



Donate Blood and Save a Life: Find an Upcoming Bloodmobile

The American Red Cross is facing an emergency blood shortage – reporting the lowest number of people giving blood in the last 20 years. The Red Cross is asking individuals to consider donating blood to help ensure patients who depend on blood transfusions receive the care they need. According to the Red Cross, a person needs lifesaving blood every two seconds in our country. Its availability can be the difference between life and death.



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.



An estimated 38 percent of Americans are eligible to give blood or platelets, but of those, less than 10 percent actually donate each year. Currently, all types of blood are needed, especially types O positive and O negative, as well as platelet donations, to help reverse this national blood shortage emergency.

The Bellevue Hospital will be sponsoring a bloodmobile on Friday, Feb. 9 from 10 a.m. - 3 p.m.
Location: The Bellevue Hospital's Burson Conference Room
1400 W. Main Street, Bellevue

Individuals must be at least 17 years old to donate and weigh at least 110 pounds. Appointments for the blood drive are required. To schedule an appointment, please call 1-800-RED-CROSS or visit www.redcrossblood.org and enter sponsor code BELLEVUEHOSP.

If you are unable to attend the Feb. 9 event, TBH encourages you to search for other local Red Cross bloodmobiles by visiting www.redcrossblood.org.

CALENDAR *of Events*

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below. Information on TBH screenings, programs and events also can be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.

COMMUNITY HEALTH PROGRAMS

WEDNESDAY, FEBRUARY 7 Morning Health Break

8:00 a.m. – 10:00 a.m.

TBH Main Station Café

This event includes free blood pressure and fasting glucose checks, educational literature, a light breakfast and a registered nurse to answer health questions. Reservations are not required. Pre-registration is required if Direct Access Lab testing is wanted or needed. Direct Access Tests available include:

- ♥ A1C Screening (\$20)
- ♥ Complete Blood Count with Complete Metabolic and Lipid Panel (\$60)
- ♥ Complete Blood Count with Basic Metabolic and Lipid Panel (\$50)
- ♥ Lipid Panel Screening (\$20)
- ♥ PSA (Prostate) Screening (\$30)
- ♥ Stool Occult Blood Screening (\$25)
- ♥ TSH (Thyroid) Screening (\$25)
- ♥ Vitamin D (\$35)

To pre-register for lab testing, call 419.483.4040, Ext. 0.

THURSDAY, FEBRUARY 15 Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.

Bellevue Society for the Arts
205 Maple St., Bellevue

Join us for an informational presentation about Ohio's total solar eclipse that will occur on Monday, April 8, 2024 and what the eclipse will mean for our service area. The public age 55 and older is invited to attend. A lunch fee of \$4 will be charged at the door. Reservations are requested. INFO: Ext. 6610.

SUPPORT GROUPS

TUESDAY, FEBRUARY 20 M.O.M.S.

10:30 a.m. – 11:30 a.m.

TBH Burson Conference Room

All new mothers and their babies welcome. This free class is facilitated by a certified lactation consultant and discussions include breastfeeding topics, life adjustment challenges and sleeping habits. INFO: Ext. 4611.

TUESDAY, FEBRUARY 20 Diabetes

12:30 p.m. – 1:30 p.m.

TBH East Conference Room

TBH's Diabetes Education Department provides specialized education to help adults and children with diabetes maintain a healthy lifestyle. The support group is free and open to the public. Topics of discussion include diet, exercise, medication and monitoring. INFO: Ext. 4303.

Make Heart Health Part of Your Self-Care Routine

Tips from the National Heart, Lung and Blood Institute

Devoting a little time every day to care for yourself can go a long way toward protecting the health of your heart. Simple self-care, such as taking a moment to de-stress, giving yourself time to move more, preparing healthier meals, and not cheating on sleep can all benefit your heart.

And that's a good thing, because heart disease is largely preventable and focusing on improving your heart health has never been more important. Heart disease is a leading cause of death for women and men in the United States, and many Americans remain at risk of getting it, according to the National Heart, Lung, and Blood Institute (NHLBI).

It may be easier than you think to "put your heart" into your daily routine. To start, take a look at your week's schedule and carve out 30 minutes daily for heart-healthy practices. Here are few self-care tips to try every day to make your heart a priority:

- ♥ Get a daily dose of physical activity, such as a brisk, 30-minute walk.
- ♥ Cook meals that are low in sodium and unhealthy fats.
- ♥ Sleep 7-8 hours a night.

- ♥ Take your medications as prescribed and keep your medical appointments.
- ♥ Manage stress through, for example, meditation, yoga, a warm bath, or quiet time with a good book or funny movie.
- ♥ Try to reach or stay at a healthy weight by moving more and having snacks like fruits and veggies ready to grab when hunger hits.

Part of self-care is also knowing your health status. Even during uncertain and busy times, get your blood pressure, blood sugar and cholesterol levels checked. Talk to your primary care provider about your heart health.

If you or a loved one has dealt with heart disease in the past, it is even more important to make your heart health a priority. TBH's Cardiac Rehabilitation program provides individualized treatment plans that include evaluation, physical activity instructions, nutrition and stress management education.

For more information about Cardiac Rehabilitation at TBH, call 419.483.4040, Ext. 4303.

Planning for the Total Solar Eclipse: Be Prepared Ahead of Time

Bellevue and our surrounding communities are less than three months away from experiencing a total solar eclipse. On Monday, April 8, 2024, individuals within a 124-mile-wide band across the state will witness this historic event.

The event is expected to draw large numbers of tourists to Ohio, particularly to areas at or near the centerline of totality. Sandusky County alone is expected to see an influx of nearly 118,000 people. With the large number of individuals expected to visit this area of the state, our service area may experience challenges and a heavy demand on area resources.

The Ohio Emergency Management team has been planning for the eclipse since 2021 and is encouraging individuals to be as prepared as possible. Heavy to gridlocked traffic, limited cellphone and internet service, and potentially limited food and gasoline availability along routes could be issues before, during and after the event. Before the eclipse, make sure you have ample stock of prescription medications, groceries and gasoline for you and your loved ones. If you are going to be traveling within the eclipse viewing area, additional safety tips to consider include:

- Ⓒ Have an emergency plan for your family.
- Ⓒ Have a family communication plan when attending any large gathering, to ensure you know where to meet up if you get separated from friends or family.
- Ⓒ Know where to receive emergency alerts and notifications while traveling.
- Ⓒ Have an emergency kit in your vehicle and pack needed items for family and friends traveling in your car. You may be delayed getting home due to traffic. Consider extra medication and snacks when making your kit.



- Ⓒ Plan your trip in advance and include back up routes.
- Ⓒ Monitor the weather; download the FEMA App (available in English and Spanish) to receive weather alerts for areas you'll be visiting.
- Ⓒ Bring plenty of sunscreen, mosquito repellent, and a snow shovel; Keep in mind this will be early April in Ohio and the weather may change quickly.
- Ⓒ Never leave children or pets alone in closed vehicles. Plan for your children and pets during the event.
- Ⓒ Remember, the only way to safely view a solar eclipse is to do so using specially constructed "eclipse glasses" from a reputable vendor.

For more information regarding the eclipse, safety tips and eclipse events around the area, visit eclipse.ohio.gov.

Supporting TBH Through The Bellevue Hospital Foundation

Communities served by a strong local hospital, where quality healthcare is available close to home, play a major role in the health, wellness and vitality of the surrounding area. The Bellevue Hospital Foundation is proud to assist The Bellevue Hospital (TBH) in advancing healthcare services by securing resources necessary to support life-changing healthcare programs in the communities we serve.

The Bellevue Hospital Foundation is a not-for-profit organization that depends on donations from individuals, families and corporations in order to support access to leading-edge technology, comprehensive healthcare services and wellness education available at TBH.

There are several ways you can support The Bellevue Hospital Foundation throughout the year:

♥ **Club 1917** assists in the ongoing development of healthcare programs and purchasing of specialized equipment for many of the hospital's departments. Individuals, organizations, and businesses can all be a part of Club 1917 with a minimum annual donation of \$100.

♥ **Mammography Fund** is a way for donors to help make a

difference for uninsured or underinsured individuals needing basic screening mammograms. This fund assists those patients with free or reduced screening mammograms.

♥ **The Karen L. Hirt Memorial Wellness Trail** includes trees/plaques in honor of or in memory of hundreds of loved ones throughout the years. A 3/4 mile walking trail around the hospital grounds is a relaxing way to take in all the trees, plaques, butterfly bushes, gardens, and more. Donated funds are used to lovingly remember special individuals who have made a difference in our lives and the lives of many others in the community.

♥ **The Bob & Ellie Beck Centennial Wildflower Garden** is an area where part of the hospital grounds was returned to Ohio native grasses and wildflowers. When in full bloom, this area attracts attention from bees and butterflies. This fund allows for continued maintenance, upkeep and seeding of the area.

If you are interested in learning more about giving opportunities at The Bellevue Hospital, contact Dennis Sabo, director of The Bellevue Hospital Foundation at 419.483.4040, Ext. 4319, or visit www.tbhfoundation.com.



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