



October
**BREAST
CANCER**
AWARENESS MONTH



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.



Treat Yourself to Better Health & A New Lipstick!



To Recognize Breast Cancer Awareness Month

Make an appointment with us for a mammogram in the month of October and receive a free Dr. Hauschka Cosmetics all-natural lipstick.

Mammogram screenings may be conveniently scheduled at two locations:

The Bellevue Hospital
1400 W. Main St., Bellevue

The Fultz Medical Center for Women's Health
1005 W. McPherson Hwy., Clyde

Call **419.483.4040**, Ext. 4326 to schedule your mammogram today.



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

FASTING GLUCOSE TESTS AND BLOOD PRESSURE CHECKS

Free community health screenings offered in October
INFO: Ext. 6610

Tuesday, October 8

9:00 am-11:00 am

Bassett's Market, Bellevue

Tuesday, October 15

9:00 am-11:00 am

Hogue's IGA, Bellevue

Thursday, October 24

10:30 am-11:30 am

Senior Center, Clyde

Monday, October 28

8:00 am-10:00 am

Rec Center, Bellevue

Tuesday, October 29

Noon-1:00 pm

Senior Center, Bellevue

Saturday, October 5 & 12

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. Tour of the Family Birthing Center included. Must attend both sessions. Fee of \$30.

INFO: Ext. 3067

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

Monday, October 7

MORNING HEALTH BREAK

TBH Conference Rooms A&B

8:00 am – 11:00 am

Free blood pressure and fasting glucose checks. Flu shot clinic (\$30 for regular dose; \$68 for high dose, age 65 and older. The shots will be fully covered for those with Medicare Part B or Medicare Advantage cards only. Cash and check also accepted.) Educational literature, a light breakfast and a registered nurse to answer health questions will be available. INFO: Ext. 6610

Tuesday, October 15

EVENING HEALTH BREAK

TBH Conference Rooms A&B

5:00 pm – 7:00 pm

Free blood pressure and fasting glucose checks. Flu shot clinic (\$30 for regular dose; \$68 for high dose, age 65 and older. The shots will be fully covered for those with Medicare Part B or Medicare Advantage cards only. Cash and check also accepted.) Educational literature, a light snack and a registered nurse to answer health questions will be available.

Thursday, October 17

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue

11:30 am – 1:00 pm

"Myths and Facts About the Flu Shot and Other Vaccines," presented by the Huron County Health Department. The public age 55 and older is invited to attend. A lunch fee of \$3. Reservations are requested. INFO: Ext. 4899

Thursday, October 17

BREASTFEEDING BASICS CLASS

TBH Conference Room A

6:00 pm – 8:00 pm

Expectant mothers' questions on nutritional benefits and techniques of breastfeeding will be answered. A fee of \$10.

INFO: Ext. 3067

SUPPORT GROUPS

Tuesday, October 1

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 topics such as feeding/nursing issues and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. INFO: Ext. 4611

Monday, October 7

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, October 8

DIABETES

TBH East Conference Room

12:30 pm – 1:30 pm

Topics vary based on group discussion at monthly meetings. The support group is free and open to the public.

INFO: Ext. 4303

The Bellevue Hospital Offers Seasonal Flu Shot Clinics

The Bellevue Hospital (TBH) is offering seasonal flu shots for anyone ages 18 and older. The cost is \$30 for the regular vaccine. A high-dose vaccine for ages 65 and older is \$68. The shots will be fully covered for those

with Medicare Part B or Medicare Advantage cards only. Those who are eligible must present their Medicare Part B/Medicare Advantage card prior to receiving the flu shot. No Medicaid or private insurance will be accepted to cover the cost of seasonal flu shots. Cash and check payments will also be accepted.

The schedule includes:

- Oct. 7 8:00 – 11:00 a.m. TBH Burson Conference Room
- Oct. 15 5:00 – 7:00 p.m. TBH Burson Conference Room
- Oct. 23 9:00 – 11:00 a.m. St. Paul's Lutheran Church, Clyde

The flu vaccine does not cause the flu and pregnant women should consult their doctor before receiving the seasonal flu shot. Also, anyone who is allergic to eggs should not receive the vaccine. INFO: Ext. 6610



10th Annual
Is Your Heart Set
On A Vette?



**\$100,000 GRAND PRIZE OR
A NEW CORVETTE PLUS \$40,000**

\$100 PER TICKET

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The Bellevue Hospital Foundation

CAR RAFFLE

In cooperation with Steinle Chevrolet-Buick

Other Prizes:

2nd Prize: \$2,020 • 3rd Prize: \$1,917 • 4th Prize: \$1,500 • 5th Prize: \$1,000

Early Bird Drawings

November 14 - \$1,000

December 16 - \$750

January 14 - \$500



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800.850.5528 ♥ www.VetteRaffle.com

The sooner you buy your tickets, the faster you can START WINNING!!!

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Phone (Day): _____ (Cell): _____

For Additional Information: 800.850.5528 Email: _____

Make checks payable and mail to:

The Bellevue Hospital Foundation, 1400 W. Main St., Bellevue, Ohio 44811

Tickets sold at: The Bellevue Hospital Gift Shop; Steinle Chevrolet-Buick, Clyde & Fremont; Bellevue Beverage Center



Quality Care, Close To Home

1400 West Main Street
P.O. Box 8004
Bellevue, Ohio 44811
419.483.4040

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- Upper GI Tract

Talk to your physician for a referral.

1400 W. Main Street • Bellevue, OH 44811 • 419.483.4040 • www.bellevuehospital.com/medical-providers