



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

**Breast Cancer
Awareness & Early
Detection**

Schedule your mammogram!

The Bellevue Hospital
1400 W. Main St., Bellevue

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

Appointments are required.
419.483.4040, Ext. 4326

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BREAST CANCER AWARENESS MONTH

OCTOBER



**Keeping Students Safe
Local Organizations Donate
AEDs to Bellevue Athletics**

Every year, Ohio student athletes and their parents watch a video known as "Lindsay's Law," reviewing the importance of Automatic External Defibrillators (AEDs).

After watching the video with his daughter, Chad Reed, a registered nurse at The Bellevue Hospital (TBH), took time to locate the AED devices at the Bellevue High School (H.S.) and realized the athletic fields did not have enough equipment to adequately meet the needs of the students and community.

"The Bellevue H.S. had an AED located in the cafeteria, the gymnasium and an externally mounted device at the concession stand at Bellevue Athletic Field. However, four other athletic sites, located a great distance from the school, did not have easy or timely access to an AED," said Chad.

To find adequate financial support to purchase additional AEDs, Chad presented the information to The Bellevue Hospital Foundation's Board of Directors.

"It was easy to see additional devices were a necessity for the safety of our local students, teachers and community

Bill Brugnone, varsity assistant softball coach (L) and Chad Reed, TBH registered nurse (R) are shown holding one of the recently donated AEDs at the Bellevue (H.S.) softball field.



members," said Dennis Sabo, director of The Bellevue Hospital Foundation. "We were honored to help support this project."

With additional donations from the Fraternal Order of Eagles Aerie 490 and the Bellevue United Selective Fund, nearly \$8,500 was donated to purchase five additional AEDs. The AEDs have been placed at the Bellevue H.S. softball and baseball fields, Bellevue Little League field, Harmon Field and Jungle Junction.

"Our goal was to be as prepared as possible before a tragedy happened," said Bill Brugnone, varsity assistant softball coach and president of Diamonds and Fairways, an non-profit organization that supports high school youth athletics. "It's amazing to see how much the community comes together to support our athletes."



Please enjoy our HEALTHnews 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.



**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 \$65. 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:

October 29 from 4:00 - 6:00 p.m.
TBH East Conference Room

October 30 from 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 vaccine. Also, anyone who is allergic to eggs should not receive the vaccine. INFO: 6610



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

GLUCOSE, BLOOD PRESSURE CHECKS

Free health screenings in October.
INFO: Ext. 6610

October 9

9:00 am - 11:00 am
Bassett's Market, Bellevue

October 16

9:00 am - 11:00 am
Hogue's IGA, Bellevue

October 22

8:00 am - 10:00 am
Rec Center, Bellevue

October 25

10:30 am - 11:30 am
Senior Center, Clyde

October 30

Noon - 1:00 pm
Senior Center, Bellevue

October 1

MORNING HEALTH BREAK

TBH Conference Rooms A&B
8:00 am - 11:00 am
Free blood pressure and fasting glucose checks; fasting cholesterol screening (\$10); thyroid check (\$20); prostate screening (\$25). Educational literature, a light breakfast and a registered nurse to answer health questions.
INFO: Ext. 6610

October 6 & 13

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. Must attend both sessions. Fee of \$30.
INFO: Ext. 3067

October 15

TBH GIFT SHOP "LAST CHANCE" SALE

TBH Conference Rooms A&B
7:00 am - 4:00 pm
Miscellaneous gifts and apparel items at bargain prices. The sale is open to the public. Cash and credit cards accepted.
INFO: Ext. 4408

October 16

EVENING HEALTH BREAK

TBH Conference Rooms A&B
5:00 pm - 7:00 pm
Free blood pressure and fasting glucose checks; A1C test (\$10). Educational literature, light snacks and a registered nurse to answer health questions.
INFO: Ext. 6610

Smile if you're snuffle-free...
Get your flu shot!



October 18

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue
11:30 am - 1:00 pm
"Pain Management for Arthritis Headaches," presented by Vimal Kumar, M.D. The public is invited to attend. Lunch fee of \$3.
Reservations are requested.
INFO: Ext. 4899

October 18

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

October 20

SMOKING CESSATION PROGRAM

TBH Conference Rooms A&B
10:00 am - 12:30 pm
TBH and The Ohio State University at Lima are offering a seven-week treatment and research program designed to help people stop smoking. Behavior modification therapy, hypnosis and nicotine replacement therapy is involved. Classes will be held on Saturdays including Oct. 20, Oct. 27 and Nov. 3, from 10:00 a.m. - 12:30 p.m. Two support sessions are scheduled for Saturdays, Nov. 17 and Dec. 1, from 10:00-11:00 a.m. Class is open to the first 25 participants to register.
INFO: Ext. 4244

SUPPORT GROUPS

October 1

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: dawnrb45@gmail.com

October 2

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

October 9

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

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

Is Your Heart Set On A Vette?



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

\$100 PER TICKET

DRAWING FEBRUARY 14, 2019

The Bellevue Hospital Foundation

CAR RAFFLE

In cooperation with Steinle Chevrolet-Buick

Other Prizes:

2nd Prize: \$2,019 • 3rd Prize: \$1,917 • 4th Prize: \$1,500 • 5th Prize: \$1,000

Early Bird Drawings

November 14 - \$1,000

December 14 - \$750

January 14 - \$500

Only 2,019
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be sold!

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone (Day): _____ (Cell): _____

For Additional Information: 800.850.5528

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