at St. Tammany Cancer Center – a Campus of Ochsner Medical Center.

Members of the St. Tammany Health Foundation Board of Trustees, from left, Liz Healy, Norma Richard and Renee Maloney, are joined by King Triton (Kevin Gardner) for a photo.



Do the swim! Gala guests put their posterior fins in motion as they flood the dance floor.



Gala guests hold their breaths and smile for a photographic souvenir of the night.



Attendees browse some of the hand-painted oyster shells created by local cancer patients to sell at the Gala to raise money for local cancer care. (Read more about the shells on page 12.)



Members of the team at St. Tammany Cancer Center traded their lab coats for evening gowns for the night.



A toast to (and from) the undersea realm!

A season of gratitude

How fortunate are we to live where we do? Let us count the ways ...



Nicole Suhre, STHF executive director

“As we move from spooky season to the season of gratitude and into Christmastime, the advent of each month is like unwrapping a new gift.”

Happy fall!

I’ve shared this with you all before, but fall is my favorite time of the year. The crisp chill in the air, the smells of leaves and apples, the taste of cinnamon and pumpkin spice and the feeling of cozy comfort that permeates the next few months is upon us. And of course, the holidays.

As we move from spooky season to the season of gratitude and into Christmastime, the advent of each month is like unwrapping a new gift. I get goosebumps just thinking about how happy it all makes me.

Our foundation has so much to be grateful for this year. First, is each of you. The generous donors in our community are what gives our work meaning. Connecting people to purpose is a blessing, and the difference you make on healthcare in our community is just incredible.

Next, is our new foundation. St. Tammany Health Foundation is off to a great start. The hard work and vision of our Board of Trustees is setting us up to have one our most impactful years yet.

And, of course, we are grateful for community. How fortunate we all are to work and live in beautiful St. Tammany and its surrounding parishes! We look forward to spending time with you all as we celebrate and support our community at the 36th annual Monster Mash presented by Metairie Bank benefitting the STHS Parenting Center, at screening and giveback events during the Power of Pink campaign supporting breast cancer care, and Angels of Light which benefits STHS Hospice.

On behalf our board and team, I thank each of you for all that you do, and I hope you have a wonderful fall!

Sincerely,

Nicole Suhre, CFRE
STHF executive director

Foundation calendar Save the dates!



Power of Pearl Walk

November 16 | Covington Trailhead

St. Tammany Health Foundation marks Lung Cancer Awareness Month with its second annual Power of Pearl walk, a free, one-mile salute to those diagnosed with cancer and to honor those who have harnessed the Power of Pearl. Event includes live music, children’s activities, food trucks and more.

Details: StTammanyUNITED.org | (985) 871-5864

#GivingTuesday

December 3 | 24 hours of giving

Giving Tuesday is an international day of giving. Give back to the community by showing your support to St. Tammany Health Foundation. Visit www.sthfoundation.org/GivingTuesday or call (985) 898-4174 to make a donation on Dec. 3.

Details: STHfoundation.org/GivingTuesday

Angels of Light

December 5 | STPH Lobby

The foundation ushers in the holiday season with the lighting of its Hospice Tree for Life, which is decorated every year with tribute angels purchased by community members to honor or memorialize a loved one. Proceeds benefit St. Tammany Hospice.

Details: STHfoundation.org/Angels | (985) 898-4141



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