



Dr. Copeland To See Patients In New Location

Beginning Monday, Jan. 8, Steven Copeland, M.D. will be relocating to a new office space at The Reconstruction Institute, located in The Bellevue Hospital's Eagle Crest Health Park at 102 Commerce Park Drive, Suite D in Bellevue. He will be seeing new and current patients at this location.

Dr. Copeland is an active member of The Bellevue Hospital's medical staff and is board certified in orthopaedic surgery. He specializes in sports medicine and arthroscopic surgery for ACL reconstruction, meniscal repairs, shoulder and rotator cuff repairs, minimally invasive carpal tunnel treatment and fracture care.



For more information or to make an appointment, call 419.222.6622.



THE BELLEVUE HOSPITAL

Quality Care, Close To Home

Please enjoy our **HEALTH***e*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.



CALENDAR of Events

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below. Information on TBH screenings, programs and events also can be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.

COMMUNITY HEALTH PROGRAMS

WEDNESDAY, JANUARY 3 Morning Health Break

8:00 a.m. – 10:00 a.m.
TBH Main Station Café

This event includes free blood pressure and fasting glucose checks, educational literature, a light breakfast and a registered nurse to answer health questions. Reservations are not required. Pre-registration is required if Direct Access Lab testing is wanted or needed. Direct Access Tests available include:

- A1C Screening (\$20)
- Complete Blood Count with Complete Metabolic and Lipid Panel (\$60)
- Complete Blood Count with Basic Metabolic and Lipid Panel (\$50)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- Stool Occult Blood Screening (\$25)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

To pre-register for lab testing, call 419.483.4040, Ext. 0.

THURSDAY, JANUARY 18 Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.
Bellevue Society for the Arts
205 Maple St., Bellevue

A representative from the Alzheimer's Association of Northwest Ohio will present information on warning signs of Alzheimer's Disease. The public age 55 and older is invited to attend. A lunch fee of \$4 will be charged at the door. Reservations are requested. INFO: Ext. 6610.

SUPPORT GROUPS

WEDNESDAYS, JANUARY 11 – FEBRUARY 15 Serenity Seekers

4:00 p.m. – 5:30 p.m.
TBH Burson Conference Room

TBH, in association with Stein Hospice an Affiliate of Hospice of the Western Reserve, is sponsoring a free six-week adult bereavement program for those who have lost an adult loved one. Meetings will begin on Wednesday, January 11

and will continue every Wednesday through February 15. To register, call 419.625.5269

TUESDAY, JANUARY 16 M.O.M.S.

10:30 a.m. – 11:30 a.m.

TBH Burson Conference Room

All new mothers and their babies welcome. This free class is facilitated by a certified lactation consultant and discussions include breastfeeding topics, life adjustment challenges and sleeping habits. INFO: Ext. 4611.

TUESDAY, JANUARY 16 Diabetes

12:30 p.m. – 1:30 p.m.

TBH East Conference Room

TBH's Diabetes Education Department provides specialized education to help adults and children with diabetes maintain a healthy lifestyle. The support group is free and open to the public. Topics of discussion include diet, exercise, medication and monitoring. INFO: Ext. 4303.

Prioritizing Routine Health Screenings Should Be Your New Year's Resolution

The New Year is a great time to choose to put your health first for the upcoming year. Start 2024 by talking to your primary care provider about important preventative health screenings. For a list of primary care providers at The Bellevue Hospital, visit www.bellevuehospital.com/medical-providers.

HEALTH SCREENINGS BY AGE:

AGE 18-39

- ✓ Wellness Visit - annual
- ✓ Flu Vaccine - annual
- ✓ Cholesterol - once if normal
- ✓ Cervical Cancer - women every three years

AGE 40-65

- ✓ Wellness Visit - annual
- ✓ Flu Vaccine - annual
- ✓ Cholesterol - once if normal
- ✓ Cervical Cancer - women every three years
- ✓ Blood Pressure - every two years
- ✓ Mammogram - women starting yearly at age 40
- ✓ Colon Cancer Screening - start at age 45
- ✓ Shingle Vaccine - start at age 50

AGE 65+

- ✓ Wellness Visit - annual
- ✓ Flu Vaccine - annual
- ✓ Cholesterol - once if normal
- ✓ Cervical Cancer - women every three years
- ✓ Blood Pressure - every two years
- ✓ Mammogram - women starting yearly at age 40
- ✓ Colon Cancer Screening - start at age 45
- ✓ Shingle Vaccine - start at age 50
- ✓ Pneumonia Vaccine - start at 65



Ohio's Total Solar Eclipse: April 8, 2024 – What You Need To Know

On Monday, April 8, 2024, individuals within a 124-mile-wide band in the state of Ohio, including Bellevue and our surrounding communities, will experience a total solar eclipse.

A solar eclipse occurs when the moon casts its shadow on the Earth as it passes between the Earth and the Sun. A total solar eclipse occurs when the moon appears to totally obscure the Sun. The last total solar eclipse visible in Ohio was in 1806. The next total solar eclipse in Ohio will be in the year 2099.

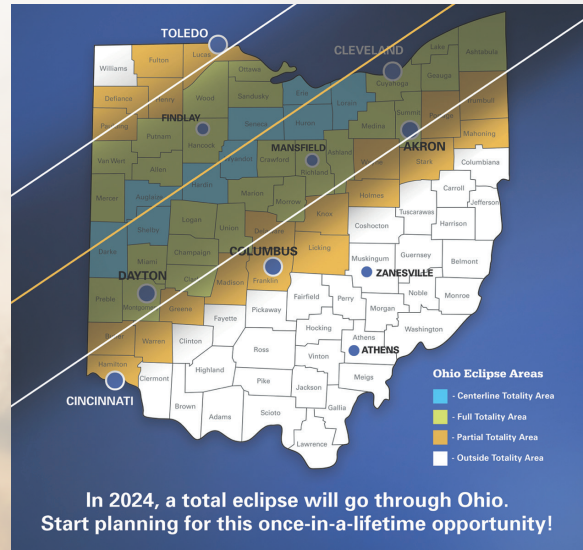
The eclipse on April 8 will travel across Ohio from southwest to northeast. The eclipse will enter Ohio beginning around 3:08 p.m. with the final exit of the Moon's shadow from the state around 3:19 p.m. During this period in the afternoon, the area will experience darkness, stars in the sky and 360-degrees of twilight.

While the 2024 total solar eclipse in Ohio will last no more than five minutes, excitement around the event is gaining momentum. People travel all over the world to view total solar eclipses and the event in April is expected to be no different. More than 70% of the country is within a 1-day drive of Ohio. Because we will be in a high demand viewing area, Sandusky County alone can expect an influx of nearly 118,000 people.

What does all this mean for our service area? With the large number of people expected to visit this area of the state, the demand for hotel rooms and camping spots will be excessive. Restaurants, grocery stores, gas stations, gift shops, museums and attractions in the surrounding counties will experience high volumes of people and a heavy demand on area resources.

Challenges eclipse viewers may expect include:

- Heavy to gridlocked traffic conditions before and after the eclipse



- Travelers stopped on roadways (heat, water, food and bathroom challenges)
- Limited cell phone service due to heightened network use
- Potentially limited food and gasoline availability on the routes due to an influx of travelers.

The Ohio Emergency Management team has been planning for the eclipse since 2021 and is encouraging individuals to be as prepared as possible. Before the event, make sure you have ample stock of prescription medications, groceries and gasoline for you and your loved ones.

For more information regarding the eclipse, safety tips and eclipse events around the area, visit eclipse.ohio.gov.

Investing in the Future of Healthcare

As we enter 2024, The Bellevue Hospital Foundation (TBHF) is excited to celebrate 30 years of supporting health and wellness efforts in our community. We appreciate our area residents and their generous contributions to local healthcare. Thank you for believing in TBH and TBHF as both continue to provide “Quality Care, Close to Home.”

Our History

The Foundation was established in 1994 “to assist the hospital in advancing healthcare services and to gain community involvement” in local healthcare decisions. The first major fundraising effort was a Capital Campaign to help build the new and current hospital facility, which opened in 2005. TBHF helped raise over \$2 million toward that project and since then has fundraised millions of dollars to support hospital programs, services, and equipment purchases.

All money contributed stays local to:

- Invest in advanced technologies such as the da Vinci surgical robotic systems and 3D mammography
- Provide equipment including HALO baby beds to our smallest patients in the Family Birthing Center

- Support community outreach programs by purchasing AEDs to place throughout the community and providing supplies for the Community Garden so we can donate fresh produce to both Bellevue and Clyde food pantries
- Offer opportunities for advanced training for our clinical staff

Thank You for Your Contribution to Local Healthcare

Fundraising efforts such as Club 1917 annual giving, Lights of Love, Corvette raffles, annual golf outing, sale of Memorial trees, planned giving, and more help to raise funds for these types of projects. We appreciate your generosity. Without the support from the communities we serve, TBHF could not exist. So today, we ask that you help us kick-off our next decade of service!

We hope you will celebrate our 30th birthday with us by providing a tax-deductible donation to TBHF. Help us honor our 30 years by investing in our community's healthcare.

To donate:

- Visit tbhfoundation.com and click on **Giving Options**
- Or, call **419.483.4040, Ext. 4319**



Quality Care, Close To Home

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Don't forget to keep blankets and a flashlight in your car during the winter months in case of an emergency.

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The Bellevue Hospital Receives the 2024 Women's Choice Award® as one of America's Best Hospitals for Emergency Care



The Bellevue Hospital (TBH) has been named one of America's Best Hospitals for Emergency Care by the Women's Choice Award®, America's trusted referral source for the best in healthcare. The award signifies that TBH is in the top 11% of 4,728 U.S. hospitals offering emergency care services.

"We are exceptionally proud of our hospital for being selected for this prestigious award," said Timothy A. Buit, president and chief executive officer of The Bellevue Hospital. "This award recognizes the effort our staff has given to provide the quality care our patients expect from us. We take pride in the combined effort and dedication of our physicians, employees and volunteers to help create the positive patient experience that has helped us achieve this honor."

The methodology for America's Best Hospitals for Emergency Care award is unique in that it combines Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey results with primary research about women's healthcare preferences. The award recognizes excellence in emergency care based on several process of care measures focused on time patients spent in the emergency department, including:

- Total Time Spent in the Emergency Department
- Percent of Emergency Patients Who Left Without Being Seen

Criteria for selecting TBH as one of the Best Hospitals also included the percentage of patients who came to the emergency department with stroke symptoms who received brain scan results within 45 minutes of arrival. Also included this year were hospitals that performed well in responding to patients showing symptoms of severe sepsis, a very dangerous condition. The awarded hospitals represent those with emergency departments with average measure times in the highest 25th to 50th percentile in the country. Additional points were provided for the various trauma center levels.

The award is especially significant given that long waits and high crowding can negatively impact patient outcomes, including patients leaving without receiving medical treatment, longer overall length of hospital stay and an increase in mortality rates.

"Women make or influence 94% of all healthcare decisions for themselves and others," said Delia Passi, founder and CEO of the Women's Choice Award. "They want to be confident that they know which emergency departments in their communities will take care of their loved ones quickly and with the best possible care. Knowing the Women's Choice Award has already placed their seal of excellence on a hospital is immediate validation that they have made the right decision, easing their concern during a very stressful time."

"TBH not only performed well clinically with regard to emergency care measures, but they also have a high recommendation rating, which is very important to women when it comes to health-related decisions" says Passi.

TBH is one of 528 award recipients representing the hospitals that have met the highest standards for emergency care in the U.S. by the Women's Choice Award.

For the full list of the Best Hospitals for Emergency Care, please visit www.womenschoiceaward.com/best-emergency-care.

