



Stop Germs – Wash Your Hands!

This time of year, germs are everywhere. Keeping hands clean is one of the most important things we can do to stop the spread of germs and stay healthy. Knowing when and how to clean your hands will give you and your family the best chance of preventing sickness during flu season.



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.



When:

- After using the bathroom
- Before, during, and after preparing food
- Before eating food
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- Before and after caring for someone at home who is sick with vomiting or diarrhea
- After touching an animal, animal feed, or animal waste
- After handling pet food or pet treats
- After touching garbage

How:



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



Lather your hands by rubbing them together with the soap, including the backs of hands, between fingers, and under nails.



Scrub your hands for at least 20 seconds.



Rinse hands well under clean, running water.



Dry hands using a clean towel or air dry them.

For more information on the importance of hand washing and tips on how to teach children proper handwashing hygiene, visit www.cdc.gov/handwashing.

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 February. **INFO: Ext. 6610**

Wednesday, February 5

8:00 am – 10:00 am
Eagle Crest Health Park, Bellevue

Tuesday, February 11

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

Tuesday, February 18

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

Monday, February 24

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

Tuesday, February 25

Noon - 1:00 pm
Senior Center, Bellevue

Thursday, February 27

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

Monday, February 3

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**

Thursdays, February 6, 13 & 20

Lamaze Prepared Childbirth Class

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, medication uses, nutrition, weight gain and anatomy. Includes tour of the Family Birthing Center. The class is held in a series of three sessions. Must attend all three. Fee of \$30. **INFO: Ext. 3067**

Monday, February 17

Babysitting Basics Class

TBH Conference Rooms A&B

9:00 am – 3:00 pm

For children 11 years and older. This course teaches babysitters how to handle emergencies and illness. Students will learn about the basics of bathing, diapering, feeding of infants and playtime suggestions for older children. The students will also learn about safety and nutrition. Lunch will be served. Class fee is \$25. Reservations are requested. **INFO: Ext. 3067**

Tuesday, February 18

Evening Health Break

TBH Conference Rooms A&B

5:00 pm – 7:00 pm

Free blood pressure and fasting glucose checks; A1C screening (\$10). Educational literature, light snacks and a registered nurse to answer health questions. **INFO: Ext. 6610**

Thursday, February 20

Mature Audience Luncheon

*Bellevue Society for the Arts
205 Maple St., Bellevue*

11:30 am – 1:00 pm

“Keeping Your Heart Healthy,” presented by Angela Snyder, CNP. The public is invited to attend. Lunch fee is \$3. Reservations are requested. **INFO: Ext. 4209**

Thursday, February 27

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 and 350 pounds, be at least 17 years old, and be in good general health. Walk-ins may be accepted. **To schedule your appointment, call 1-800-Red-Cross, or visit www.redcrossblood.org and enter sponsor code BELLEVUEHOSP**

Thursday, February 27

Breastfeeding Basics Class

TBH Conference Room A

6:00 pm – 8:30 pm

Expectant mothers welcome. Discussion includes information on basic anatomy, milk production, benefits, best practices and going back to work. Fee is \$10. **INFO: Ext. 3067**

SUPPORT GROUPS

Monday, February 3

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 at dawnrb45@gmail.com**

Tuesday, February 4

M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am – 11:30 am

All new mothers and babies 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, February 11

Diabetes

TBH East Conference Room

12:30 pm – 1:30 pm

Topics will vary monthly based on group discussion. The support group is 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 Launches The DAISY Awards Program to Recognize Extraordinary Nurses



Nurses at The Bellevue Hospital will soon be honored with The DAISY Award for Extraordinary Nurses®. The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate nursing care they provide patients and families every day. The awards program at the local hospital began in January and nominations are now being accepted.

“We are proud to be among the healthcare organizations participating in The DAISY Award program. Nurses are heroes every day,” said Sara Brokaw, Vice President of Patient Services at The Bellevue Hospital. “It’s important that our nurses know their work is highly valued, and The DAISY Foundation provides one way for us to do that.”

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon autoimmune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families, and colleagues. Nomination forms can be found in various locations throughout the hospital. In addition, online nominations can be submitted at www.daisynomination.org/TBH or you can fill out the nomination form below and mail it to:

The Bellevue Hospital
Attn: Daisy Award Coordinator
1400 W. Main Street
Bellevue, Ohio 44811

Once nominations are collected, the award recipient is chosen by a committee at The Bellevue Hospital to receive The DAISY Award. Awards will be presented twice per year at celebrations attended by the Honoree’s colleagues, patients, and visitors.

For more information about The Bellevue Hospital’s local DAISY Award program, visit www.bellevuehospital.com or call 419.483.4040, Ext. 4684.



*The Daisy Awards committee at The Bellevue Hospital launched the program locally in January. Committee members include (from left): Johnna Young, Director of Marketing; Holly Bollenbacher, RN, Director of the Family Birthing Center; Cherri Wilson, RN, Childbirth Educator and Co-Chair; Loretta Nichols, RN, Director of Med/Surg and ICU and Co-Chair; Marianne Schoen, Director of Revenue Cycle and Quality; Sara Brokaw, RN, Vice President of Patient Care Services and Sue Felder, Volunteer Services. **Not pictured are:** Bethani Leibengood, Laboratory Medical Technologist; Pastor James Lewis, Volunteer Services; Lisa Sartain, Vice President of Human Resources and Fay Wade, Administrative Assistant.*

Thank you for taking the time to thank your nurse!

Your Name _____ Phone _____

Email _____ Please contact me if my nurse is chosen yes no

Date of nomination _____ I am a ___ Patient ___ Family member/visitor

Name of the nurse you are nominating _____

Unit where the nurse works _____

Please share your story of why your nurse was so special:





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Living Heart Healthy - Sodium and Your Heart

Traditionally the month for all things heart related, February is also recognized as American Heart Month, the annual celebration to encourage Americans to join the battle against heart disease and take care of their heart.

High blood pressure is one of the key risk factors for developing heart disease and a diet that is high in sodium consumption may raise blood pressure.

According to the Centers for Disease Control and Prevention, the 2015–2020 Dietary Guidelines for Americans recommend that Americans consume less than 2,300 milligrams (mg) of sodium each day as part of a healthy eating pattern. However, about 90% of Americans age two years old and older consume too much sodium, with a daily average of more than 3,400 mg.

Even though more than 70% of the sodium Americans eat comes from restaurants, pre-packaged and processed foods, there are things you can do to reduce your sodium consumption:

At the Grocery Store

- Buy fresh, frozen, or canned vegetables with no salt or sauce added.
- Choose packaged foods labeled “low sodium” or “no salt added.”

- Read food labels and compare the amount of sodium in different products.
- When buying prepared meals, look for those with less than 600 mg of sodium per meal.
- When possible, purchase fresh poultry, fish, pork, and lean meat, rather than cured, salted, smoked, and other processed meats.

At Home

- When cooking, use alternatives to add flavor such as garlic, citrus juice, salt-free seasonings or spices.
- Eat more fruits and vegetables.
- Limit sauces, mixes and “instant” products.

Dining Out

- Ask that no salt be added to your meal.
- Order vegetables with no salt added or fruit as a side item.
- Split a meal with a friend or family member.
- Keep takeout and fast food to an occasional treat.

For a schedule of free blood pressure screenings offered by The Bellevue Hospital, visit www.bellevuehospital.com/programs/morning-evening-health-breaks.