



Giving Back to the Community

CRNA sews surgical wraps into sleeping bags for the homeless



Brock Kirian, a Certified Registered Nurse Anesthetist (CRNA) at The Bellevue Hospital, has embarked on a charitable project that not only recycles, but helps the homeless by turning surgical equipment wraps into sleeping bags.

Inspired by a story he saw on Facebook about a CRNA in Tampa, Florida making the same type of bags, Kirian decided to put his resourcefulness towards helping those in need.

Every day, The Bellevue Hospital sterilizes surgical trays and tools used in surgery procedures. As soon as the trays are sterilized, they are wrapped in a plastic material to keep them sterile. Once the tray and tools are taken out of the wraps, the material is typically discarded.

myself how to sew. The hardest part was threading the needle.”

It takes Kirian about 30 minutes to sew one sleeping bag. His goal is to get a large group of people together for a few sewing sessions so more bags can be created in a shorter amount of time. He plans on donating the bags to local homeless shelters and churches to be distributed to community members in need.



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.



“I noticed that the hospital was throwing away an average of 20-30 wraps a day and I knew there had to be a better use for them,” said Kirian. “I wanted to create something that could benefit both people and the environment.”

The wraps are made of an ideal material since they retain heat and are durable, while also being water-resistant.

“I didn’t have any sewing experience prior to starting this project,” said Kirian, a New Riegel, Ohio native. “I knew my mom had a sewing machine, so I went to her house and read instructions and diagrams to teach



Brock Kirian, CRNA at The Bellevue Hospital, sews surgical equipment wraps into sleeping bags for the homeless.

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 January. **INFO: Ext. 6610**

Wednesday, January 8

8:00 am – 10:00 am

Eagle Crest Health Park, Bellevue

Tuesday, January 14

9:00 am-11:00 am

Bassett's Market, Bellevue

Tuesday, January 21

9:00 am-11:00 am

Hogue's IGA, Bellevue

Wednesday, January 22

9:00 am-11:00 am

Miller's SuperValu, Clyde

Thursday, January 23

10:30 am-11:30 am

Senior Center, Clyde

Monday, January 27

8:00 am-10:00 am

Recreation Center, Bellevue

Tuesday, January 28

Noon-1:00 pm

Senior Center, Bellevue

Monday, January 6

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**

Saturdays, January 11 & 18

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. A tour of the Family Birthing Center is included. Must attend both sessions. Fee of \$30. **INFO: Ext. 3067**

Saturdays, January 11 & 18

Smoking Cessation Class

TBH Administrative Conference Room

9:30 am – 12:30 pm

TBH and The Ohio State University at Lima are offering a free, five-week research study and treatment program designed to help people stop smoking. The program includes: behavior modification therapy, hypnosis and optional nicotine patches. Classes are held on Saturdays. Treatment sessions are Jan. 11 and Jan. 18 from 9:30 a.m.-12:30 p.m. Three support sessions are Jan. 25, Feb. 8 and Feb. 22, from 9:30-10:30 a.m. Participants who attend all sessions and complete a brief survey will receive a \$25 gas card. Registration is required. Limited to the first 25 participants to register. **INFO: Ext. 4244**

Thursday, January 23

Mature Audience Luncheon

Bellevue Society for the Arts
205 Maple St., Bellevue

11:30 am – 1:00 pm

“Vaping – the good, the bad and the ugly,” presented by Terry Webb, RT. The public age 55 and older is invited to attend. Cost of lunch is \$3. Reservations are requested. **INFO: Ext. 4209**

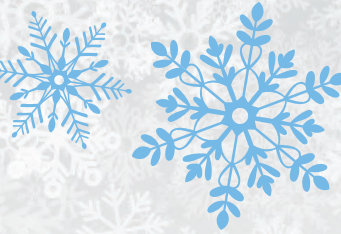
Thursday, January 23

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. Fee of \$10. **INFO: Ext. 3067**



SUPPORT GROUPS

Monday, January 6

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, January 7

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 14

Diabetes

TBH East Conference Room

12:30 pm – 1:30 pm

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

Tuesday, January 14

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**

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

Prairie Ridge Subdivision Breaks Ground on The Bellevue Hospital Campus

If you've traveled down U.S. 20 near The Bellevue Hospital, you may have noticed construction on land just west of the hospital. The infrastructure for the Prairie Ridge project, which began in early 2019, is beginning to take shape.



The project consists of constructing a mixed housing development with both single-family lots and condominiums in Bellevue. Once completed, the housing development has the capacity to have up to 45 residential single-family home lots and 95 condominium units.

A Community Need for Housing

"In general, there is a lack of housing in Bellevue. This development is geared toward 'empty nesters' and young families," said Michael K. Winthrop, President and CEO of The Bellevue Hospital. "As Prairie Ridge is developed, it is anticipated existing homes in the Bellevue area will become available for sale, providing options for families."

Dave Sabo, Bellevue's Economic Development Director, agreed. "This project is nice because it provides both condos and residential lots for new homes, while also freeing up housing in the city for first-time homebuyers and others who would like to purchase an existing home within the city," Sabo added. "We are happy to be a part of this project. This will be a great addition to the city."

About the Prairie Ridge Project

The project's initial design phase began at the beginning of 2019. The 37 acres of land, which was owned by The Bellevue Hospital, was available and already annexed into the City of Bellevue.

"The Bellevue Hospital Foundation provided the initial funds to set up the infrastructure of the project," Winthrop said. "As condos and home lots are sold, The Bellevue Hospital Foundation will be reimbursed a portion of the proceeds to offset the initial investment."

The current phase, Phase 1, consists of 10 single-family lots and the potential for nine condo units. Currently the model condo unit is being built and the roads/infrastructure have been completed. Contractors Design Engineering of Norwalk is the project's design/civil engineer and general contractor. In addition, local subcontractors on the project include site contractor, Shorridge Construction of Castalia; 7 L Construction of Bellevue; Smith Paving and Excavating of Norwalk; and Prairie Ridge Builders of Norwalk, in conjunction with JMK Construction of Plymouth.

According to Adam Weaver of Contractors Design Engineering, pricing for the condominiums will begin in the mid-\$200,000 range for an approximate 1,800 square foot stand-alone unit with a two-car garage. The units are designed with two bedrooms and a study that could transition into an additional bedroom if needed. All bedrooms are equipped with walk-in closets. The front exterior will include shake siding and stone veneer on the garage. There are several types of units to choose from and those who purchase a condo also have choices of color for siding, type of stone and shingle colors. Condos also come standard with covered back porches.

Residential lots for single-family homes also will be available. There will be an architectural board and set guidelines, but individuals can use a builder of their choice.

Benefits of Prairie Ridge

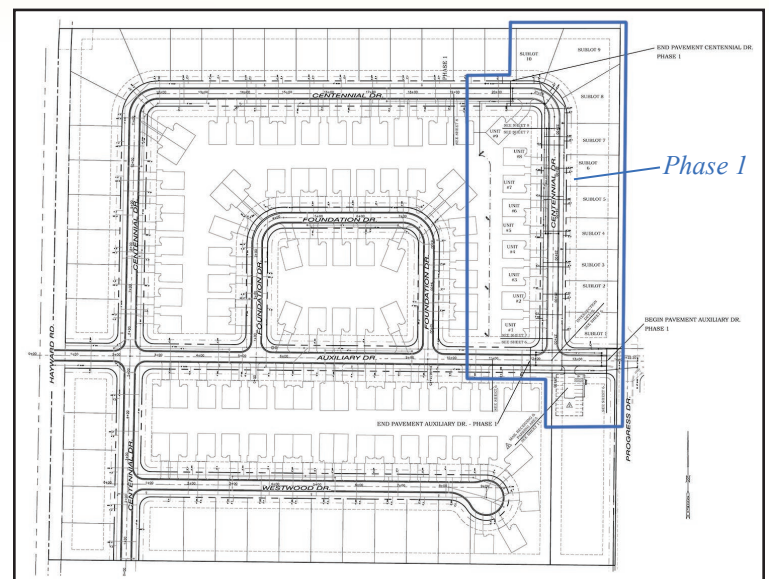
"The location of the development is a definite plus," Winthrop said. "You have the scenic views of a rural setting, but it also is conveniently located close to the hospital and physicians' offices, in addition to having a walking path right next door, a bicycle trail nearby and an Anytime Fitness across the street for recreational activity."

Individuals can also participate in the Community Reinvestment Area (CRA) real estate tax exemption program in Bellevue. This program offers real estate tax savings by reducing the taxable portion of the property associated with the new construction or remodeling, up to 100% not to exceed 15 years.

"This tax exemption program partners well with Prairie Ridge," said Sabo. "It is a nice incentive for those considering purchasing a condo or residential lot."

Find Out More...

Sales for condominiums will begin late winter or early spring. For more information on Prairie Ridge's residential lots or condominiums, contact Gary Strayer or Terri Timmis of Howard Hanna Gary J. Strayer Realty in Bellevue at 800-589-4655 or 419-483-6620.





Quality Care, Close To Home

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Want to quit smoking in the New Year? The Bellevue Hospital offers tobacco cessation classes.

Call 419.483.4040,
Ext. 4244 for more information.

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Managing Asthma in the Winter Months



For many people, asthma attacks happen more often during the winter months. Dry and cold air leads to airway narrowing and can often be a weather-related asthma trigger. When you breathe in cold, dry air through your mouth, the air doesn't get warmed by your nose first. The cold air goes to your lungs and airways. This may trigger an asthma attack. Breathing through your mouth is more likely when you exercise or exert yourself – such as shoveling snow or skiing.

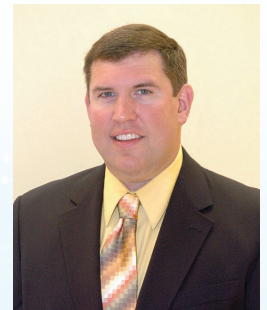
Follow these steps from the Asthma and Allergy Foundation of America for reducing your chances of having asthma symptoms triggered by cold air:

- Wear a scarf or face mask over your mouth while outside.
- If you normally exercise outdoors, consider an indoor activity for the winter, like swimming or basketball.
- If you do need to be outdoors in cold weather, you may need to use a quick-relief inhaler before you go outdoors. Talk with your doctor about a pre-treatment plan.
- Always carry your quick-relief inhaler with you and protect it from cold temperatures.

Asthma is a chronic disease and asthma triggers can change with the seasons. Symptoms include:

- Coughing
- Wheezing (a whistling, squeaky sound when you breathe)
- Shortness of breath
- Rapid breathing
- Chest tightness

Patients with asthma who get the flu have a higher rate of asthma-related complications. The Centers for Disease Control (CDC) recommend the influenza vaccination (the "flu shot") for all patients with asthma.



Nathan Samsa, D.O.

Knowing how to manage your asthma can allow you to do more of the activities you enjoy. If you are experiencing asthma symptoms this winter, contact board certified pulmonologist Nathan Samsa, D.O. at Great Lakes Physicians. Dr. Samsa provides outpatient services and management for asthma, chronic obstructive pulmonary disease (COPD), emphysema and other lung diseases. Next day appointments are available.

Call 419.484.5940 to schedule your appointment.