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BELLEVUE, OH 44811  
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\*\*\*\*\*ECRWSSSEDDM\*\*\*\*\*  
RESIDENTIAL CUSTOMER

### What Is Chronic Pain?

According to the American Chronic Pain Association, chronic pain is “ongoing or recurrent pain, lasting beyond the usual course of acute illness or injury, or more than 3 to 6 months, and adversely affects the individual’s well-being.” Chronic pain varies in intensity and frequency and affects more than 100 million people.

Pain can originate from a wide variety of sources, including joint pain, headaches, back pain, or injury related pain. If you have ever worried that you may have chronic pain, ask yourself if you are experiencing these symptoms:

- Constantly feeling any level of pain, mild to severe
- Aching, shooting or burning types of pain
- Extended feelings of soreness, stiffness, or tightness

Many individuals also report fatigue, mood changes, stress, anxiety and restless sleep with chronic pain.

If you think you may be experiencing chronic pain, the specialists at the Pain Management Center at The Bellevue Hospital may help.

**Vimal S. Kumar, M.D.** is our pain management intervention physician and he is board certified in both pain management and anesthesiology with over 20 years of pain management experience.

**For more information, call 419.484.5903**



### The Bellevue Hospital Launches New Foundation Website

We are pleased to announce the launch of our brand new Foundation website, [www.tbhfoundation.com](http://www.tbhfoundation.com).

Our goal with the new Foundation website is to provide our community members and website visitors an easier way to learn more about the Foundation, read about Foundation projects and highlights, view upcoming events, register online for events of interest, and make contributions to the Foundation through various giving options.

The Foundation site has been redesigned so that individuals may pay online for events, or make donations to the Foundation for a particular cause or in honor or memory of a loved one.

We encourage you to take a look at the new Foundation website. We hope you find the site with a fresh look, easy to access and informational.

Please enjoy our **HEALTHe news** to help keep you informed.

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



# 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 July.  
INFO: Ext. 6610

#### July 11

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

#### July 18

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

#### July 19

9:00 am - 11:00 am  
Miller's SuperValu, Clyde

#### July 24

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

#### July 25

Noon - 1:00 pm  
Senior Center, Bellevue

#### July 27

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

### July 1 & 8

#### LAMAZE PREPARED CHILDBIRTH CLASS

TBH Conference Rooms A&B  
8:30 am - 12:30 pm  
Prepares expectant parents for a positive birth experience. Topics: stages of labor, relaxation and breathing techniques, and nutrition. Tour of the Family Birthing Center. Must attend both Saturday sessions. Fee of \$30.  
INFO: Ext. 3067

#### July 10

#### MORNING HEALTH BREAK

TBH Conference Rooms A&B  
8:00 am - 11:00 am  
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

#### July 11

#### 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 July 11 - August 16. \$20 for six sessions.  
INFO: Ext. 4206

#### July 19

#### 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

#### July 19

#### 37<sup>TH</sup> ANNUAL FOUNDATION CENTENNIAL GOLF OUTING

Green Hills Golf Course, Clyde  
10:00 am  
Registration: 8:30 a.m.  
Shotgun Start: 10:00 a.m.  
Foursome fee includes 18 holes of golf, cart, refreshments, BBQ dinner, unlimited practice balls and field prizes. Sponsorship opportunities are available. All proceeds benefit women's and children's programs at the hospital. To commemorate the hospital's 100th Anniversary, prizes will be awarded for teams golfing in their best 1917 historical golf attire. All members of the foursomes must participate for prize consideration.  
INFO: Ext. 4319  
Registration: [tbhfoundation.com](http://tbhfoundation.com)

#### July 20

#### MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts  
205 Maple St., Bellevue  
11:30 am - 1:00 pm  
"Chair Yoga," presented by Karen Branco, Yoga Fitness Instructor. The public is invited to attend. Lunch fee \$3.  
INFO: Ext. 4899  
Reservations are requested.

### Healthy Goals.

### Healthy Living.



#### July 20

#### HEARTSAVER ADULT & CHILD CPR/AED CLASS

TBH Conference Rooms A&B  
4:00 pm - 7:00 pm  
Based on the American Heart Association Heartsaver education, this class will teach students skills needed to respond to an emergency including hands-on CPR and how to use an Automated External Defibrillator (AED). This course is open to the public and is for anyone who needs CPR/AED certification. Fee of \$50.  
INFO: Ext. 6610  
Registration is required.

#### July 26

#### RED CROSS BLOODMOBILE

TBH Conference Rooms A&B  
9:30 am - 3:30 pm  
Open to the public. To donate, you need to weigh between 110 - 350 pounds and be at least 17 years old. Walk-ins accepted. Schedule appointment at: 1-800-Red-Cross, or visit [www.redcrossblood.org](http://www.redcrossblood.org), enter code BELLEVUEHOSP.

\*\*\* HAPPY \*\*\*  
**4<sup>th</sup> OF JULY**  
INDEPENDENCE DAY  
\*\*\*\*\*

Information on TBH screenings, programs and events may also be found on our website at [www.bellevuehospital.com](http://www.bellevuehospital.com), and on The Bellevue Hospital Facebook page.

## SUPPORT GROUPS

#### July 11

#### 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

#### July 11

#### DIABETES

TBH East Conference Room  
12:30 pm - 1:30 pm  
Topic: "Diabetes Complications," presented by Denise Bullion, RN, CDE. The support group is free and open to the public.  
INFO: Ext. 4303

#### July 11

#### 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 will be "Introduction to Reiki." Reiki sessions are free and open to the public.  
INFO: Contact Patricia Zilles at 419.355.1283



# TBH Announces Scholarship Winners

For the 16th consecutive year, recipients of scholarships given to children of The Bellevue Hospital's (TBH) employees were announced during National Hospital Week, May 7-13, 2017. The Robert Regula Employee Children's Scholarship Program honored 10 high school and college students this year.

"The scholarships began as a way of investing in the future of healthcare and of providing an additional benefit for our employees," said Michael K. Winthrop, president and CEO of The Bellevue Hospital. "We are pleased to again offer the scholarships to a deserving group of individuals," Winthrop added.

TBH awards \$1,500 scholarships to eligible dependents of its full or part time employees who have worked at least two consecutive years at the hospital. The students are to be enrolled in post high school academic programs, with a minimum of three of the scholarships reserved for students in healthcare-related fields of study.

### 2017 Scholarship Recipients:



#### Paige Collier

Exercise Physiology, Ohio University, daughter of Laura Collier, Health Information Technology/Telecommunications, and Ross Collier, Fremont.



#### Aaron Englehart

Civil Engineering, The Ohio State University, son of Gail Englehart, Case Management, and Jeffrey Englehart, Republic.



#### LeAnn Erf

Doctorate of Physical Therapy, Trine University, daughter of Laurie Erf, Med/Surg, and Kevin Erf, Bellevue.



#### Brian Kistler

Biology/Pre-Med, John Carroll University, son of Sue Kistler, Infection Prevention, and Paul Kistler, Monroeville.



#### Colin Lombardi

Doctorate of Pharmacy, Ohio Northern University, son of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Lab. They reside in Milan.



#### Danica Lombardi

Occupational Therapy, Xavier University, daughter of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Lab. They reside in Milan.



#### Cole McBroom

Nursing, The University of Toledo, son of Karen McBroom, Health Information Management, and Dan McBroom, Clyde.



#### Allison McKinney

Health Sciences, Cleveland State University, daughter of Michele McKinney, Radiology, and Loren Gosser, Bellevue.



#### Halle Schoen

Health Sciences, Cleveland State University, daughter of Marc Schoen, Diagnostic Imaging, and Marianne Schoen, Revenue Cycle and Quality. They reside in Bellevue.



#### Cyleen Sharpe

Nursing, Ashland University, daughter of Deb Sharpe, Materials Management, and Steven Sharpe, Clyde.

The Bellevue Hospital Foundation also awards scholarships to seniors who volunteer over 100 hours to TBH during their final year in high school. The scholarship participant must volunteer at least two years total during high school. This year, The Bellevue Hospital Foundation awarded two Volunteer Scholarships. Recipients were:



#### LeAnn Erf

Doctorate of Physical Therapy, Trine University, daughter of Laurie and Kevin Erf, Bellevue.



#### Allison Dendinger

Biochemistry, The Ohio State University, daughter of Sandra and Michael Dendinger, Bellevue.

