



## TBH Offers Vaccination Clinics to Community

The Bellevue Hospital provides community members an opportunity to receive a COVID-19 vaccination.

**Eligible individuals can call 419.484.5967 directly to make an appointment.**

Pre-registration is required to receive the vaccine. Walk-in appointments are currently not available. Anyone under the age of 18 must have a parent or guardian with them.

You may be asked to leave a voicemail when calling the vaccine scheduling phone line. Please be assured that a TBH staff member will return the call to schedule your appointment.

“We thank our staff who has stepped up to help with these vaccination clinics,” said Timothy A. Buit, TBH’s president and chief executive officer. “It has definitely been a team effort from a variety of departments that has made our clinics successful.”

Per the Ohio Department of Health, individuals ages 12 and older (with parent or legal guardian consent) are now eligible to receive the Pfizer vaccine, which is the only COVID-19 vaccine currently authorized for use for people ages 12 – 17. Currently, no COVID-19 vaccines have been approved for use in children under the age of 12.

**For more information regarding COVID-19 vaccine eligibility and frequently asked questions, visit [coronavirus.ohio.gov](https://www.coronavirus.ohio.gov).**



**THE BELLEVUE HOSPITAL**

*Quality Care, Close To Home*

Please enjoy our **HEALTHe news** to help keep you informed.

Join us on Facebook and visit our website at [www.bellevuehospital.com](https://www.bellevuehospital.com). Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.



## Upcoming Morning Health Breaks

**July 26 • Aug. 9 • Aug. 23**  
**7 a.m. – 11 a.m.**  
**Bellevue Society for the Arts**  
**205 Maple St., Bellevue**

- Free Blood Pressure and Fasting Glucose Checks
- A1C Screening (\$10)
- Lipid Panel Screening (\$15)
- TSH (Thyroid) Screening (\$20)
- PSA (Prostate) Screening (\$25)

A registered nurse will be available to answer health questions. Appointments are required and all attendees should wear their own cloth face coverings upon arrival to the event.

**To schedule an appointment, call 419.483.4040, Ext. 6610. Deadline to register is at least one week prior to the event. For a full list of Morning Health Breaks, visit [bellevuehospital.com](http://bellevuehospital.com).**

## TBH Announces Scholarship Winners

For the 20th consecutive year, recipients of scholarships given to children of The Bellevue Hospital's employees were announced during National Hospital Week, May 9-15, 2021. The Robert Regula Employee Children's Scholarship Program honored 10 high school and college students this year.

"The scholarships began as a way to invest in the future of healthcare and provide an additional benefit for our employees," said Timothy A. Buit, president and CEO of The Bellevue Hospital. "We are pleased to again offer the scholarships to a deserving group of individuals," Buit added.

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.

Students submitted an application for the scholarship prior to March 31. The Scholarship Committee then met to select the finalists for the award, and the recipients were announced during National Hospital Week. This year's recipients are as follows:



### **Madison Aichholz**

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



### **Jacob Lombardi**

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



### **Halle Schoen**

Master's in Speech Language, University of Florida, daughter of Marc Schoen, Diagnostic Imaging and Marianne Schoen, Revenue Cycle, Bellevue.



### **Megan Brugnone**

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



### **Klara Miller**

Marketing, Liberty University, daughter of Kevin Miller, Rehabilitation Services, and Kristin Miller, Clyde.



### **Kassidie Stimmel**

Physical Therapy, Grand Valley State University, daughter of Laurie Stimmel, Diagnostic Imaging, and Brian Stimmel, Sandusky.



### **Molly Bullion**

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



### **Kaylia Reesman**

Nursing, University of Toledo, daughter of Valerie Reesman, Finance, and James Reesman, Bellevue.



### **Gabrielle Turner**

Education, Bowling Green State University, daughter of Lauren Turner, Cardiac Rehabilitation, and Adam Turner, Bellevue.



### **Paige Collier**

Doctorate of Physical Therapy, Marshall University, daughter of Laura Collier, Health Information Technology/Telecommunications, Perrysburg.

**Congratulations**

**For more information on TBH Foundation's scholarship programs and how you can help support TBH and the community, visit [tbhfoundation.com](http://tbhfoundation.com).**

## Care For Your Heart This Summer

According to the American Heart Association (AHA), heart disease remains the leading cause of death in the United States. Living a heart healthy life is important for all individuals, no matter the age. While heart health should be a priority all year, it is especially important during the summer months when temperatures climb and force our hearts to work harder.

Individuals with pre-existing heart conditions especially need to be careful when temperatures start to rise, but even a healthy heart can be put under stress if steps aren't taken to protect it.

Below are some tips from TBH's Cardiac Rehabilitation Department that will help you make better heart healthy decisions this season:

### • Check with your doctor

Continue to keep up with your preventative screenings and wellness checks with your primary care provider. These exams are an important part of catching developing problems such as high blood pressure and cholesterol. Make sure you also check with your healthcare provider before starting an exercise routine.

### • Track what you eat and drink a lot of water

Diets are important in addressing heart health needs, especially seasonally. Summers are often busy with BBQs, get-togethers and extra travel that may lead to unhealthy eating options. Make sure you track what you are eating to help you balance your

meals. Try to avoid excessive alcohol consumption and drink plenty of water. Not only is water the best way to stay hydrated, but it helps your heart not have to work as hard. The less strain you put on your heart on a hot day – the better.

### • Exercise, carefully

The AHA recommends that adults get 30 minutes of cardiovascular exercise per day, at least five times a week. However, make sure you balance activities with habits that respect your body's limits. Try to avoid exercising outside in the early afternoon between noon and 3 p.m. when it is typically the hottest outside. Drink water before, during and after physical activity. Wear lightweight, light-colored, loose-fitting clothes and protect yourself from the sun with sunglasses, a hat and plenty of sunscreen. Don't forget to take frequent breaks in the shade to cool off.

**For more information about TBH's Cardiac Rehabilitation and Diabetes Education department, visit [bellevuehospital.com](http://bellevuehospital.com).**



## Infusion and Injection Therapy at TBH



*Debra Lewis, RN in TBH's Ambulatory Care Center, provides treatment to patient Ashley Benlein.*

The Ambulatory Care Center, located on the first floor of The Bellevue Hospital, offers a number of ambulatory care procedures on-site, providing patients convenient and high-quality care in a private, outpatient setting.

"For some patients, the best treatment option is to receive medication through an IV rather than orally," said Loretta

Nichols, director of TBH's medical/surgical and intensive care units. "Infusion and injection therapy is used to treat medical conditions that cannot be treated at home, yet do not require hospitalization. The Ambulatory Care Center is designed to provide a comfortable setting for patients to receive these services close to home."

The Ambulatory Care Center staff, who are specially trained to administer IV medications and perform wound care, work with each individual and their primary care provider to support the patient's individual needs.

### Services Include:

- Administration of intravenous medications
- Administration of hydration and antiemetics
- Blood transfusions
- Bladder instillations
- Care and maintenance of implanted chest ports and Peripherally Inserted Central Catheters (PICC)
- Intramuscular and subcutaneous injections
- Placement and maintenance of venous access devices such as extended dwell and midline catheters
- Therapeutic phlebotomy
- Wound dressing changes
- Vacuum-assisted wound treatment
- Additional services may be provided upon request.

TBH also has future plans to offer oncology and hematology services in the Ambulatory Care Center. The center was recently renovated to accommodate patients requiring these new services. Physician exam rooms were added as well as new flooring to meet the standard for patients receiving chemotherapy. More details will be announced soon.

**For more information about the Ambulatory Care Center, please call 419.483.4040, Ext. 8992.**



Quality Care, Close To Home

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Bellevue, Ohio 44811  
419.483.4040

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## Red Cross Bloodmobile Scheduled

Friday, July 23, 2021  
10 a.m. – 3 p.m.

1400 W. Main St. • Bellevue, OH 44811

Must be at least 17 years old and weigh between 110 – 350 pounds. Appointments are required. To schedule an appointment, call 1.800.Red.Cross or visit [redcrossblood.org](http://redcrossblood.org) and enter sponsor code BELLEVUEHOSP.

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## ★ TBH Welcomes Firelands Physician Group Sandusky Orthopedics ★

The Bellevue Hospital welcomes Firelands Physician Group Sandusky Orthopedics to the hospital's Specialty Physician Services clinics. Orthopedic surgeons Thomas A. Olexa, M.D. and Justin Kelley, D.O. recently joined The Bellevue Hospital medical staff and began seeing patients in Bellevue through TBH's Specialty Clinic in late June.

"The Bellevue Hospital provides this clinical space so that our community members can see the specialists they need close to home," said Timothy A. Buit, TBH's president and chief executive officer. "It is through collaborations with our local and regional health partners such as Firelands Physician Group Sandusky Orthopedics that we can offer expanded offerings so our community members can stay in our area and not have to travel to larger cities for specialty services."

Dr. Olexa, a board certified orthopedic surgeon, has been practicing with Firelands Physician Group Sandusky Orthopedics since 2000. Dr. Olexa completed an orthopedic surgery residency at the University of Toledo and the Arthroscopy Association of North American Traveling Fellowship. His areas of interest are arthroscopic and reconstructive shoulder and knee surgery with a concentration in sports medicine. Dr. Olexa will have Bellevue clinic hours on Tuesdays from 1 to 4 p.m.

Dr. Kelley has been a member of Firelands Physician Group Sandusky Orthopedics since 2020. Dr. Kelley completed his

orthopedic surgery residency at Cleveland Clinic South Pointe Hospital in Warrensville Heights, Ohio and an orthopedic traumatology fellowship at Grant Medical Center in Columbus, Ohio. His area of interest is general orthopedics with an emphasis in trauma and fracture care. Dr. Kelley will be in the clinic on Thursdays from 1-4 p.m.

To make an appointment with Firelands Physician Group Sandusky Orthopedics or for more information, call 419.625.4900.

In addition to orthopedics, TBH's Specialty Physician Services offer clinic hours for a variety of specialties including cardiology, neurosurgery, and vascular surgery.

**For more information, visit [bellevuehospital.com](http://bellevuehospital.com).**



**Thomas Olexa, M.D.**  
Orthopedic Surgeon



**Justin Kelley, D.O.**  
Orthopedic Surgeon