



Dear Community,

On Sept. 8, I will celebrate my 11th year as an employee at The Bellevue Hospital.

During my tenure as Executive Vice President / Chief Financial Officer, I have had the opportunity to get to know our board of trustees, physicians, employees and volunteers and to value the family atmosphere and sense of community that our hospital represents. I am proud to be a member of The Bellevue Hospital Family and appreciate the accomplishments we have achieved together throughout these years. In particular this year's challenging times and efforts are most noteworthy.



I also have had the privilege to work with and get to know many great community members and am looking forward to continued collaboration as I transition into my role as President and Chief Executive Officer. Transition can be both new and exciting, but what remains the same is TBH's commitment to the community as an organization that consistently operates with integrity, respect and compassion. My goal for the hospital is to maintain these principles and steer our community through the turbulent times.

I want the hospital to be able to keep people safe and well, provide personalized and local healthcare 24/7, and cultivate and broaden relationships that enhance our community and keep The Bellevue Hospital independent.

If you have ideas, thoughts or ways to enhance our services and accomplish those goals, please feel free to contact me. As we work together to navigate through 2020 and beyond, I assure you TBH's ultimate focus will remain constant — providing "Quality Care, Close to Home."

Yours in Wellness,

Timothy A. Buit
President & CEO



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.



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.

Upcoming Morning & Evening Health Breaks

To support the importance of health and wellness in the community, The Bellevue Hospital has reinstated the Morning and Evening Health Breaks that had temporarily been suspended due to COVID-19.

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, Sept. 14, 7:00 – 11:00 a.m.

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

The influenza (flu) season is fast approaching and the best way to protect yourself and your loved ones against the flu is to get a flu vaccine. **The Bellevue Hospital will be offering flu vaccines for individuals age 18 and older during the October Morning and Evening Health Breaks.**

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 the seasonal flu shots. If you are not able to attend one of the scheduled flu clinics, contact your primary care provider for additional options.

Morning Health Break Monday, Oct. 5, 7:00 – 11:00 a.m.

- Free Blood Pressure and Fasting Glucose Checks
- Standard Dose Flu Vaccine - \$30.00
- High Dose Vaccine (age 65 and older) - \$68.00

Evening Health Break Tuesday, Oct. 20, 5:00 – 7:00 p.m.

- Free Blood Pressure and Fasting Glucose Checks
- Standard Dose Flu Vaccine - \$30.00
- High Dose Vaccine (age 65 and older) - \$68.00

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 the September or October Health Breaks, call 419.483.4040, Ext. 6610.

Jackie Shelley Announced as TBH's Nominee for OHA Award



Jackie Shelley, RN

Jackie Shelley, Registered Nurse (R.N.) for the Patient and Community Education Department, was named TBH's nominee for the 2020 Ohio Hospital Association's (OHA) Albert E. Dyckes Health Care Worker of the Year Award.

This prestigious award has been given annually since 1996 to one Ohio caregiver who personifies a leader, gives back to the community, routinely goes beyond the call of duty and has overcome odds to succeed.

The hospital staff nominated Jackie based on the criteria of the award and how she represents the values of the hospital. As a nurse, Jackie has served patients at The Bellevue Hospital for more than 32 years in many capacities including inpatient, home care and community services, expanding her skills and health screenings in the local area.

For several years, Jackie has taken a lead role in organizing one of the hospital's largest annual events, the Kiwanis Blood Analysis

program. This five-hour event averages 500 attendees and offers a full blood analysis that helps participants and their physicians determine their current health status.

Since 2015, Jackie has also organized "Healthy Town" field trips to the hospital for local first grade students. As she leads the children on tours of the hospital, Jackie's warm and inviting personality helps take the "scary" out of a trip to the hospital for younger children.

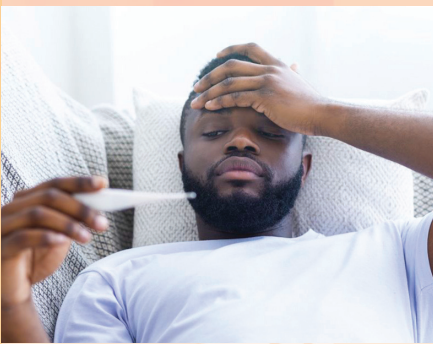
Whatever Jackie participates in, she delivers the highest quality of care and compassion to The Bellevue Hospital's patients, their family members and her hospital family. As a community health nurse, Jackie is considered the public face of The Bellevue Hospital. Jackie takes time to build relationships with the community.

With a passion for impacting community health and wellness, Jackie is invested in promoting wellness through monthly health screenings and health fairs offered at the hospital and local businesses. She impacts hundreds of community members monthly through her commitment and dedication. Most health screenings offered are

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Similarities and Differences Between the Flu and Covid-19

Information Provided by the Centers for Disease Control and Prevention



Influenza (Flu) and COVID-19 are both contagious respiratory illnesses, but they are caused by different viruses. COVID-19 is caused by infection with a new coronavirus (called SARS CoV-2) and flu is caused by infection with influenza viruses. Because some of the symptoms of flu and COVID-19 are similar, it may

be hard to tell the difference between them based on symptoms alone. Flu and COVID-19 share many characteristics, but there are some key differences between the two. This information is based off of the best available information to date.

Signs & Symptoms

Both COVID-19 and flu can have varying degrees of signs and symptoms, ranging from no symptoms (asymptomatic) to severe symptoms. Common symptoms that COVID-19 and flu share include:

- Fever or feeling feverish/chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue (tiredness)
- Sore throat
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting and diarrhea, though this is more common in children than adults

Differences: Other signs and symptoms of COVID-19, different from flu, may include change in or loss of taste or smell.

How long symptoms appear after exposure

For **both** COVID-19 and flu, one or more days can pass between a person becoming infected and when he or she starts to experience illness symptoms.

Differences

- Flu: Typically, a person develops symptoms anywhere from one to four days after infection.

- COVID-19: Typically, a person develops symptoms five days after being infected, but symptoms can appear as early as two days after infection **or** as late as 14 days after infection.

How it Spreads

Both COVID-19 and flu can spread from person-to-person, between people who are in close contact with one another (within about 6 feet). Both are spread mainly by droplets made when people with the illness (COVID-19 or flu) cough, sneeze, or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get infected by physical human contact (e.g. shaking hands) or by touching a surface or object that has virus on it and then touching his or her own mouth, nose, or possibly their eyes.

Differences: While COVID-19 and flu viruses are thought to spread in similar ways, COVID-19 is more contagious among certain populations and age groups than flu. Also, COVID-19 has been observed to have more superspreading events than flu. This means the virus that causes COVID-19 can quickly and easily spread to a lot of people and result in continuous spreading among people as time progresses.

Vaccine

Vaccines for **COVID-19 and flu** must be approved or authorized for emergency use (EUA) by the FDA.

Differences

- Flu: There are multiple FDA-licensed influenza vaccines produced annually to protect against the three or four flu viruses that scientists anticipate will circulate each year.
- COVID-19: Currently there is no vaccine to prevent COVID-19.



For more information, visit www.cdc.gov.

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free of charge and Jackie has been instrumental in increasing the number of screenings and locations throughout the community so individuals can access these services easily.

Jackie also utilizes her knowledge as a nurse to educate others. As a certified CPR instructor, she teaches community CPR at the hospital, as well as visiting local high school freshmen and sophomores to provide them the fundamentals of CPR. Jackie also instructs local tweens and teens how to become better babysitters through a Babysitting Basics Class. Through the Healthy Kids program,

Jackie often visits Clyde kindergarteners to talk about exercise and nutrition with the goal to get little ones excited about health and wellness at an early age.

In her spare time, Jackie is an active member of her church community. She and her husband, Martin, have four children and one grandchild.

Jackie represented The Bellevue Hospital at the OHA Virtual Recognition Event that was held on August 25.



RED CROSS BLOODMOBILE

Friday, September 25
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 to register.

*****ECRWSSDDM****
POSTAL CUSTOMER

September is Pain Awareness Month - *Don't Let Pain Keep You Down This Fall*

Did you know that approximately 50 million Americans suffer from chronic pain? Chronic pain is a major driver of primary care physician visits.

There are various factors that cause and create pain, such as:

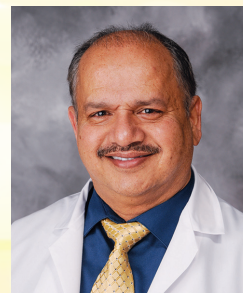
- **Family history.** You may be more likely to develop arthritis and some other conditions if you have a family history of the disease/diagnosis.
- **Age.** The risk of many types of diagnoses and pain injuries increases with age.
- **Gender.** Women are more likely than men to develop rheumatoid arthritis.
- **Previous injury.** Some people who have experienced previous injuries have pain related to those injuries throughout their lives.
- **Obesity.** Carrying excess pounds puts stress on joints, particularly your knees, hips, and spine.

Pain rarely comes without side effects, the majority of which have a significant impact on your life as well as the life of those around you.

Some of the side effects of chronic pain include:

- Irritability
- Anger
- Depression
- Difficulty concentrating
- Loss of mobility and muscle weakness

The Pain Management Center at The Bellevue Hospital diagnoses a variety of pain. Dr. Vimal Kumar is board certified in pain management and anesthesiology and has over 20 years of pain management experience. He, along with Certified Nurse Practitioner Erica Clinker, create a balanced treatment plan for each patient that incorporates a variety of modalities, including minimally invasive interventional procedures, medication management when appropriate, and other hospital-based services, such as physical therapy.



Vimal S. Kumar, M.D.
Board Certified in Pain
Management/Anesthesiology



Erica Clinker, CNP
Certified Nurse Practitioner

No one should live with debilitating pain. If you are experiencing pain that is impacting your daily life, talk to your primary care physician. A referral to The Pain Management Center at The Bellevue Hospital may be just what you need to get back to living.

**For more information, visit bellevuehospital.com
or call 419.484.5903.**

