



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

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RESIDENTIAL CUSTOMER



November is
National Alzheimer's
Awareness Month

The Bellevue Hospital Welcomes Anytime Fitness!



We're doing some
healthy lifting.
Opening Soon.

Membership Details: 419.484.5426



* Terms and conditions may vary based on applicable state laws and regulations. Each location is independently owned and operated. ©2018 Anytime Fitness, LLC Expires 11/30/2018

102 Commerce Park Drive, Bellevue, OH 44811
anytimefitness.com

- Always open
- Tools to track progress
- Join one. Join all.

Call 419.484.5426



The Bellevue Hospital presents: VETERAN'S RESOURCE FAIR

WHEN: Friday, November 9
11:00 am - 4:00 pm

WHERE: The Bellevue Hospital
1400 West Main Street, Bellevue

Please enjoy our **HEALTHnews** 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.



- Presenting of the colors at 11:00 a.m.
- The Bellevue High School choir will perform patriotic songs at 11:00 a.m.
- Free blood pressure screenings
- Chair massages provided by a licensed massage therapist
- Free meal vouchers for Veterans at The Bellevue Hospital's Main Station Café
- A flag drop will be available to retire old, worn or tattered flags

For more information, dial 419.483.4040, Ext. 8972.

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

COMMUNITY HEALTH PROGRAMS

GLUCOSE, BLOOD PRESSURE CHECKS

Free health screenings in November.

INFO: Ext. 6610

Monday, November 12

9:30 am - 11:00 am

The Medicine Shoppe, Bellevue

Tuesday, November 13

9:00 am - 11:00 am

Bassett's Market, Bellevue

Tuesday, November 20

9:00 am - 11:00 am

Hogue's IGA, Bellevue

Wednesday, November 21

9:00 am - 11:00 am

Miller's SuperValu, Clyde

Monday, November 26

8:00 am - 10:00 am

Rec Center, Bellevue

Tuesday, November 27

Noon - 1:00 pm

Senior Center, Bellevue

Thursday, November 29

10:30 am - 11:30 am

Senior Center, Clyde

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

Thursdays, Nov. 1, 8 & 15

LAMAZE PREPARED CHILDBIRTH

TBH Conference Rooms A&B

6:00 pm - 9:00 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 all three sessions. Fee of \$30.

INFO: Ext. 3067

Monday, November 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 questions about health.

INFO: Ext. 6610

Thursday, November 8

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

Friday, November 9

VETERAN'S RESOURCE FAIR

TBH Conference Rooms A&B

11:00 am - 4:00 pm

Local service providers will be available to offer information and resources to Veterans and their families. Health screenings, chair massages, and meal vouchers for Veterans will also be provided. Free and open to the public.

INFO: Ext. 8972

Friday, 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 appointments at 1-800-Red-Cross, or visit www.redcrossblood.org, enter sponsor code BELLEVUEHOSP.

SUPPORT GROUPS

Monday, November 5

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 GRASP

Support Group Facilitator:

Dawn Bova: dawnrb45@gmail.com

HAPPY
Thanks giving

Tuesday, November 6

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 and sleep habits.

Co-sponsored by the Sandusky County Breastfeeding Coalition and the Sandusky County WIC Program. INFO: Ext. 4611

Wednesday, November 7

HOPE FOR THE HOLIDAYS

TBH Conference Rooms A&B

6:00 pm - 8:00 pm

This program is designed for people grieving or going through a stressful time in their lives. Co-sponsored by Stein Hospice of Sandusky, and Foes & Foes Funeral Service. Program includes coping plans to help get through the holiday season, and an activity where participants can honor the memory of their loved one. Free and open to the public. **Registrations are requested.** To register, call Stein Hospice at 419.625.5269.

Tuesday, November 13

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

Thursday, November 15

CARDIAC

TBH Conference Rooms A&B

3:00 pm - 4:00 pm

Topics vary by month based on group discussion. The support group is free and open to the public. INFO: Ext. 4303

The Bellevue Hospital Welcomes Dr. Coleman O. Clougherty

Coleman O. Clougherty, DPM, MA joined the staff of The Bellevue Hospital as a foot and ankle surgeon. Dr. Clougherty specializes in treating complex lower limb conditions such as post-traumatic deformities. He focuses on limb salvage of the lower extremities and has extensive experience in muscle flap procedures. Dr. Clougherty also serves as a physician at the Cleveland Lower Extremity Specialists. His hobbies include boating and fishing, and he is a Cleveland sports fan.



Lower Extremity Reconstruction Institute of Northern Ohio

420 W. McPherson Hwy. • Clyde, Ohio 43410

Great Lakes
Physicians

419.484.5430

The Bellevue Hospital

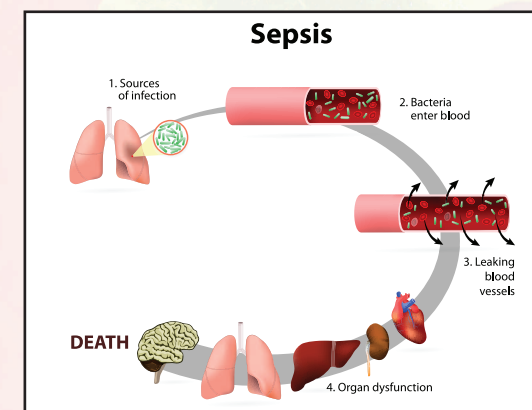
Now Accepting New Patients

Sepsis Awareness

Recognizing the Signs & Symptoms

Sepsis is the body's overwhelming response to infection or injury, but if undiagnosed or untreated, tissue damage, organ failure, amputations and/or death may occur.

According to the Sepsis Alliance, sepsis is the third leading cause of death in the United States. Early detection provides the best chance for survival and recovery. Sepsis symptoms may include any of the following:



- S** – Shivering, fever or very cold
- E** – Extreme pain or general discomfort
- P** – Pale or discolored skin
- S** – Sleepy, difficult to rouse, confused
- I** – “I feel like I might die”
- S** – Shortness of breath

If you see a combination of these symptoms, especially if there is a recent history of a cut, surgery, invasive procedure, or infection, see a medical professional immediately or call 9-1-1.

Sepsis can't always be prevented, but the risk drops when steps are taken to reduce the risk of infection, such as staying current with vaccinations and practicing good hygiene.

For more information about sepsis, visit www.sepsis.org.