



1400 West Main Street  
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419.483.4040

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BELLEVUE, OH 44811  
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**HEALTH**news  
THE BELLEVUE HOSPITAL

November 2017

\*\*\*\*\*ECRWSSSEDDM\*\*\*\*\*  
RESIDENTIAL CUSTOMER



## A Community Event

### “A Son Lost To Addiction - How Does This Happen?”

The Bellevue Hospital (TBH) and Bellevue City Schools are co-sponsoring a free substance-use-awareness event open to students and community members.

The program aims to shed light on the opioid epidemic affecting our communities and to bring awareness to the stigma surrounding substance use.

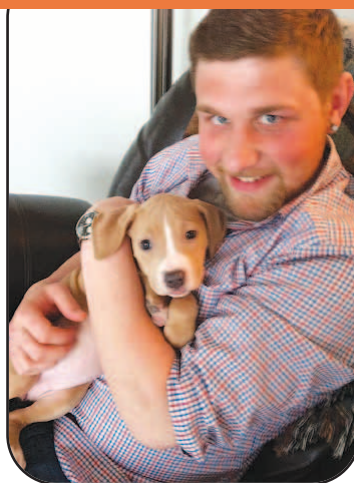
A free dinner will be provided for all attendees, donated by Bone Boys BBQ & Catering.

- Dinner starts at 6:00 p.m.
- Presentation at 7:00 p.m.
- Substance use and recovery information and resources will be available

Please RSVP to:

[www.facebook.com/BoneBoysBBQ](http://www.facebook.com/BoneBoysBBQ) or  
[lschwan@bellevuehospital.com](mailto:lschwan@bellevuehospital.com)

Please join us to hear *Joey's story.*



**When:** Monday, November 13  
6:00 p.m. - 8:00 p.m.

**Where:** Bellevue High School  
200 Oakland Avenue  
Bellevue, Ohio



Please enjoy our **HEALTH**news!

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.

### November Is National Diabetes Awareness Month

According to the American Diabetes Association, 30.3 million Americans have diabetes. And, of that number, 95% have type 2 diabetes.

If you have type 2 diabetes, your body does not use insulin properly. Over time this may affect your heart, nerves, kidneys, eyes and overall health if not monitored.

Check out [www.diabetes.org](http://www.diabetes.org) for more information, resources, tools and recipes that can help you or a loved one control their diabetes and reduce risks for diabetes complications.

Education about balancing food you eat with exercise and medicine will help you keep your blood glucose in a healthy range. Your physician may refer you to a diabetes education program such as the one offered at The Bellevue Hospital.



For more information, call 419.483.4040 Ext. 4442.



# 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 November. INFO: Ext. 6610

#### November 13

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

#### November 14

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

#### November 15

9:00 am - 11:00 am  
Miller's Super Valu, Clyde

#### November 16

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

#### November 21

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

#### November 27

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

#### November 28

Noon - 1:00 pm  
Senior Center, Bellevue

#### November 2

**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, (\$10). INFO: Ext. 6610

#### November 6

### 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

#### November 8

### VETERAN'S RESOURCE FAIR

TBH Conference Rooms A&B  
2:00 pm - 6:00 pm  
Local service providers available to offer information and resources to Veterans and their families. Bellevue VFW, Blue Star Moms, Cornerstone Counseling and Terra State Community College are a few of the organizations participating. Health screenings, massages, and meal vouchers for Veterans will be provided. Free and open to the public.

INFO: Ext. 4367

#### November 9

### MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts  
205 Maple St., Bellevue  
11:30 am - 1:00 pm  
David Painter with Ohio Senior Health Insurance Information Program (OSHIIP) will be presenting. The public is invited to attend. A lunch fee of \$3. Reservations are requested.

INFO: Ext. 4899

#### November 18

### DIABETES PREVENTION PROGRAM

TBH Conference Rooms A&B  
9:00 am - 11:00 am  
9-10 am: "Diabetes Prevention," with instructor Denise Bullion, RN, CDE.

10-11am: "Healthy Holiday Snacks," with instructor Patti Keller, RD, LD, CDE.

INFO: Ext. 4244

#### November 30

### 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 may be accepted. Schedule appointment at 1-800-Red-Cross, or visit [www.redcrossblood.org](http://www.redcrossblood.org), enter sponsor code BELLEVUEHOSP.

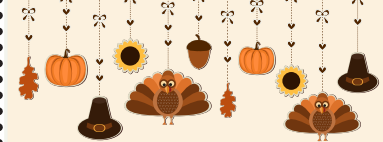
## SUPPORT GROUPS

#### November 7

### M.O.M.S.

TBH 2nd Floor Conference Room  
10:30 am - 11:30 am  
All new mothers and their babies are welcome. Discussions include Feeding/Nursing Issues and Sleep Habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.

INFO: Ext. 4363



#### November 9

### HOPE FOR THE HOLIDAYS

TBH Conference Rooms A&B  
6:00 pm - 8:00 pm  
This coping program is specifically designed for people who are grieving or going through a stressful time in their lives. Co-sponsored by Stein Hospice of Sandusky, and Foos & Foos Funeral Service, the program will include coping plans to help get through the holiday season, and an honoring activity where participants can honor the memory of their loved one. The support group is free and open to the public. Registrations are requested. To register, call Stein Hospice at 419.625.5269.

#### November 14

### DIABETES

TBH East Conference Room  
12:30 pm - 1:30 pm  
"Carb Choices," presented by Patti Keller, RD, LD, CDE. The support group is free and open to the public.

INFO: Ext. 4303

#### November 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. "Modern Reiki." Reiki sessions are free and open to the public and nurses who are Reiki practitioners.

INFO: Contact Patricia Zilles at 419.355.1283



#### November 21

### CARDIAC

TBH Conference Rooms A&B  
3:00 pm - 4:00 pm  
Topics vary by month. The support group is free and open to the public.

#### November 27

### GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor  
6:00 pm - 7:00 pm  
GRASP (Grief Recovery After a Substance Passing) Support Groups provide resources, compassion, and understanding for individuals and families who have lost a loved one as a result of substance use or addiction. Meetings are free and open to anyone who has lost a loved one to substance use.

INFO: contact a GRASP Support Group facilitator:

Dawn Bova at [dawnrb45@gmail.com](mailto:dawnrb45@gmail.com)

Lavin Schwan at [lschwan@live.com](mailto:lschwan@live.com)



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.

# The Bellevue Hospital Welcomes Dr. Nathan P. Samsa

Nathan P. Samsa, D.O., Pharm.D joined the staff of The Bellevue Hospital as a pulmonary disease physician. He is board certified in Pulmonary Disease, Internal Medicine and Critical Care Medicine.

Dr. Samsa brings over 10 years of pulmonary experience, with a professional interest in asthma, chronic obstructive pulmonary disease (COPD), and other lung diseases. Most recently, he has had a private practice in Dover, Ohio.

## Specialty Physician Services

1400 W. Main Street  
Bellevue, OH 44811  
419.484.5980



Now Accepting New Patients

## The Bellevue Hospital presents: VETERAN'S RESOURCE FAIR

**WHEN:** Wednesday, November 8  
11:00 am - 5:00 pm

**WHERE:** The Bellevue Hospital  
1400 West Main Street, Bellevue

### Exhibitors include:

- Bellevue VFW
- Blue Star Moms
- Cornerstone Counseling
- Heritage Village of Clyde
- Terra State Community College

And more!

The Bellevue Hospital community education nurses will be providing free blood pressure and glucose tests. Massages will be available, provided by a licensed massage therapist.

- Free meal vouchers for Veterans at The Bellevue Hospital's Main Station Café will be provided.
- The event will start with a Presenting of the Colors at 11:00 a.m.
- The Bellevue High School choir will be on location performing a few patriotic songs between 11:00 a.m. – 11:45 a.m.
- A flag drop will be available to retire old, worn or tattered flags.

For more information, dial 419.483.4040, Ext. 4367.