



Dear Community,

The year 2020 has definitely tested our strength and resilience as a community. While the year has certainly looked different--one thing our community can count on is that The Bellevue Hospital is here for you.

Since the COVID-19 crisis started, The Bellevue Hospital physicians and staff have worked together to create a safer environment for patients, visitors and employees coming into the hospital. We are now in our third spike of COVID-19 cases and we continue to adapt to rapid changes and create innovative ways to protect our patients and community while delivering safe, quality care during uncertain times.

We encourage individuals with a life-threatening illness, or those with chronic illnesses to continue receiving care as needed or as prescribed by their primary care provider or specialist. As we learn more about this virus, we stay on top of safety measures and adjust our practices as needed to provide our community a safer environment. Early treatment and detection improves your chances for a healthy recovery and improves our ability to provide the best care for you.



It is important that we do not let our guard down. I know this is a stressful situation and at times it may seem that there is not a light at the end of the tunnel. We will get through this together as a community, and hopefully there will be a COVID-19 vaccine in the near future, but for now we all have to keep fighting against this virus and doing our part.

As winter approaches and we enter the holiday season, we encourage you to be creative and find alternative ways to celebrate safely. For ideas to enjoy the festivities and additional safety guidelines from the Ohio Department of Health, be sure to turn to page 3. I hope these tips will help keep you safe and healthy.

On behalf of The Bellevue Hospital, I wish you and your family a blessed holiday season.

Yours in Wellness,
Timothy A. Buit
President and CEO



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.



Morning & Evening Health Breaks Temporarily Suspended

In order to continue to reduce COVID-19 exposure in our community, we are continuing to make decisions for the safety and health of our patients and healthcare workers. As part of proactive measures to reduce the spread of COVID-19 and other flu-like illnesses, the Morning and Evening Health Breaks at The Bellevue Hospital have been temporarily suspended until further notice.

The Morning Health Break scheduled for Monday, Dec. 9 has also been canceled.

For questions regarding the Morning and Evening Health Breaks, please call 419.483.4040, Ext. 6610.



The Bellevue Hospital Family offers our best wishes for a happy, healthy and safe holiday season.

Updated Visitor Policy at TBH

Due to the increased numbers of positive COVID-19 cases in the area, The Bellevue Hospital has made revisions to visitor restrictions.

“We appreciate our community’s cooperation to protect our patients and staff during this time,” said Timothy A. Buit, TBH’s president and CEO. “As we continue to see a surge in cases at both the local and state level, we have decided to begin limiting the number of visitors allowed to enter the hospital and outpatient settings.”

TBH visitor restrictions now include:

- No visitors will be permitted in the medical/surgical unit, intensive care unit, emergency department or outpatient areas.
- Surgery patients will need to be dropped off and picked up for their procedure. No visitors are permitted in the surgery area.
- Patients in the Family Birthing Center are permitted one designated visitor per laboring mom for duration of stay.

For more information on visitor restrictions and service changes at the hospital and TBH outpatient offices, visit www.bellevuehospital.com

- Pediatric patients under the age of 18 are allowed only two designated visitors. These should be the same two visitors for the duration of hospital stay.
- No one who is sick with flu-like illness, has someone in immediate family with illness, or has been told to quarantine should visit the hospital.
- Children under the age of 18 should not visit any areas of the hospital.

The Bellevue Hospital’s physician group, Great Lakes Physicians, have similar revisions to visitor restrictions, which include:

- No visitors will be permitted to accompany patients for office visits.
- No visitors under the age of 18 permitted in the office unless they are the patient.

Exceptions to the visitor restrictions both at the hospital and the outpatient settings may be allowed in certain situations such as end of life and patients with intellectual and developmental disabilities.

Tips for Making Healthier Holiday Meal Choices

The holidays are often filled with traditions that include some of our favorite meals and food. As you celebrate this year, think of small changes you can make this holiday season to create healthier meals:

- **Make sure your holiday meal includes all the food groups** Include vegetables, fruits, grains, lean meats and dairy.
- **Choose protein that is lean** Turkey, roast beef, fresh ham, beans, and some types of fish are lean protein choices. Go easy on the sauces and gravies - they can be high in saturated fat and sodium.
- **Cheers to good health** Quench your thirst with low-calorie options. Drink water with lemon or lime slices. Offer seltzer water with a splash of 100% fruit juice.
- **Bake healthier** Use recipes with unsweetened applesauce or mashed ripe bananas instead of butter. Try cutting the amount of sugar listed in recipes in half.

- **Tweak the sweet** For dessert, try baked apples with cinnamon and a sprinkle of sugar instead of apple pie. Make a parfait with sliced fruit and low-fat yogurt.
- **Make exercise a part of the fun** Make being active part of your holiday tradition. Have fun walking and talking with members of your household after a holiday meal. This year, give gifts that encourage others to practice healthy habits such as workout DVDs and reusable water bottles.
- **Enjoy leftovers** Create delicious new meals with your leftovers. Add turkey to soups or salads. Use extra veggies in omelets or stews.
- **Give to others** Spend time providing foods or preparing meals for those who may need a little help. Give food to a local food bank during the holiday season.

Information provided by the U.S. Department of Agriculture.

Visit choosemyplate.gov for more tips.

Safely Celebrate the Holiday Season: *From the Ohio Department of Health*

The best way to protect yourself and your loved ones during the COVID-19 pandemic is to celebrate holidays at home with members of your household. The Ohio Department of Health provides the following ideas for safely celebrating during this year's winter season:

- Organize a drive-by caroling event to surprise loved ones or hold a virtual caroling party.
- Decorate your home with Christmas lights and invite family and friends to drive by for pre-wrapped cookies and to see the light display. Encourage neighbors to do the same for a drive-by light display block party.
- Hold a virtual tree-trimming event with your loved ones, followed by virtually watching a favorite Christmas movie together with hot cocoa.
- Create a holiday season to-do list or bingo card with ideas for celebrating the holiday, such as making paper snowflakes, building a gingerbread house, baking cookies, writing to Santa, or learning about a holiday tradition in another country. Share the list with family and friends and touch base regularly to compare progress.
- Open presents virtually with family and friends.

If you do decide to get together with others, please keep the

gathering small (10 people or fewer) and stick to the basics:

- Everyone should wear a mask who can safely do so. This not only protects those around you, but the CDC is now finding evidence that it also protects the person wearing it.
- Make sure everyone washes their hands frequently and uses hand sanitizer.
- Whenever feasible, stay 6 feet away from one another.
- Regularly disinfect frequently touched surfaces.
- If you are sick, remain home and stay away from others as much as possible.

However you decide to celebrate the holiday season, remember:

- Many more of our friends and neighbors are in need due to the financial hardships of the pandemic. Donate to food banks and shelters if you are able to do so.
- More Ohioans are lonely and isolated this year due to distancing measures. Find ways to reach out with virtual or drive-by visits, or send cards, packages, or video messages.
- Don't forget to thank those who have been serving us all so well during the pandemic, such as mail carriers and delivery drivers, grocery workers and bus drivers, healthcare workers and first responders, and so many others.
- Please always remember our veterans and military members.

For more ideas on tips to help celebrate the holidays safely, visit coronavirus.ohio.gov.

Virtual Lights of Love to Benefit the Foundation

Once again it's time to sponsor the annual Lights of Love benefiting The Bellevue Hospital Foundation. The 35th annual event is a time when individuals, families, and/or businesses may lovingly remember or honor those special individuals who have touched their hearts.

Due to current visitor restrictions and COVID-19, this year's Lights of Love tree will be virtual. While the tree will not be displayed within the hospital, individuals may help us decorate our virtual tree with lights, ornaments and gifts.

The Bellevue Hospital Foundation



Help Us Decorate Our Virtual Tree with Lights, Ornaments & Gifts!

Proceeds will benefit the Foundation

Donate by Friday, December 18, 2020

All contributors will be listed on the Hospital and Foundation websites

Follow our virtual tree decorating progress at tbhfoundation.com

Choose your decorations for our virtual tree

Lights: \$5.00 each Ornaments: \$10.00 each Gifts: \$25.00 each

Circle One:	Circle One:	Name(s) <i>please print</i>
Light Ornament Gift	In Honor or Memory	
Light Ornament Gift	In Honor or Memory	
Light Ornament Gift	In Honor or Memory	
Light Ornament Gift	In Honor or Memory	
Light Ornament Gift	In Honor or Memory	

TOTAL ENCLOSED: _____

Name: _____ Phone: _____

Address: _____ City/State/Zip: _____

Cash Check (payable to TBH Foundation) Credit Card: Visa Mastercard Discover

Credit Card Info: Acct#: _____ Exp. Date: _____ 3-Digit Code: _____

Cardholder Name: _____ Signature: _____

Mail To: The Bellevue Hospital Foundation • 1400 West Main Street • Bellevue, OH 44811

Online Orders: www.tbhfoundation.com

For more information, call 419.483.4040, Ext. 4319



Quality Care, Close To Home

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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
BELLEVUE, OH 44811
PERMIT NO. 50

RED CROSS BLOODMOBILE

Wednesday, Dec. 9
10:00 a.m. – 3:00 p.m.

NEW LOCATION:
Bellevue VFW
6104 US Route 20
Bellevue, OH 44811

Must be at least 17 years old.

Call 1-800-Red-Cross, or visit
www.redcrossblood.org to register.

*****ECRWSSDDM****
POSTAL CUSTOMER

Connect For Care: Video or Phone Healthcare Visits For Your Convenience

The Bellevue Hospital's physician group, Great Lakes Physicians, is committed to your health. Our Connect For Care allows you to receive care from our specialists without having to leave the comfort of your home.

Similar to a regular office visit, our providers will be able to discuss symptoms and concerns with you via video or phone visits from a smart phone or computer.

These appointments will be billed through insurance at their normal rate, as if you were being seen in person in the office.

To discuss appointment options, please call your Great Lakes Physicians provider to determine if a Connect For Care video or phone appointment is the best option for your health care needs.

**For a full list of Great Lakes Physicians and office phone numbers,
visit www.bellevuehospital.com/services/great-lakes.**



 **Great
Lakes
Physicians**
The Bellevue Hospital

Quality Care, From Anywhere