

Want to quit smoking
 in the New Year?



The Bellevue Hospital offers
 tobacco cessation classes.
 Call 419.483.4040, Ext. 4244
 for more information.

*****ECRWSEDDM*****
 POSTAL CUSTOMER



Time To Renew Your Club 1917 Membership

The Bellevue Hospital Foundation established Club 1917 as an annual renewable membership group in 2007. Club 1917 assists in the ongoing development of healthcare programs, purchasing of specialized equipment and keeping "Quality Care, Close to Home." Individuals, organizations and/or businesses may become members of Club 1917 with a minimum annual contribution of \$100. Benefits include:

- Invitations to special programs and events for members only
- Contributions applied toward our "Recognition Tree" plaque
- Ability to donate to a specific program or project

(Please detach and mail with payment)

Club 1917 Fund - Become a Member (with annual renewable contribution)

Amount of Contribution: Membership: _____ @ \$100 minimum\$ _____

Additional Contributions:

- Health & Wellness Trail\$ _____ Hope for a Future - Freedom from Addiction.....\$ _____
 Heart and Cardiac Care\$ _____ Women's Health & Wellness\$ _____

TOTAL\$ _____

Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Telephone: _____ Email: _____

Enclosed: Check - payable to The Bellevue Hospital Foundation Credit Card #: _____ Exp.: _____ 3 Digit Code: _____

Return payment to: The Bellevue Hospital Foundation, 1400 W. Main St., Bellevue, OH 44811 • 419.483.4040, Ext. 4319



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

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.



THE BELLEVUE HOSPITAL
WELCOMES

Samuel E. Ross, M.D.

Samuel E. Ross, M.D. has joined the staff of The Bellevue Hospital as a family practice physician. He is board certified in Family Medicine and for the past year has worked for Emerald Family Practice in Harrison Township, Michigan. Dr. Ross covers a diverse patient population from pediatrics to geriatrics. His hobbies include scuba diving, hiking and serving on medical mission trips.

Samuel E. Ross, M.D.
 Board Certified in Family Medicine

1255 W Main St., Ste. B • Bellevue, OH 44811



419.484.5940

**NOW ACCEPTING
 NEW PATIENTS**



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 January.
INFO: Ext. 6610

Tuesday, January 8
 9:00 am - 11:00 am
Bassett's Market, Bellevue

Tuesday, January 15
 9:00 am - 11:00 am
Hogue's IGA, Bellevue

Wednesday, January 16
 9:00 am - 11:00 am
Miller's SuperValu, Clyde

Thursday, January 24
 10:30 am - 11:30 am
Senior Center, Clyde

Monday, January 28
 8:00 am - 10:00 am
Recreation Center, Bellevue

Tuesday, January 29
 Noon - 1:00 pm
Senior Center, Bellevue

Saturday, January 5 & 12 **LAMAZE PREPARED CHILDBIRTH**

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 the Family Birthing Center. Must attend both sessions. A fee of \$30.
INFO: Ext. 3067

Monday, January 7 **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

Thursday, January 17 **MATURE AUDIENCE LUNCHEON**

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

Pain management for headaches and arthritis, presented by Dr. Vimal Kumar. The public is invited to attend. A lunch fee of \$3. *Reservations are requested.*
INFO: Ext. 4899

Thursday, January 17 **BREASTFEEDING BASICS**

TBH Conference Room A
6:00 pm - 9:00 pm

Expectant mothers' questions on nutritional benefits and techniques of breastfeeding will be answered. A fee of \$10.
INFO: Ext. 3067



SUPPORT GROUPS

Monday, January 7 **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

Tuesday, January 8 **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 feeding/nursing issues and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.
INFO: Ext. 4611

Tuesday, January 8 **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

Tuesday, January 8 **BETTER BREATHERS CLUB**

TBH East Conference Room
2:00 pm - 3:00 pm

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

Tuesday, January 8 **REIKI & NATURAL HEALING**

TBH Conference Rooms A&B
6:00 pm - 8:00 pm

The Reiki and Natural Healing group is free and open to the public. Topics vary by group discussion. Facilitated by Patricia Zilles, Reiki Practitioner.
INFO: Contact Patricia Zilles at 419.307.9764.

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



TBH Opens New Medical Building – Eagle Crest Health Park

On Wednesday, Dec. 12, The Bellevue Hospital hosted an official ribbon cutting ceremony and open house to introduce its newest medical building, Eagle Crest Health Park, to the community. The building, located across from the hospital at 102 Commerce Park Drive in Bellevue, officially opened for business on Monday, Dec. 10.

The \$7-million project, which broke ground in November 2017, includes a 27,000 square-foot facility housing The Bellevue Hospital's Rehabilitation Services and Aquatic Therapy Pool; Anytime Fitness (a 24/7 access fitness center); Great Lakes Physicians Obstetrics/Gynecology Offices; Wound Reconstruction Center and Lower Extremity Reconstruction Institute of Northern Ohio (Podiatry).

"We are excited to offer this new Health Park to our community," said Michael K. Winthrop, president and CEO of The Bellevue Hospital. "This space focuses on providing key outpatient services and also introduces a 24/7 fitness center to the Bellevue area."

Rehabilitation Services and Aquatic Therapy

The hospital's rehabilitation services include physical therapy, occupational therapy, speech therapy and industrial services.

The new space in Eagle Crest Health Park is double the size of the department's previous space in the hospital, and offers:

- Additional private treatment/exam rooms
- An expanded adult gym area for physical therapy
- A space specifically for pediatric therapy that provides a fun atmosphere for children to receive physical, occupational and speech therapy
- An occupational therapy ADL kitchen and bathroom set up to assist patients in safely completing activities of daily living such as bathing, dressing, and preparing meals.

Another highlight of the new space is a state-of-the-art aquatic therapy pool offering an alternative low impact water workout for those needing physical therapy.

The 15-foot x 18-foot warm water therapy pool has an underwater treadmill to normalize gait, water jets for deep tissue massage and resistance training, and variable depths for treading water.

Independent aquatic exercise sessions, beginner water fitness and intermediate water fitness is also offered.

Anytime Fitness

The Bellevue Hospital has partnered with Anytime Fitness to offer a new fitness experience to the Bellevue community. The gym provides 24-hour access and security, convenient parking, private restrooms, private showers and worldwide club access to other Anytime Fitness gyms.

"This is a unique partnership in that The Bellevue Hospital is the first hospital to become an Anytime Fitness franchisee," said Tim Buit, executive vice president and chief financial officer at The Bellevue

Michael K. Winthrop, President & CEO of The Bellevue Hospital (TBH) (left), and Jimmie Fitzgerald, TBH Board of Trustees Chair (right) officially open TBH's new medical building, Eagle Crest Health Park on Dec. 12. Nearly 400 TBH employees, volunteers and community members attended the open house and ribbon cutting ceremony.

Hospital. "This collaboration seemed like a perfect fit for us because it promotes health and wellness in our community."

Training and coaching services are provided including fitness assessments, personal training, small group training and specialized classes. Memberships are available for anyone over 18 years of age.

Great Lakes Physicians Obstetrics & Gynecology Offices

Dr. Gregory Karasik and Dr. Corey Fazio, both board certified in obstetrics and gynecology, are now located in a new office at 102 Commerce Park Drive, Suite C. The space offers new exam rooms, an ultrasound suite, procedure room, a patient triage area and consultation room. Ultrasound services will be offered on Tuesdays, Wednesdays and Thursdays. In addition to the two physicians, Jodi Schwab, certified nurse practitioner, will see patients in this new space.

Wound Reconstruction Center and Lower Extremity Reconstruction Institute of Northern Ohio

The Wound Reconstruction Center offers comprehensive surgical and non-surgical wound treatment options for chronic, non-healing wounds related to diabetes, bone infections, pressure ulcers, surgery, vascular disease and venous insufficiency. Previously housed in office space at 420 West McPherson Highway, Clyde, the Wound Reconstruction Center now shares Suite D in the new Eagle Crest Health Park with the Lower Extremity Institute of Northern Ohio.

Dr. Peter Highlander serves as the medical director for the Wound Reconstruction Center and offers advanced treatment and prevention options for lower extremity wounds with a special interest in deformity correction and soft tissue coverage for non-healing wounds. Barb Wahl, family nurse practitioner, also practices in the Wound Reconstruction Center.

The Lower Extremity Reconstruction Institute of Northern Ohio includes the offices of Dr. Highlander, Dr. Coleman Clougherty and Physician Assistant Kimberly Cullen.

Specialties include cartilage replacement, custom 3D printed deformity corrections, lower extremity limb salvage, total ankle replacements, and trauma and fracture care.

For more information about the services offered at Eagle Crest Health Park, visit www.bellevuehospital.com.

Keep your digits warm!

