



40th Annual Foundation Golf Outing

July 22, 2020 • Green Hills Golf Course, Clyde, Ohio • Back-up date Sept. 2, 2020



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.



It's Tee Time!

Time for food, fun and prizes! Mixed and Open Divisions are available.

Registration – 8:30 a.m.

Shotgun Start – 10:00 a.m.

Regular Foursome - \$500

Corporate Foursome (includes hole sponsorship) - \$650

Even if you don't golf, you can still help make the Foundation Golf Outing a fundraising success by sponsoring an event, a hole or one of the contests!



For more information, or to register, contact The Bellevue Hospital's Foundation Office at 419.483.4040, Ext. 4319 or visit www.tbhfoundation.com.

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. Thank you for your patience and understanding during this time.
We are all in this together!

TBH Announces Gradual Return of Services & New Scheduling Process

Following the guidance of the Ohio Department of Health, The Bellevue Hospital has begun to reinstate services that were temporarily suspended due to the coronavirus (COVID-19) pandemic.

"As the hospital begins to open up more of our services, we want to emphasize that our patients and staff are our top priority," said Michael K. Winthrop, president and CEO of The Bellevue Hospital. "We are here to keep you safe and to provide our community quality healthcare."

"We are asking our patients and visitors to wear their own cloth face coverings upon arrival to our hospital, outpatient clinics and physicians' offices and to keep the covering on while traveling through our hospital," Winthrop added. "We appreciate our community's cooperation on this proactive measure to protect our patients and employees."

Services which have resumed include elective surgeries, all diagnostic imaging services, pain management, wound reconstruction, EKG testing and Vein & Body Specialists procedures. Rehabilitation services, laboratory services, ambulatory care, occupational health, diabetic education and medication management also will continue seeing patients.

"To help maintain proper physical distancing in the hospital, we are asking patients to pre-register and schedule all procedures and visits before arriving at the hospital," said Sara Brokaw, vice president of patient care services at The Bellevue Hospital. "For example, walk-in appointments were once available for X-rays. We now ask that you pre-register by phone before arriving for outpatient services."

- For Diagnostic Imaging services and EKG testing, call centralized scheduling to schedule appointments and pre-register at 419-483-4040, Ext. 3067.
- The Bellevue Hospital's outpatient lab draw hours are from 8:00 a.m. - 4:30 p.m., Monday - Friday at 1400 W. Main St., Suite D, located in the medical offices behind the hospital. To schedule a lab appointment, call 419.483.4040, Ext. 3067. Walk-ins for laboratory services will not be accepted at this time.
- All routine Occupational Health visits, including Department of Transportation physicals, need to be scheduled in advance. To schedule an appointment, call 419-483-4040, Ext. 4488. (Occupational Health is still able to treat immediate workplace injuries without a scheduled appointment.)
- All other services will be registered as usual through the department unless indicated.

If arriving for an outpatient visit, it is best to arrive close to the scheduled time. Visitor restrictions are still in place at this time.



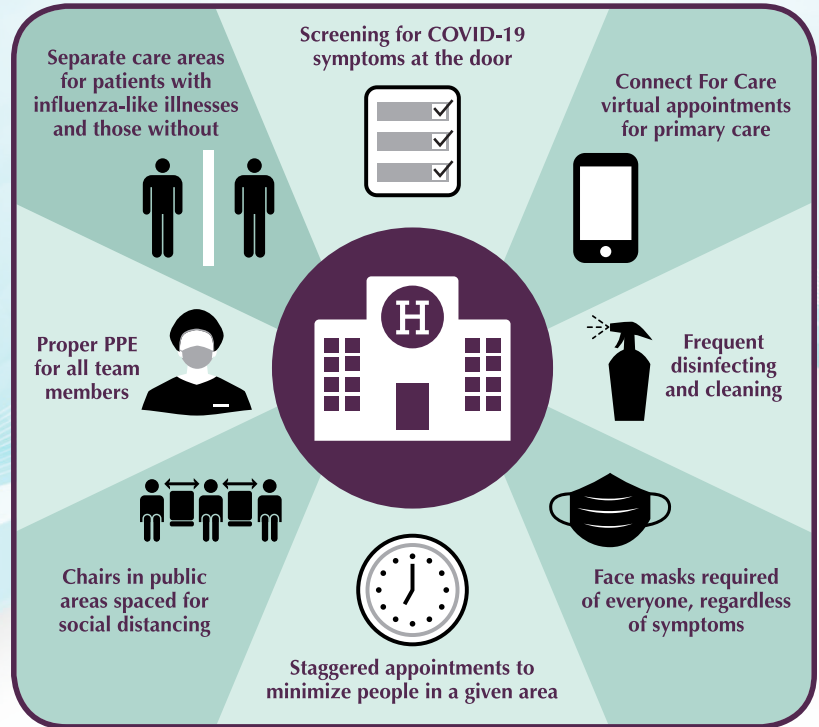
The Bellevue Hospital would like to thank all of our compassionate employees and physicians for the unwavering dedication they have shown to support the health and well-being of the communities we serve.

Creating a Safer Environment for You

Since the COVID-19 crisis started, The Bellevue Hospital staff has worked together to create a safer environment for patients and employees coming into the hospital.

Individuals with a life-threatening illness, or those with chronic illnesses need to continue receiving care as needed or as prescribed by their primary care provider or specialist.

To protect patients from the spread of COVID-19, The Bellevue Hospital has put many precautions in place so we can continue to provide Quality Care, Close to Home.



For more information, please visit www.bellevuehospital.com.

Mental Health and Coping During COVID-19

Fear, worry, and stress are normal responses to perceived or real threats, especially when faced with uncertainty or the unknown. It is normal and understandable that individuals may be feeling overwhelmed during the COVID-19 pandemic.

The following information from the Centers for Disease Control and Prevention offers ways to cope with stress during this time of uncertainty.

Outbreaks can be stressful

Stress during an infectious disease outbreak can include:

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Worsening of mental health conditions
- Increased use of alcohol, tobacco, or other drugs

Take care of yourself and your community

Taking care of yourself, your friends, and your family can help you cope with stress. Helping others cope with their stress can also make your community stronger.

Ways to cope with stress:

- Take breaks from watching, reading, or listening to news

stories, including social media. Hearing about the pandemic repeatedly can be upsetting.

- **Take care of your body.**
 - Take deep breaths and stretch
 - Try to eat healthy, well-balanced meals
 - Exercise regularly, get plenty of sleep
 - Avoid alcohol and drugs
- **Make time to unwind.** Try to do some other activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling. Check in with your loved ones often, either online or over the phone.

Need help? Know someone who does?

If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, or feel like you want to harm yourself or others:

- Call 911
- Visit the Disaster Distress Helpline, call 1-800-985-5990, or text TalkWithUs to 66746
- Visit the National Domestic Violence Hotline or call 1-800-799-7233 and TTY 1-800-787-3224

Call your healthcare provider if your stress gets in the way of your daily activities for several days in a row.
For more information, visit www.cdc.gov.



Quality Care, Close To Home

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- Easy to set-up
- Discuss non-emergency symptoms through video visits
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Quality Care, From Anywhere

Simply call your provider's office to schedule your Connect For Care appointment.

419.483.4040 • www.bellevuehospital.com/services/great-lakes