



1400 West Main Street  
P.O. Box 8004  
Bellevue, Ohio 44811  
419.483.4040

**Building for the Future**

**Facility Enhancements At-A-Glance:**

- New operating suite
- Upgraded surgical sterilization area
- Three additional Emergency Department rooms
- Renovated Emergency Department waiting area
- Private behavioral health room
- Expanded conference space
- Enhanced patient and visitors entrances

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BELLEVUE, OH 44811  
PERMIT NO. 50



## Construction At The Bellevue Hospital

To mark the conclusion of a year-long Centennial Celebration, The Bellevue Hospital began renovations in several hospital areas to meet the growing needs of patients and community.

Renovations are currently taking place on the Emergency Department and Cardiac Rehab East-side entrances. Please use the Ambulance Entrance on the Northwest side of the building. Parking is nearby.

During construction, Occupational Health will be moved to the Specialty Clinic area. For Occupational Health, Cardiac Rehab and Specialty Clinic services, please use the East Main Patient Entrance.

Construction is also adding a new operating suite to the Surgery Department and upgrading the surgery sterilization area. The addition will allow more surgeries to be scheduled.

The Bellevue Hospital has also acquired the building across U.S. Route 20 formerly housing Prestige Portraits. Expanding the hospital's campus to the 102 Commerce Park Drive location will meet a growing need for more space for patients and



parking. Once complete, the office building will house The Bellevue Hospital's Vein and Body Center, the Rehabilitation Department, OB/GYN offices, and a fitness center.

The surgery addition and the 102 Commerce Park Drive projects are expected to be complete by June, 2018.

The Bellevue Hospital thanks you for your patience during construction. Please check the hospital's website at [www.bellevuehospital.com](http://www.bellevuehospital.com) for updates.

*For additional information, call 419.483.4040, Ext. 4400.*



Please enjoy our **HEALTHnews** 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.



## February Is National Heart Month

*A Note From TBH's Cardiac Rehabilitation Department*

Heart disease is the leading cause of death for both men and women in the United States. The good news is it is also one of the most preventable.

According to the Heart Foundation, making heart-healthy choices like exercising and eating healthy, knowing your family history and the risk factors of heart disease, and having regular check-ups and working with your physician to manage your health can save your life from this often silent killer.

Staying committed to having a healthy heart is a long-term goal. The following resources may give you support and help you stay on track:

<u>Heart Health</u>	1.800.242.8721
<b>American Heart Association</b>	<a href="http://www.heart.org">www.heart.org</a>
<u>Exercise</u>	
<b>American College of Sports Medicine</b>	<a href="http://www.acsm.org">www.acsm.org</a>
<u>Nutrition</u>	
<b>EatRight</b>	<a href="http://www.eatright.org">www.eatright.org</a>
<u>Support</u>	
<b>Cardiac Comeback Support Group at The Bellevue Hospital</b>	419.483.4040, Ext. 4303 <a href="http://www.bellevuehospital.com">www.bellevuehospital.com</a>

It may be difficult to face the challenges of day-to-day life with a heart-related illness, but you don't have to do it alone. For more information about heart health and cardiac rehabilitation, contact The Bellevue Hospital at 419.483.4040, Ext. 4303.



# 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 February.  
INFO: Ext. 6610

#### February 13

9:00 am-11:00 am

Bassett's Market, Bellevue

#### February 20

9:00 am-11:00 am

Hogue's IGA, Bellevue

#### February 22

10:30 am-11:30 am

Senior Center, Clyde

#### February 26

8:00 am-10:00 am

Rec Center, Bellevue

#### February 27

Noon-1:00 pm

Senior Center, Bellevue

### February 1, 8 & 15 LAMAZE PREPARED CHILDBIRTH COURSE

TBH Conference Room A&B

6:00 pm - 9:00 pm

Prepares expectant parents for a positive birth experience. Topics include stages of labor, progressive relaxation, medication uses, nutrition, weight gain and anatomy. Includes tour of the Family Birthing Center. The class is held in a series of three sessions: Must attend all three. Fee of \$30.

INFO: Ext. 3067

### February 5 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

### February 10 SMOKING CESSATION PROGRAM

TBH Conference Room A&B

9:30 am - 12:00 pm

TBH and The Ohio State University at Lima are offering a seven-week treatment and research program designed to help people stop smoking. Involves behavior modification therapy, hypnosis and nicotine replacement therapy. Saturday classes: Feb. 10, Feb. 17 and Feb. 24, from 9:30 a.m.-Noon. Two Saturday support sessions: Mar. 10 and Mar. 24, from 9:30-10:30 a.m. Participants to attend all sessions. Must be 18 years or older.

INFO: Ext. 4244

### February 15 MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts

205 Maple St., Bellevue

11:30 am - 1:00 pm

"Fire Safety," presented by Troy Huth from the State Fire Marshal's Office. The public is invited to attend. A lunch fee of \$3. Reservations are requested.

INFO: Ext. 4899

### February 19 BABYSITTING BASICS CLASS

TBH Conference Rooms A&B

9:00 am - 3:00 pm

For children 11 years and older. Lunch will be served. Fee of \$25. Reservations are requested.

INFO: Ext. 4326

### February 20 EVENING HEALTH BREAK

TBH Conference Rooms A&B

5:00 pm - 7:00 pm

Free blood pressure and fasting glucose checks; A1C screening (\$10). Educational literature, light snacks and a registered nurse to answer health questions.

INFO: Ext. 6610

### February 23 RED CROSS BLOODMOBILE

TBH Conference Rooms A&B

9:30 am - 3:30 pm

Open to the public. To donate: Weigh between 110-350 pounds; 17 years or older; and in general good health. Walk-ins may be accepted. To schedule appointment call 1-800-Red-Cross, or visit [www.redcrossblood.org](http://www.redcrossblood.org) and enter sponsor code BELLEVUEHOSP.



## SUPPORT GROUPS

### February 5 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](mailto:dawnrb45@gmail.com)  
Lavin Schwan at [lschwan@live.com](mailto:lschwan@live.com)

### February 6 M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am - 11:30 am

All new mothers and 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

### February 6 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  
419.355.1283

### February 13 DIABETES

TBH East Conference Room

12:30 pm - 1:30 pm

Topics will vary by month based on group discussion. The support group is free and open to the public.

INFO: Ext. 4303

### February 15 CARDIAC

TBH Conference Rooms A&B

3:00 pm - 4:00 pm

"A Healthy Heart," presented by Denise Bullion, RN, CDE. The support group is free and open to the public.

INFO: Ext. 4303

Stay Fit.  
Stay Warm.  
Stay Healthy.



For information on TBH screenings, programs and events visit [www.bellevuehospital.com](http://www.bellevuehospital.com) and The Bellevue Hospital Facebook page.



## Local Middle School Students Participate in Art Contest

Members of The Bellevue Hospital (TBH) recently visited Bellevue Middle School, McPherson Middle School in Clyde, and the Immaculate Conception School (ICS) in Bellevue to announce winners of the hospital's Centennial Holiday Card Art Contest.

In late September, art students of the three local middle schools were asked to submit designs for a "Happy and Healthy Holidays" themed holiday card to help the hospital celebrate its 100th Anniversary. The artwork was then judged by a committee of judges including TBH employees, Bellevue artist, James Andrews, and graphic artist, Samantha Traylor. The artwork was scored on a variety of criteria including: Use of theme, creativity, use of color, and overall neatness and skill.

Bellevue Middle School had nearly 60 students participate in the contest. McPherson Middle School had 81 contest entries, and ICS had nearly 50 contest entries with all 6th, 7th and 8th grade students participating.

As a THANK YOU to the students and the schools, all contest participants were given a packet of holiday cards with their design to give to their family, friends and loved ones during the holiday season.

Artwork from the top finalists for each school were also displayed in the hospital for visitors and patients to enjoy and may be found on the hospital's website at [www.bellevuehospital.com](http://www.bellevuehospital.com).

Congratulations to all of our participants!

### Bellevue Middle School Top Eight Finalists

- 1st - Kaden Miller
- 2nd - AJ Remeck
- 3rd - Halle Seeber
- 4th - Trinity Carbarry
- 5th - David Rager
- 6th - Brock Jett
- 7th - Sadie Hindle
- 8th - Morgan Ogermiller



Bellevue Middle School  
Kaden Miller

### McPherson Middle School Top Eight Finalists

- 1st - Schuyler Battelline
- 2nd - Maddie Ochs
- 3rd - Ariaehna Bradshaw
- 4th - Audrey Distel
- 5th - Colin Cutcher
- 6th - Danielle Ahrendt
- 7th - Grayson Morgan
- 8th - Hannah White



McPherson Middle School  
Schuyler Battelline

### ICS (Bellevue) Top Finalist - By Class

#### 6th Grade:

- 1st - Dan Schwan
- 2nd - Alyssa Gilbert
- 3rd - Sophia Turner

#### 7th Grade:

- 1st - Mac Bauer
- 2nd - Allie Michaels
- 3rd - Zayne Claus

#### 8th Grade:

- 1st - Molly Foos
- 2nd - Lincoln Claus
- 3rd - Taylor Woodruff
- 4th - Brynn Vogel



ICS (Bellevue) - Molly Foos