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HEALTHnews
THE BELLEVUE HOSPITAL



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The Bellevue Hospital at Bellevue Community Days

The Bellevue Community Days Celebration was a success, and The Bellevue Hospital (TBH) was honored to have a strong presence during this year's event held June 22-24.

The Community Days parade was held on Thursday, June 22 and nearly 30 TBH Veterans, employees, kids and even pets marched in the parade, passing out candy and glow necklaces to spectators.

The Bellevue Hospital Foundation's fifth annual D. Ross Irons Memorial 5K Run/Walk was held on Friday, June 23 at the Bellevue High School all-weather track with over 70 runners/walkers. Proceeds from the event will benefit the hospital's Women Mammography Fund to offer screening mammograms for underinsured or uninsured individuals.

The tenth annual Dr. Elbert Lawrence Classic Car, Truck and Motorcycle show was held on Saturday, June 24 with nearly 30 vehicles participating. All proceeds will benefit healthcare programming for women and children.

As part of the Car Show, TBH hosted a bike decorating contest as part of the Community Days celebration. Children brought their undecorated bikes to TBH's tent at the Car Show, and let their imagination take over! Prizes were awarded to first and second place in the following age categories: 5 and under, 6-10, and 11 years and over. Winners received passes to Bellevue's Jungle Junction and all bike decorating participants received a coupon for an ice cream cone, donated by Miller's Drive-In. Free bike helmets were also give out to promote youth bike safety. Photos and winner's of all the events can be found online at www.tbhfoundation.com.



Please enjoy our **HEALTH**news!

Join us on Facebook and visit our website at www.bellevuehospital.com. Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.



Rehabilitation Services

Relief from Muscle Pain – Trigger Point Dry Needling

The Bellevue Hospital Rehabilitation Services Department is now offering Trigger-Point Dry Needling as a treatment option for neuromuscular pain. A licensed physical therapist uses microfilament needles to relax the trigger points of your chronic or acute pain.

Benefits include:

- Decreased pain
- Increased range of motion
- No use of chemicals
- No harsh side effects

Treatments take 30-40 minutes and may be covered by your insurance. A physician referral is required. For more information, call the Rehabilitation Services Department at 419.483.4040, Ext. 4279.

CALENDAR of Events

For more information or to register for the events listed:

Bellevue: 419.483.4040 ~ Clyde: 419.547.0074

Fremont, Old Fort, Green Springs & Republic: 419.639.2065

Extension numbers listed below:

COMMUNITY HEALTH PROGRAMS

FASTING GLUCOSE TESTS AND BLOOD PRESSURE CHECKS

Free community health screenings offered in August.
INFO: Ext. 6610

August 8

9:00 am - 11:00 am
Bassett's Market, Bellevue

August 14

9:30 am - 11:00 am
The Medicine Shoppe, Bellevue

August 15

9:00 am - 11:00 am
Hogue's IGA, Bellevue

August 24

10:30 am - 11:30 am
Senior Center, Clyde

August 28

8:00 am - 10:00 am
Rec Center, Bellevue

August 29

Noon - 1:00 pm
Senior Center, Bellevue

August 7

MORNING HEALTH BREAK

Free blood pressure and fasting glucose checks; A1C screening (\$10). Educational literature, a light breakfast and a registered nurse to answer questions about health.
INFO: Ext. 6610

August 9 & 30

DROWN'S GARDEN MARKET

TBH South Entrance
9:00 am - 2:00 pm
Drown's Market of Green Springs supporting the hospital's effort for a healthy lifestyle. The Garden Market is open to the public and offers a wide variety of seasonal fruits and vegetables. Cash, check or credit card will be accepted.
INFO: Ext. 4387

August 10

BREASTFEEDING BASICS CLASS

TBH Conference Room A
6:00 pm - 8:00 pm
Expectant mothers' questions on nutritional benefits and techniques of breastfeeding will be answered. Fee of \$10.
INFO: Ext. 3067

August 15

EVENING HEALTH BREAK

TBH Conference Rooms A&B
5:00 pm - 7:00 pm
Free blood pressure and fasting glucose checks; TSH checks (\$20); PSA screenings (\$25). Educational literature, light snacks and a registered nurse to answer questions about health.
INFO: Ext. 6610

Information on TBH screenings, programs and events may also be found on our website at www.bellevuehospital.com, and on The Bellevue Hospital Facebook page.

August 17

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue
11:30 am - 1:00 pm
Church & Dwight Co., Inc./Arm & Hammer will present. The public is invited to attend. Fee of \$3. Reservations are requested.
INFO: Ext. 4899

August 22

YOGA FITNESS CLASS

Knights of Columbus Hall
816 Monroe Street, Bellevue
5:30 pm - 6:30 pm
Co-sponsored by the Bellevue Recreation Center. Classes are offered on Tuesdays & Wednesdays from August 22 - September 27. \$20 for six sessions.
INFO: Ext. 4206

SUPPORT GROUPS

August 1

M.O.M.S.

TBH 2nd Floor Conference Room
10:30 am - 11:30 am
All new mothers and their babies are welcome. Discussion includes topics such as feeding/nursing issues & sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.
INFO: Ext. 4363



August 3

SERENITY SEEKERS

TBH East Conference Room
5:30 pm - 7:00 pm
TBH, with Stein Hospice, Auxter Funeral Homes, and Fooks & Fooks Funeral Service, is sponsoring a free six-week adult bereavement group offering comfort to those who have lost a loved one. Meeting starts Aug. 3 through Sept. 7.
INFO: Contact Stein Hospice at 419.625.5269

August 8

DIABETES

TBH East Conference Room
12:30 pm - 1:30 pm
"Cardiac Testing," presented by Dan Kramer, RN. The support group is free and open to the public.
INFO: Ext. 4303

August 8

REIKI

TBH Conference Rooms A&B
6:00 pm - 8:00 pm
Reiki Healing Touch Group Circle classes, presented by Patricia Zilles, Reiki master practitioner. Topic: "Introduction to Traditional Reiki." Reiki sessions are free and open to the public.
INFO: Contact Patricia Zilles at 419.355.1283

August 22

CARDIAC

TBH East Conference Room
3:00 pm - 4:00 pm
"Nutritional Review," presented by Patti Keller, RD, LD, CDE. The support group is free and open to the public.
INFO: Ext. 4303



The Bellevue Hospital Cookbooks For Sale



In recognition of The Bellevue Hospital's 100th Anniversary celebration, we are proud to offer you our Centennial Cookbook. Recipes have been collected from our hospital family, friends, neighbors and community members, as we wanted the cookbook to be a reflection of our hospital where all are welcome. We have compiled the tastiest, tried-and-true recipes into a single book that will be treasured for generations to come.

The Centennial Cookbook contains over 300 recipes - everything you need from appetizers to desserts. Special features also include cooking tips and tricks, such as measurement conversions and common ingredient substitutions.

The Centennial Cookbook may be purchased online at www.tbhfoundation.com, at The Bellevue Hospital's Gift Shop, or by mailing in the attached order form.



We hope you will enjoy the recipes contained in The Bellevue Hospital's Centennial Cookbook!

All proceeds will benefit The Bellevue Hospital Foundation's Women Mammography Fund and The Wellness & Walking Trail

PURCHASE AT THE GIFT SHOP - ORDER ONLINE AT WWW.TBHFUNDATION.COM - MAIL IN ORDER FORM

Name: _____ Phone: _____

Number of Cookbooks: _____ @ \$17.25 each = Subtotal \$ _____

Tax 7.25% (\$1.25 per book OH residents) \$ _____

I will: Pick-up at The Bellevue Hospital Gift Shop \$ _____

Please ship to:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

_____ # of books ship X \$7.00 each = \$ _____

TOTAL \$ _____



Cookbooks are payable by Visa, MasterCard or Discover. Cash or checks made payable to: The Bellevue Hospital Foundation are also accepted.



Credit Card Information:

Name on Card: _____

Credit Card Number: _____ Exp. Date: _____ 3 Digit Code: _____

Return order form and payment to: The Bellevue Hospital Foundation, 1400 W. Main Street, Bellevue, Ohio 44811
For more information, call 419.483.4040, Ext. 4408