

1400 West Main Street P.O. Box 8004 Bellevue, Ohio 44811 419.483.4040 NON-PROFIT ORG. U.S. POSTAGE PAID BELLEVUE, OH 44811 PERMIT NO. 50

******ECRWSSEDDM****
RESIDENTIAL CUSTOMER

Get Rid of Varicose Veins and Unwanted Body Fat!



The Bellevue Hospital (TBH), in affiliation with Vein and Body Specialists located in Bellevue, offers treatment for varying conditions, symptoms and diseases of veins. Their outpatient based vein procedures can be done under local anesthesia.

The Vein & Body Specialists also offer CoolSculpting®, a cutting-edge non-invasive contouring procedure that safely and effectively destroys layers of unwanted body fat.

CoolSculpting® uses a patented cooling technology that freezes fat cells in targeted areas, without harming the

surrounding tissue. The treatment smooths away stubborn fat from problem areas from the chin to the knees. CoolSculpting® not only eliminates fat cells, it also tightens muscle tissue and defines the body contour.

CoolSculpting® is FDA-cleared and is performed without incisions or surgery, so there is no scarring and little to no downtime.

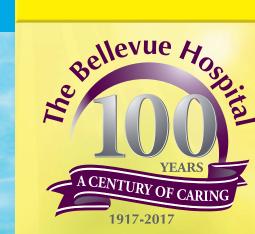
Patients do not need a physician referral to have a vein or CoolSculpting® treatment performed.



For more information on Vein and Body Specialists, or to schedule a free evaluation, visit www.veinandbody.com or call 419.484.5960







Please enjoy our **PEALTH** uews to help keep you informed.

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.

Give The Gift Of Life

April is National Donate Life month and The Bellevue Hospital encourages you to make a difference and register as an organ, eye, and tissue donor.



One organ, eye and tissue donor can save and heal more than 75 lives.









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 and Republic: 419.639.2065

Extension numbers listed below:

COMMUNITY HEALTH PROGRAMS

GLUCOSE, BLOOD PRESSURE CHECKS

Free health screenings in April. **INFO: Ext. 6610**

April 10

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

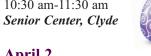
April 17 9:00 am-11:00 am Hogue's IGA, Bellevue

April 23 8:00 am-10:00 am

Rec Center, Bellevue

April 24 Noon-1:00 pm Senior Center, Bellevue

April 26 10:30 am-11:30 am



April 2 **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 health questions.

INFO: Ext. 6610



April 7 & 14 CHILDBIRTH PREPAREDNESS LAMAZE CLASSES

TBH Conference Rooms A&B

8:30 am - 12:30 pm

Prepares expectant parents for a relaxation, breathing techniques, gain and anatomy. Includes tour of the Family Birthing Center. Must attend both Saturday sessions. Fee of \$30.

INFO: Ext. 3067

April 13 NARCAN® OVERDOSE **PREVENTION TRAINING**

TBH Conference Rooms A&B **6:00 pm - 7:00 pm** : Fee of \$10.

The Erie County Health Dept. will be offering Narcan/Naloxone training for community members. Training will include how to recognize and respond to an opioid overdose and how to administer intranasal Naloxone to reverse overdose effects. Free nasal Narcan® kits and substance use resources will be available. The event is free and open to the public.

<u> April 17</u> **EVENING HEALTH BREAK**

INFO: 419.626.5623

TBH Conference Rooms A&B 5:00 pm - 7:00 pm

Free blood pressure and fasting glucose checks; thyroid testing (\$20); prostate screening (\$25). Educational literature, light snacks and a registered nurse to answer health questions.

INFO: Ext. 6610

April 19 **MATURE AUDIENCE LUNCHEON**

Bellevue Society for the Arts 205 Maple St., Bellevue

11:30 am - 1:00 pm

"Sustain Your Brain," presented positive birth experience. Topics by Lynn Ritter, Ph.D from the include stages of labor, progressive Alzheimer's Association Northwest Ohio chapter. The public is invited medication uses, nutrition, weight to attend. A lunch fee of \$3. Reservations are requested.

INFO: Ext. 4899

April 19 **BREASTFEEDING BASICS**

TBH Conference Room A

6:00 pm - 8:00 pm

Expectant mothers' questions on nutritional benefits and techniques of breastfeeding will be answered.

INFO: Ext. 3067

April 23 & 24 **TBH BOOK & GIFT SALE**

TBH Conference Rooms A&B

April 23: 9 am - 4 pm April 24: 6:30 am - 1:30 pm

The sale will feature a wide variety of books, electronics, home goods, kids' gifts and more. A portion of the proceeds will benefit The Bellevue Hospital Foundation. The event is open to the public. Cash, check and credit cards accepted.



April 25 TBH CAREER FAIR

TBH Conference Rooms A&B

3:00 pm - 6:30 pm

On-site interviews for all hospital positions including nursing, billing, registration, housekeeping and lab. An online application and preemployment assessment may be completed online at:

www.bellevuehospital.com. Education, employment history and references are required.

INFO: Ext. 4203

SUPPORT GROUPS

April 2

GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor

7:00 pm - 8:00 pm

Support group provides 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

Lavin Schwan at lschwan@live.com

April 3 M.O.M.S.

TBH 2nd Floor Conference Room

All new mothers and babies are welcome. Some discussions include feeding/nursing issues and sleep habits. M.O.M.S. is co-sponsored by The Breastfeeding Coalition of Sandusky County and the

Sandusky County WIC Program.

10:30 am - 11:30 am

INFO: Ext. 4363

April 3 **REIKI & NATURAL HEALING**

TBH Conference Rooms A&B

6:00 pm - 8:00 pm

Topics vary by month. Reiki meetings are free and open to the public and nurses who are Reiki practitioners.

INFO: Patricia Zilles 419,307,9764

April 10 **DIABETES**

TBH East Conference Room

12:30 pm - 1:30 pm Topics vary by month based on

group discussion. The support group is free and open to the public.

INFO: Ext. 4303



For information on TBH screenings, programs and events visit www.bellevuehospital.com and The Bellevue Hospital Facebook page.

Access Your Medical Information Online

Being able to access your medical information is an important way to manage your health. At The Bellevue Hospital (TBH), we are always striving to make this process easier. TBH has recently switched from RelayHealth to FollowMyHealth as our patient portal of choice.

As a patient of TBH, FollowMyHealth will allow you to manage your personal medical records, view test and lab results, set up proxy accounts for children and dependent adults, and make more informed decisions about your health.

One of the many great features of FollowMyHealth is that you can download their mobile app, giving you easy 24/7 access on-the-go, making sure you always have your medical information at hand.

If you are already a FollowMyHealth portal user, you can request a connection to TBH by selecting "Connect a Health Source" and choosing The Bellevue Hospital once you have logged in to your FollowMyHealth account.



For more information on FollowMyHealth or setting up an account, please contact TBH at 419.484.5475.



If so, we hope you The Bellevue Hospital **Foundation** (Ohio) as your charity of choice.

Shop, while supporting the Foundation!

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https://smile.amazon.com/ch/34-4428205