



Sign Your Tween or Teen Up to Become a Better Babysitter

The Bellevue Hospital offers a "Babysitting Basics" Class for children who desire to become better babysitters.

will receive a certificate of participation, a "Babysitting Basics" T-shirt, and babysitting handbook.

The course introduces the roles and responsibilities of a babysitter and teaches participants how to handle emergencies and illness. Students will also learn about the basics of bathing, diapering, and feeding of infants and playtime suggestions for older children.

The class will be offered:
June 14 • 8 a.m. – Noon
OR

June 14 • 12:30 – 4:30 p.m.
First United Methodist Church
Life Center Hall
901 Northwest St., Bellevue

- Students must be 11 years and older
- Class fee is \$25.00 to cover all instructional materials
- Students should bring a "Cabbage Patch" or similar size doll to the class
- Small snack will be provided

Due to social distancing guidelines, each class is limited to only 15 students. Face masks will be required for participants.

To register for the class, please call 419.483.4040, Ext. 4326.

Upon completion of the course, students



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.





New Location for Morning Health Breaks

To support the importance of health and wellness in the community, The Bellevue Hospital will reinstate the Morning Health Breaks starting in May at a **NEW location**. These community service events, which offer free or reduced health screenings, had been temporarily suspended due to the coronavirus (COVID-19) pandemic.

In order to help maintain proper physical distancing, the hours for these events have also changed and **individuals must now**

call and schedule an appointment time to attend the Health Breaks.

Morning Health Break

Monday, May 3 • 7 a.m. – 11 a.m.
Bellevue Society for the Arts
205 Maple St., Bellevue

- Free Blood Pressure and Fasting Glucose Checks
- A1C Screening (\$10.00)
- Lipid Panel Screening (\$15.00)
- TSH (Thyroid) Screening (\$20.00)
- PSA (Prostate) Screening (\$25.00)

A registered nurse will be available to answer health questions. Attendees may pay at the door with cash, check or credit card. We are asking all patients and visitors to wear their own cloth face coverings upon arrival to the event and to arrive close to their scheduled appointment time.

To schedule an appointment for the May Morning Health Break, call 419.483.4040, Ext. 6610. Deadline to register is Monday, April 26.



When You've Been Fully Vaccinated – How to Protect Yourself and Others

From the Centers for Disease Control and Prevention (as of March 9, 2021)

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

What's Changed

If you've been fully vaccinated:

- You can gather indoors with fully vaccinated people without wearing a mask.
- You can gather indoors with unvaccinated people from ONE other household (for example, visiting with relatives who all live together) without masks, unless any of those people or anyone they live with has an increased risk for severe illness from COVID-19.
- If you've been around someone who has COVID-19, you do not need to stay away from others or get tested unless you have symptoms.
 - However, if you live in a group setting (like a correctional or detention facility or group home) and are around someone who has COVID-19, you should still stay away from others for 14 days and get tested, even if you don't have symptoms.

What Hasn't Changed

For now, if you've been fully vaccinated:

- You should still take steps to protect yourself and others in many situations, like wearing a mask, staying at least 6 feet apart from others, and avoiding crowds. Take these precautions whenever you are:
 - In public
 - Gathering with unvaccinated people from MORE THAN one other household
 - Visiting with an unvaccinated person who is at increased risk of severe illness or death from COVID-19 or who lives with a person at increased risk
- You should still avoid medium or large-sized gatherings.
- You should still delay domestic and international travel.

- You should still watch out for symptoms of COVID-19, especially if you've been around someone who is sick. If you have symptoms of COVID-19, you should get tested and stay home and away from others.
- You will still need to follow guidance at your workplace.

What We Know and What We're Still Learning

- **We know** that COVID-19 vaccines are effective at preventing COVID-19 disease, especially severe illness and death.
 - **We're still learning** how effective the vaccines are against variants of the virus that caused COVID-19.
- **We know** that other prevention steps help stop the spread of COVID-19, and that these steps are still important.
 - **We're still learning** how well COVID-19 vaccines keep people from spreading the disease.
- We're still learning **how long** COVID-19 vaccines can protect people.
- As we know more, the CDC will continue to update recommendations for both vaccinated and unvaccinated people.

Until we know more about those questions, everyone — even people who've had their vaccines — should continue taking basic prevention steps when recommended. **For more information, visit www.cdc.gov.**



COVID-19 Testing Location Changes at TBH

On March 8, The Bellevue Hospital (TBH) transitioned its COVID-19 testing to a new location at 1400 W. Main St., Suite E. This new site is located in the medical offices behind the hospital.

“We are happy to report that we are beginning to see a decrease in the volume of COVID-19 testing,” said Timothy A. Buit, TBH’s president and chief executive officer. “Because of that, we feel this new location will be a good fit for what is needed to do this testing.”

COVID-19 drive-up testing hours will now be from 9 a.m. – 5:30 p.m. Mondays through Fridays. There will be no drive-up testing on the weekends. Patients who need a COVID-19 test will enter TBH via County Road 302 and turn right onto Winthrop Way. The medical office building will be on the right. Once a patient arrives to the COVID-19 testing site at 1400 W. Main St., Suite E, he or she will pull into a designated parking spot and call the phone number provided on the window of Suite E.

Outpatient COVID-19 collection will be completed at this new

COVID-19 drive-up testing site with the exception of those patients who need additional bloodwork or are getting tested as part of pre-admission testing for surgeries. Please be sure to have a mask or face covering on before pulling up for testing. A physician order is required and insurance information will be collected at the time of testing.

All other laboratory services will be offered through the Main Laboratory at the hospital, 1400 W. Main St., and Family Health Services outpatient laboratory services, 402 W. McPherson Highway, Clyde. Normal hours of operation for the Main Laboratory are 6:30 a.m. to 5:30 p.m. Mondays through Fridays and 6:30 a.m. to 1 p.m. on Saturdays. Hours at the Clyde location include 8 a.m. to 4:30 p.m. Mondays through Thursdays and 8 a.m. to 11:30 a.m. on Fridays. Please note: No COVID-19 testing will be available at the Family Health Services location.

For more information on TBH’s Laboratory Services and to access a map for the COVID-19 Drive-Up testing, visit www.bellevuehospital.com/services/laboratory-services.



The Reconstruction Institute

Now Accepting New Patients in Bellevue, Port Clinton and Sandusky

Foot, ankle and additional joint pain can limit mobility and often becomes disabling by preventing a healthy, active lifestyle. Our team at The Reconstruction Institute has one goal – to provide patients the individualized care they need so they can stop making life about their ailment, and instead begin living life again.

The Reconstruction Institute offers treatment and reconstructive options for both upper and lower limb conditions. Our providers specialize in:

- Carpal tunnel surgery
- Cartilage replacement
- Lower extremity limb salvage
- Rotator cuff repairs

- Shoulder replacements
- Sports medicine injuries
- Total ankle replacements
- Trauma and fracture care
- Custom 3D printed deformity corrections

Along with treating complex foot, ankle and upper limb pathologies, The Reconstruction Institute offers comprehensive wound treatment options including both surgical and non-surgical treatment for chronic, non-healing wounds related to:

- Diabetes
- Bone infections
- Pressure ulcers
- Surgery
- Vascular disease



The Reconstruction Institute is now accepting new patients at three convenient locations:

Eagle Crest Health Park
102 Commerce Park Drive, Suite D
Bellevue

Magruder Hospital
611 Fulton St., Suite G
Port Clinton

Firelands Physician Group
Sandusky Orthopedics
1401 Bone Creek Dr. • Sandusky

For more information, or to schedule an appointment, call 419.484.5430



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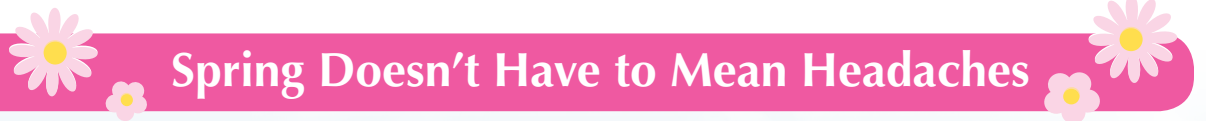


Advanced Care Planning

What type of health care would you want if you became too sick to tell the doctor yourself? Plan ahead and have those conversations with your loved ones to make sure you get the medical care you want.

Visit www.nhdd.org for resources available to help make, discuss and document your future healthcare wishes and decisions.

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Spring Doesn't Have to Mean Headaches

While most of us are excited to see longer days and warmer weather, the spring season may be a “pain” for individuals who suffer from headaches – particularly migraines.

According to the World Health Organization, almost half of adults worldwide have suffered from a

headache at least once in the past year. Headaches are characterized by consistent, recurring pain in the head and can range from a dull ache to a severe migraine - a type of headache that inhibits one's ability to function.

Headaches can be triggered by a number of environmental and lifestyle changes, including pollen and other common airborne allergens, the constantly changing weather, and increases in stress related to work, family and personal responsibilities.

Here are four common types of headaches:

Sinus Headaches: Most commonly caused by congestion or inflamed sinuses, these headaches usually come from a bad cold or seasonal allergies. Symptoms include pressure-like pain on a specific part of the face, tenderness of the face, and congestion.

Cluster: This type of headache is characterized by its frequent but brief recurrence and its severity. Pain typically focuses around one eye and can cause tearing and redness of the eye.

Tension: Generally the most common type of headache, these headaches are stress-related. Tightness similar to that of having a band around the head can spread into or from the neck with the tension headache.

Migraine: The most severe form of headache, migraine pain can last two to three days. Pain is typically one-sided and pulsating, often with nausea and sensitivity to light.

Are you experiencing regularly occurring headaches? If so, meeting with a pain specialist may be the next step. The team at The Bellevue Hospital's Pain Management Center can help you get back to your life. Vimal Kumar, M.D., board certified in Pain Management and Erica Clinker, C.N.P. offer a balanced and personalized approach to pain management.

Ask your primary care provider about a referral to the Pain Management Center, or call 419.484.5903 for more information.



Vimal Kumar, MD



Erika Clinker, CNP