



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



Remember to Stay Cool
and Keep Hydrated
During the Summer!

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July 2018

HEALTHnews
THE BELLEVUE HOSPITAL



The Bellevue Hospital TBH Est. 1917 Quality Care, Close to Home

11th Annual Dr. Elbert D. Lawrence

CLASSIC CAR, TRUCK & MOTORCYCLE SHOW

July 28, 2018 ~ 10:00 a.m. - 2:00 p.m.

Central Park
215 North Street, Bellevue

The Bellevue Hospital TBH Est. 1917 Quality Care, Close to Home

Dr. D. Ross Irons 5K Memorial Run/Walk

July 28, 2018 ~ 7:00 p.m.
Rain Date: July 29 ~ 7:00 p.m.

All Proceeds Benefit TBH Mammography Fund

Bellevue High School Track
200 Oakland Avenue, Bellevue



Get Physical With Pain - FREE Therapy Pain Screening



Can your pain be helped by therapy?

If you experience:

- Joint pain
- Muscle pain
- Arthritis pain, or
- Pain interfering with your daily activities

Make an appointment for a FREE 15 minute Therapy Pain Screening.

The Bellevue Hospital Rehabilitation Services

419.483.4040, Ext. 4279

Registration: \$5

- Dash plaques; First 50 registered
- Best of Show Awards for car, truck, and motorcycle
- Door Prizes



All proceeds donated to the Fallen Soldiers Fund

5K Course: Flat, out and back
Pre-Entry Fee: \$25 (shirt); \$15 (No shirt)
Pre-Entry Deadline: July 14, 2018
Race Day Fee: \$30 (No shirt)
Race Day Registration/ Packet Pickup:
 6:00 p.m. - 6:45 p.m.



Please enjoy our **HEALTH**news 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.



Information or Register at:
www.tbhfoundation.com ~ Or Call: 419.483.4040, Ext. 4319

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 July.
INFO: Ext. 6610

July 10

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

July 17

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

July 18

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

July 23

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

July 26

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

July 31

Noon-1:00 pm
Senior Center, Bellevue

July 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

Remember, **SAFETY FIRST** when dealing with Fireworks!

July 14 & 21

LAMAZE PREPARED CHILDBIRTH CLASS

TBH Conference Rooms A&B
8:30 am - 12:30 pm

Prepares expectant parents for a positive birth experience. Topics include: stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition, weight gain and anatomy. Tour of the Family Birthing Center. Must attend both Saturday sessions. Fee of \$30. INFO: Ext. 3067

July 18

DROWN'S GARDEN MARKET

TBH South Entrance
9:00 am - 2:00 pm

Drown's Market of Green Springs will bring produce to the hospital as a part of the hospital's efforts to support 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

June 19

BREASTFEEDING BASICS CLASS

TBH Conference Rooms 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



July 19

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue
11:30 am - 1:00 pm

Topic: "Emergency Preparedness," presented by the American Red Cross. The public is invited to attend. Lunch fee of \$3. Reservations are requested. INFO: Ext. 4899

July 25

38TH ANNUAL FOUNDATION GOLF OUTING

Green Hills Golf Course, Clyde
10:00 am

Registration begins at 8:30 a.m. Shotgun Start at 10:00 a.m. Foursome fee includes: 18 holes with cart, BBQ dinner, refreshments, prizes and unlimited practice balls. Sponsorship opportunities are available. All proceeds benefit TBH's women's and children's programming. Register: tbhfoundation.com INFO: Ext. 4319

July 28

11TH ANNUAL DR. ELBERT D. LAWRENCE CLASSIC CAR, TRUCK & MOTORCYCLE SHOW

Central Park
215 North Street, Bellevue
10:00 am - 2:00 pm

Dash plaques for first 50 registered vehicles. Best of Show awards for car, truck and motorcycle. Door prizes. A fee of \$5 per vehicle for registration. All proceeds donated to the Fallen Soldiers Fund. Register: tbhfoundation.com INFO: Ext. 4319

July 28

DR. D. ROSS IRONS MEMORIAL 5K RUN/WALK

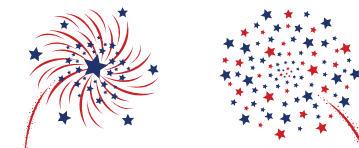
Bellevue High School Track
200 Oakland Ave., Bellevue
7:00 pm

Registration 6:00 - 6:45 pm
Course is flat, out and back. Pre-entry registration fee is \$25 (includes shirt). Pre-entry deadline is July 14. Race day fee is \$30 (no shirt). Register: tbhfoundation.com INFO: Ext. 4319

July 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, enter code BELLEVUEHOSP.



SUPPORT GROUPS

July 2

GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor
6:00 pm - 7:00 pm
Offers resources, compassion, and understanding for individuals and families who have lost a loved one to substance use or addiction. Meetings are free. INFO: Contact a GRASP Support Group Facilitator: Dawn Bova: dawnrb45@gmail.com

July 3

M.O.M.S. 10:30 am - 11:30 am

TBH 2nd Floor Conference Room
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 10

DIABETES 12:30 pm - 1:30 pm

TBH East Conference Room
"Picnic Favorites," presented by Patti Keller, RD, LD, CDE. The support group is free and open to the public. INFO: Ext. 4303

July 10

BETER BREATHERS CLUB - NEW!!!! 2:00 pm - 3:00 pm

TBH East Conference Room
American Lung Association Better Breathers Club meetings offer support to individuals with a chronic lung disease including COPD, pulmonary fibrosis and lung cancer. Meetings are held quarterly, and are 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.

The Bellevue Hospital Announces Scholarship Winners

For the 17th consecutive year, recipients of scholarships given to children of The Bellevue Hospital's (TBH) employees were announced during National Hospital Week, May 6-12, 2018. 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. This year's recipients are as follows:



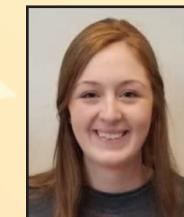
Madyson Brugnone

Applied Science, Bowling Green State University, daughter of LeAnn Brugnone, Cardiopulmonary, and Bill Brugnone, Bellevue.



Paige Collier

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



LeAnn Erf

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



Brian Kistler

Biochemistry, John Carroll University, son of Sue Kistler, Infection Prevention, and Paul Kistler, Monroeville.



Danica Lombardi

Occupational Therapy, Xavier University, daughter of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Milan.



Nicholas Lombardi

Mechanical Engineering, The University of Toledo, son of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Milan.



Allison McKinney

Masters of Physician Asst., Baldwin Wallace University, daughter of Michele McKinney, Radiology, Bellevue.



Madison Mize

Kinesiology & Health, Miami University of Ohio, daughter of Lisa Mize, Family Birthing Center, and Paul Mize, Huron.



Kaylia Reesman

Nursing, Bowling Green State University - Firelands, daughter of Valerie Reesman, Finance, and James Reesman, Bellevue.



Kassidie Stimmel

Doctorate of Physical Therapy, Grand Valley State University, daughter of Loretta Stimmel, Diagnostic Imaging, and Brian Stimmel, Bayview.

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.

Congratulations
Madyson Brugnone
Kaylia Reesman