



The Bellevue Hospital's President and CEO to Retire after 32 years of Service



Michael K. Winthrop

Michael K. Winthrop, President and Chief Executive Officer of The Bellevue Hospital, will officially retire on Monday, Aug. 31 after 32 years of service to the local hospital, according to Thomas P. Barth, chairman of The Bellevue Hospital's Board of Trustees.

"Mr. Winthrop has been an integral part of the community and has provided the vision to expand health services, technology and facilities at the locally owned hospital," Barth said. "We appreciate all that he has accomplished during his tenure as President and CEO."

"His caring nature and 'southern Illinois' upbringing has endeared him to everyone who has ever met or worked with him, thus earning him tremendous respect across the medical community," Barth added.

Winthrop has been in the hospital's top position since September 1988. Prior to TBH, Winthrop was President and CEO of St. Mary's Hospital in Kankakee, IL. Winthrop has been in healthcare for 43 years.

Winthrop announced his retirement plans to TBH's Board of Trustees in 2019. Since that time, a search committee was formed and a process implemented to find the next President and CEO of The Bellevue Hospital.

"As a locally owned community hospital, it was important to our Board of Trustees to find the right person to lead TBH through this ever-changing health care climate and also align with TBH's goal to remain independent," Barth said.

Timothy A. Buit, TBH's current Executive Vice President / Chief Financial Officer, was selected by The Bellevue Hospital's Board of Trustees.

"Mr. Buit has been a dedicated member of the TBH family for more than 10 years and has extensive leadership and health care experience," Barth said. "The Board of Trustees believes he will carry on TBH's mission to remain a viable independent, community hospital."

Buit will be promoted to the position of President effective Wednesday, July 1 and Winthrop will serve as Chief Executive Officer until he retires on Monday, Aug. 31. Then, Buit will officially take the reins as President and CEO on Tuesday, Sept. 1.

"I am pleased to have a person of Tim's experience, background and reputation as my successor," Winthrop said. "Tim and I will continue to work together to ensure a smooth transition. He has my full support and will long after I retire."



Timothy A. Buit



THE BELLEVUE HOSPITAL

Quality Care, Close To Home

Please enjoy our **HEALTHnews** 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.



As the COVID-19 outbreak evolves, The Bellevue Hospital continues to monitor the situation closely and make adjustments to our policies and services as needed. For a complete list of service changes and visitor restrictions, visit bellevuehospital.com.

Morning & Evening Health Breaks Return with Changes

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

To help maintain proper physical distancing in the hospital, the hours for these events have changed and **individuals must now call and schedule an appointment time** to attend the Health Breaks.

Morning Health Break

Monday, August 3 • 7:00 – 11:00 a.m.

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

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 our hospital and to arrive close to their scheduled appointment time.

To schedule an appointment for an August Health Break, call 419.483.4040, Ext. 6610.

Evening Health Break

Tuesday, August 18 • 5:00 – 7:00 p.m.

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

Managing Knee and Joint Pain

Being more active in the summer is great for your mind and body, but increased activity during the warmer months may also increase pain in your joints – particularly your knees.

Frequent knee pain affects approximately 25% of adults. While living an active lifestyle is one of the best things you can do for your joints, it can commonly result in injury. Common problems related to knee pain include sprained ligaments, meniscus tears, tendinitis, runner's knee, bursitis and osteoarthritis. Common symptoms of knee pain include:

- Pain when using the stairs
- Swelling in one or more joints
- Difficulty bearing weight on the knee
- Recurring pain or tenderness
- Inability to move a joint normally

Over 32 million Americans suffer from osteoarthritis, a form of “wear and tear” arthritis that is the leading cause of knee pain in individuals over the age of 50. This condition causes stiffness early in the day, as well as swelling and aching of the knee joint, especially when individuals are active.

If you experience any of the symptoms above, there are ways to reduce your knee pain. Below are six steps that you can take to be proactive in your pain relief:

1. **Slow down** – rest the knee for several days by limiting intense activity
2. **Apply ice** – ice the knee for 15 to 20 minutes every 3 to 4 hours to decrease pain and swelling

3. **Compress** – use elastic bandages or straps to add support and minimize swelling

4. **Elevate** – place a pillow under your heel when sitting or lying down to reduce inflammation

5. **Medicate** – take an anti-inflammatory medication, such as ibuprofen (only after consulting your primary care provider)

6. **Stretch and Strengthen** – practice exercises to increase flexibility and muscle strength



Vimal Kumar, M.D.
Board Certified
Pain Management



Erica Clinker, C.N.P.
Certified Nurse
Practitioner

If you are experiencing continued knee pain, the specialists 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 approach to care including the use of diagnostics, physical therapy, medication management and interventional procedures.

Call 419.484.5903 for more information.

The Bellevue Hospital Announces Scholarship Winners

For the 19th consecutive year, recipients of scholarships given to children of The Bellevue Hospital's (TBH) employees were announced during National Hospital Week, May 10-16, 2020. The Robert Regula Employee Children's Scholarship Program honored 10 high school and college students this year.

"The scholarships began as a way of investing in the future of healthcare and of providing an additional benefit for our employees," said Michael K. Winthrop, CEO of The Bellevue

Hospital. "We are pleased to again offer the scholarships to a deserving group of individuals."

TBH awards \$1,500 scholarships to eligible dependents of its full or part-time employees who have worked at least two consecutive years at the hospital. The students are to be enrolled in post high school academic programs, with a minimum of three of the scholarships reserved for students in healthcare-related fields of study. This year's recipients are as follows:



Madison Aichholz
Nursing, Bowling Green State University, daughter of Lisa Aichholz, Family Health Services, New Washington.



Brian Kistler
Doctor of Medicine, University of Toledo, son of Sue Kistler, Infection Prevention, and Paul Kistler, Monroeville.



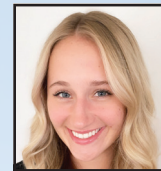
Jacob Lombardi
Electrical Engineering, University of Toledo, son of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Milan.



Megan Brugnone
Occupational Therapy, Cleveland State University, daughter of LeAnn Brugnone, Cardiopulmonary, and Bill Brugnone, Bellevue.



Katherine Koch
Biology, University of Toledo, daughter of Amy Koch, formerly of Emergency Department, and Kenneth Koch, Sandusky.



Halle Schoen
Speech and Hearing, Cleveland State University, daughter of Marc Schoen, Diagnostic Imaging and Marianne Schoen, Revenue Cycle, Bellevue.



Molly Bullion
Biochemistry, Malone University, daughter of Denise Bullion, Cardiac Rehabilitation, and Eric Bullion, Bellevue.



Danica Lombardi
Occupational Therapy, Xavier University, daughter of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Milan.



Hannah Seamon
Nursing, University of Findlay, daughter of Jennifer Seamon, Surgery, Bellevue.



Paige Collier
Doctor of Physical Therapy, Marshall University, daughter of Laura Collier, Health Information Technology/Telecommunications, Fremont.

The Bellevue Hospital Foundation also awards scholarships to seniors who volunteer over 100 hours to TBH during their final year in high school. The scholarship recipients must volunteer at least two years total during high school. This year, The Bellevue Hospital Foundation awarded two \$1,000 Volunteer Scholarships. Recipients were:



Sierra Hatlay
Chemical Engineering, University of Akron, daughter of Chris and Jaime Barnier, Bellevue.



Cassandra Leibengood
Marketing, Malone University, daughter of Troy and Cindy Leibengood, Clyde.

Congratulations!

NEW!

Immunization Clinics Now Offered

As a new service to the community, Samuel Ross, M.D. is offering immunization clinics for individuals of all ages.

Starting in July, the clinics will be offered on the third Wednesday of each month from 4:00 – 8:00 p.m. at 1255 W. Main Street, Suite B in Bellevue.

Appointments for the clinics are required. At this time, walk-ins will not be accepted. The office will accept all commercial insurances and self-pay patients. However, Medicaid is not accepted at this time.

- Patients must provide their insurance information at the time the appointment is scheduled.
- Self-pay patients must pay for immunizations prior to receiving the treatment.
- Current immunization record must be presented at the time of the appointment.
- All minors must be accompanied by a parent or legal guardian.
- Individuals do not have to be a regular patient of Dr. Ross to schedule an immunization.

The routine immunizations offered follow the Centers for Disease Control and Prevention immunization schedule. Patients should verify the immunization needed during the scheduling process to ensure availability.

To schedule an appointment, call 419.484.5940.



Samuel Ross, M.D.
Board Certified
Family Medicine



Quality Care, Close To Home
1400 West Main Street
P.O. Box 8004
Bellevue, Ohio 44811
419.483.4040

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RED CROSS BLOODMOBILE

Thursday, July 23
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 and enter code
BELLEVUEHOSP to register.

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POSTAL CUSTOMER

Total Ankle Replacement - Is It Right for You?



Peter Highlander,
DPM, MS
Board Certified Foot &
Ankle Surgeon

Ankle arthritis is characterized by the breakdown of the cartilage covering the tibia (shin bone) and the talus (ankle bone). With time, the degeneration can lead to worsening pain, deformity, loss of motion and disability.

When severe, end-stage ankle arthritis occurs, total ankle replacement (also called ankle arthroplasty) may be a surgical option for patients.

Typically, if the cartilage erosion is widespread, a total ankle replacement is recommended. If the erosion and damage is localized, a partial ankle

replacement may be a viable option. Nationwide, total ankle replacement surgery has become more popular and successful over the last 10 years. The development of better instrumentation and implants has helped, and advancement of surgical training has allowed the spread of use and popularity among patients.

Board Certified Foot and Ankle Surgeon, Peter Highlander, DPM, MS of The Reconstruction Institute regularly performs ankle replacement surgery at The Bellevue Hospital. “In theory, ankle joint replacement is similar to other joint replacements

such as hip or knee, and now is a viable alternative to ankle fusion,” said Dr. Highlander.

“Even though both ankle fusion and replacement can minimize pain for those with bone-on-bone arthritis, the advantage to ankle replacement is that it restores motion and functionality. Ankle fusion involves cleaning the eroded ankle joint and fusing the bones together. While ankle fusion relieves pain, it also limits your ankle’s range of motion.”

When non-surgical treatments such as bracing, activity modification or corticosteroid injections fail to reduce chronic ankle pain, you should consider consulting with a foot and ankle surgeon who performs both ankle replacements and ankle fusions. Consulting with a qualified, experienced surgeon will help guide you toward the best ankle solution for your lifestyle.

The Reconstruction Institute offers treatment and reconstructive options for lower and upper limb conditions. The providers at The Reconstruction Institute provide the individualized care you need so you can stop making life about your ailment, and instead begin living life again.

For more information about The Reconstruction Institute, call 419.484.5430 or visit www.bellevuehospital.com/services/reconstruction-institute.