



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

Please enjoy our **HEALTH**news to help keep you informed.

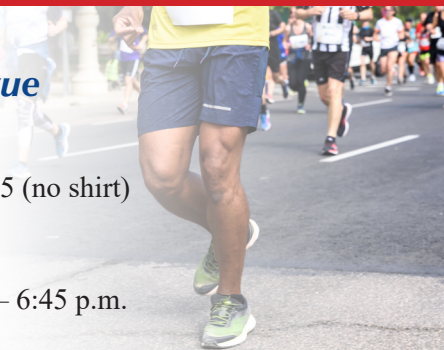
Join us on Facebook and visit our website at www.bellevuehospital.com. Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.



Dr. D. Ross Irons 5K Memorial Run/Walk

*July 26, 2019 at 7:00 pm
Central Park, 215 North Street, Bellevue*

Course: Flat, out and back
Pre-Entry Fee: \$25 (Includes long-sleeve shirt); \$15 (no shirt)
Pre-Entry Deadline: July 12, 2019
Race Day Fee: \$30 (Does not include shirt)
Race Day Registration/Package Pickup: 6:00 p.m. – 6:45 p.m.



12th annual Dr. Elbert D. Lawrence Classic Car, Truck & Motorcycle Show

*July 27, 2019 ~ 9:00 am until Noon
Central Park, 215 North Street, Bellevue*

Show Registration: \$5
All proceeds benefit the Fallen Soldier Memorial Fund
Dash plaques for the first 50 registered vehicles.
Plaques for Best of Show in car, truck and motorcycle categories • Door Prizes



To register for either event, visit tbhfoundation.com. For more information, contact The Bellevue Hospital's Foundation Office at 419.483.4040, Ext. 4319

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 July.
INFO: Ext. 6610

Tuesday, July 9

9:00 am-11:00 am

Bassett's Market, Bellevue

Tuesday, July 16

9:00 am-11:00 am

Hogue's IGA, Bellevue

Wednesday, July 17

9:00 am-11:00 am

Miller's SuperValu, Clyde

Monday, July 22

8:00 am-10:00 am

Rec Center, Bellevue

Thursday, July 25

10:30 am-11:30 am

Senior Center, Clyde

Tuesday, July 30

Noon-1:00 pm

Senior Center, Bellevue

Monday, July 1

MORNING HEALTH BREAK

TBH Conference Rooms A&B
8:00 am – 11:00 am

Free blood pressure and fasting glucose checks; A1C screening (\$10). Educational literature, a light breakfast and a registered nurse to answer health questions. INFO: Ext. 6610



Saturday, July 13 & 20 **LAMAZE PREPARED** **CHILDBIRTH CLASS**

TBH Conference Rooms A&B
8:30 am – 12:30 pm

Prepares expectant parents for a positive birth experience. Topics: stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition, weight gain and anatomy. Tour of the Family Birthing Center. Must attend both Saturday sessions. A fee of \$30. INFO: Ext. 3067

Wednesday, July 17 **DROWN'S GARDEN** **MARKET**

TBH South Entrance
9:00 am – 2:00 pm

Drown's Market of Green Springs will bring produce to the hospital as part of the hospital's efforts to support a healthy lifestyle. The Garden Market is open to the public and offers a wide variety of seasonal fruits and vegetables. Cash, check or credit card will be accepted. INFO: Ext. 4387

Thursday, July 18 **MATURE AUDIENCE** **LUNCHEON**

Bellevue Society for the Arts
205 Maple St., Bellevue
11:30 am – 1:00 pm

"Knowing the Difference Between Your Scans," presented by The Bellevue Hospital's Diagnostic Imaging Department. The public is invited to attend. A lunch fee of \$3. Reservations are requested. INFO: Ext. 4899

Friday, July 19 **RED CROSS** **BLOODMOBILE**

TBH Conference Rooms A&B
9:30 am – 3:30 pm

Open to the public. To donate, you need to weigh between 110-350 pounds and be at least 17 years old. Walk-ins may be accepted. Schedule appointment at 1-800-Red-Cross, or visit www.redcrossblood.org, enter sponsor code BELLEVUEHOSP

Wednesday, July 24 **39TH ANNUAL** **FOUNDATION GOLF** **OUTING**

Green Hills Golf Course, Clyde
10:00 am

Registration begins at 8:30 am. Shotgun Start at 10:00 am. Foursome fee includes 18 holes of golf with cart, BBQ dinner, refreshments, field prizes and unlimited practice balls. Sponsorship opportunities are available. All proceeds benefit women's and children's programming at the hospital. Register: tbhfoundation.com INFO: Ext. 4319

Thursday, July 25 **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

Friday, July 26 **DR. D. ROSS IRONS** **MEMORIAL 5K RUN/** **WALK**

Central Park
215 North St., Bellevue
Registration 6:00 - 6:45 pm
Race starts at 7:00 pm
Course is flat, out and back.
Pre-entry registration fee \$25 (includes long-sleeve shirt).
Pre-entry deadline is July 12.
Race day fee \$30 (does not include a shirt.)
Register: tbhfoundation.com
INFO: Ext. 4319

Saturday, July 27 **12TH ANNUAL DR.** **ELBERT D. LAWRENCE** **CLASSIC CAR, TRUCK** **& MOTORCYCLE SHOW**

Central Park
215 North St., Bellevue
9:00 am – Noon
Dash plaques for first 50 registered vehicles. Plaques for Best of Show in car, truck and motorcycle categories.
Door prizes. \$5 per vehicle registration fee. All proceeds benefit the Fallen Soldiers Memorial Fund.
Register: tbhfoundation.com
INFO: Ext. 4319

SUPPORT GROUPS

Monday, July 1 **GRASP (Grief Recovery** **After a Substance Passing)**

TBH Chapel, 2nd Floor
6:00 pm – 7:00 pm
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

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



The Bellevue Hospital Announces Scholarship Winners

For the 18th consecutive year, recipients of scholarships given to children of The Bellevue Hospital's (TBH) employees were announced during National Hospital Week, May 12-18, 2019. The Robert Regula Employee Children's Scholarship Program honored 10 high school and college students this year.

"The scholarships began as a way of investing in the future of healthcare and of providing an additional benefit for our employees," said Michael K. Winthrop, president and CEO of The Bellevue Hospital. "We are pleased to again offer the scholarships to a deserving group of individuals."

TBH awards \$1,500 scholarships to eligible dependents of its full- or part-time employees who have worked at least two consecutive years at the hospital. The students are to be enrolled in post high school academic programs, with a minimum of three of the scholarships reserved for students in healthcare-related fields of study. This year's recipients are as follows:

Tuesday, July 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**

Tuesday, July 9

DIABETES

TBH East Conference Room

12:30 pm – 1:30 pm

Topics vary by month based on group discussion. The support group is free and open to the public. **INFO: Ext. 4303**

Tuesday, July 9

BETTER BREATHERS CLUB

TBH East Conference Room

2:00 pm – 3:00 pm

American Lung Association Better Breathers Club meetings offer support to individuals with a chronic lung disease including COPD, pulmonary fibrosis and lung cancer. Meetings free and open to the public. **INFO: Ext. 4303**

Tuesday, July 9

REIKI & NATURAL HEALING

TBH Conference Rooms A&B

6:00 pm – 8:00 pm

Reiki and Natural Healing meetings are presented by Patricia Zilles, Reiki Practitioner. Topics vary per month based on group interest. Reiki meetings are free and open to the public. **INFO: Patricia Zilles, 567.314.0315**



Madison Aichholz

Nursing, Bowling Green State University, daughter of Lisa Aichholz, Family Health Services, and David Aichholz, New Washington.



Grace Oddo

Acting & Directing, Baldwin Wallace University, daughter of Patty Oddo, Diagnostic Imaging, Bellevue.



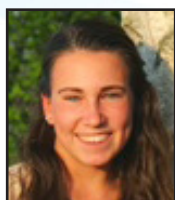
Abby Bullion

Intervention Specialist, Bluffton University, daughter of Denise Bullion, Cardiac Rehabilitation, and Eric Bullion, Bellevue.



Kaylia Reesman

Nursing, Bowling Green State University - Firelands, daughter of Valerie Reesman, Finance, and James Reesman, Bellevue.



Paige Collier

Doctorate of Physical Therapy, Marshall University, daughter of Laura Collier, Health Information Technology & Telecommunications, and Ross Collier, Perrysburg.



Halle Schoen

Speech & Hearing, Cleveland State University, daughter of Marc Schoen, Diagnostic Imaging, and Marianne Schoen, Revenue Cycle and Quality. They reside in Bellevue.



LeAnn Erf

Doctorate of Physical Therapy, University of Findlay, daughter of Laurie Erf, Med/Surg, and Kevin Erf, Bellevue.



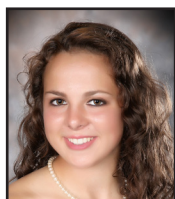
Kassidie Stimmel

Doctorate of Physical Therapy, Grand Valley State University, daughter of Laretta Stimmel, Diagnostic Imaging, and Brian Stimmel, Sandusky.



Brian Kistler

Biochemistry, John Carroll University, son of Sue Kistler, Infection Prevention, and Paul Kistler, Monroeville.



Danica Lombardi

Occupational Therapy, Xavier University, daughter of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Milan.



Morgan Dendinger

Physical Therapy, Ohio University, daughter of Michael and Sandra Dendinger, Bellevue.

The Bellevue Hospital Foundation also awards scholarships to seniors who volunteer over 100 hours to TBH during their final year in high school. The scholarship participant must volunteer at least two years total during high school. This year, The Bellevue Hospital Foundation awarded the

Volunteer Scholarship to:



Quality Care, Close To Home

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

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Selecting the Primary Care Provider That's Right for You

A primary care provider is a health care practitioner that treats a wide range of health issues and can help coordinate your medical treatment with various specialists.

Primary care providers (PCP) are trained to treat individuals of all ages for a variety of medical issues, including disease prevention and maintenance.

What type of primary care provider is right for you? You can choose from several different types of primary care professionals:

- **Family Practitioners (FP):** Doctors who have completed a family medicine residency and are board-certified, or board-eligible, for this specialty. A family practitioner is trained to care for a person from infancy to advanced age.
- **Internists (Internal Medicine):** Doctors who have completed a residency in internal medicine and are board-certified, or board-eligible, in this specialty. An internist is a doctor who helps prevent, treat and diagnose a wide variety of medical conditions for adults only.
- **Nurse Practitioners (NP):** A registered nurse with advanced education, clinical training and certification. NPs, similar to doctors, diagnose and treat various illnesses and injuries, perform examinations and strongly emphasize preventative care. NPs work in collaboration with a designated doctor.

- **Obstetricians/Gynecologists (OB/GYN):** Doctors who have completed a residency and are board-certified, or board-eligible, in this specialty. They specialize in women's reproductive health including family planning, pregnancy and delivery.
- **Pediatricians (PED):** Doctors who have completed a pediatric residency and are board-certified, or board-eligible, in this specialty. They specialize in the health care of newborns, infants, children, and adolescents.
- **Physician Assistants (PA):** Medical providers with advanced education and clinical training. PAs are trained in the medical model (disease-centered focus) alongside physicians. PAs work in collaboration with a designated doctor. PAs routinely diagnose illnesses and injuries, perform examinations, provide treatment which includes prescribing medication, and may be involved in surgical procedures.

For a list of referring primary care medical offices and specialty clinics accepting new patients, visit www.bellevuehospital.com.

