



## New Barn Mural Added to TBH's Scenery

As you're traveling through Bellevue, you may see a new "Welcome to Bellevue" mural on the side of The Bellevue Hospital's barn that is located on the east side of the hospital's campus facing U.S. Route 20.



**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](http://www.bellevuehospital.com). Upcoming events and programs listed inside. Please contact the Marketing Department at 419.483.4040, Ext. 4899 with any questions.



The mural, a collaboration with the Sandusky County Convention & Visitors Bureau, was recently painted by The Barn Artist, Scott Hagan. Scott has previously painted at least one barn in each of Ohio's 88 counties commemorating the Ohio Bicentennial and has since completed nearly 400 barn paintings throughout the United States.

The Bellevue Hospital is honored to showcase this new addition to Bellevue and would like to thank everyone who contributed to making it possible. The painting will be part of the Sandusky County Barn Mural Trail.



For more information, visit [www.sanduskycounty.org/barns](http://www.sanduskycounty.org/barns).



# CALENDAR of Events

For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below.

**TUESDAY, JULY 19**

## M.O.M.S. Support Group

**10:30 a.m. – 11:30 a.m. TBH Burson Conference Room**

All new mothers and their breastfeeding babies welcome. Discussion topics include feeding/nursing issues and sleep habits. The class is facilitated by a certified lactation consultant. Registration is not required. **INFO: Ext. 4611**

**WEDNESDAY, JULY 20**

## Drown's Garden Market

**9:00 a.m. – 1:00 p.m. TBH Main Station Café**

Drown's Market of Green Springs will bring produce to TBH as a 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. 4625**

**FRIDAY, JULY 22**

## Red Cross Bloodmobile

**10:00 a.m. – 3:00 p.m. TBH Burson Conference Room**

Open to the public. To donate, you need to weigh between 110-350 pounds and be at least 17 years old. Appointments are required. **Schedule appointment at 1-800-Red-Cross or visit [www.redcrossblood.org](http://www.redcrossblood.org), enter sponsor code BELLEVUEHOSP.**

**WEDNESDAY, JULY 27**

## 42nd Annual Foundation Golf Outing

**10:00 a.m. Green Hills Golf Course, Clyde**

Registration begins at 8:30 a.m. Shotgun Start at 10:00 a.m. 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 and children's programming at the hospital. **INFO: Ext. 4319 Register: [tbhfoundation.com](http://tbhfoundation.com)**

Information on TBH screenings, programs and events can also be found on our website at [bellevuehospital.com](http://bellevuehospital.com) and on The Bellevue Hospital Facebook page.

## Join Us for the Dr. D. Ross Irons Memorial 5K Run/Walk

*Sponsored by The Bellevue Hospital Foundation and held in collaboration with The Vue Banquet and Event Center*

**July 30, 2022 at 9:00 a.m.**

**Race begins and ends at The Vue Banquet & Event Center, 600 Southwest St., Bellevue**

**Course:** Flat, out and back

**Pre-Entry Fee:** \$25 (Includes long-sleeve shirt); \$15 (without shirt)

**Pre-Entry Deadline:** July 12, 2022

**Race Day Fee:** \$30 (Does not include shirt)

**Race Day Registration/Package Pickup:**

7:30 – 8:45 a.m. at The Vue

First place overall female and male will be awarded. First through third place, male and female in the following age groups will also be awarded:

13 & under 14-19 20-29 30-39 40-49 50-59 60 & over

**To register, visit [tbhfoundation.com](http://tbhfoundation.com) or fill out the registration form below and mail to: TBH Foundation, 1400 W. Main St., Bellevue, OH 44811.**

**For more information, contact The Bellevue Hospital's Foundation Office at 419.483.4040, Ext. 4319.**

*All proceeds will benefit women and children's health and wellness programming at The Bellevue Hospital.*

**NAME:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **SEX:** M F **SHIRT SIZE:** S M L XL 2X

**ADDRESS:** \_\_\_\_\_ **CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PAYMENT:** Check - Make payable to The Bellevue Hospital Foundation

**Credit Card:** Visa MasterCard Discover Acct. #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

CCV (3-digit code on back): \_\_\_\_\_ Cardholder Name: \_\_\_\_\_ Signature: \_\_\_\_\_

**MAIL ENTRIES AND FEES TO: The Bellevue Hospital Foundation, 1400 W. Main St., Bellevue, OH 44811**

**OR: Register online at: [tbhfoundation.com](http://tbhfoundation.com) RACE QUESTIONS: 419.483.4040, Ext. 4319**

*In consideration of the acceptance of my entry in the Dr. D Ross Irons 5K Memorial Run/Walk, I do hereby for myself, my heirs, my executors and administrators, waive, release and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me, against The Bellevue Hospital and Foundation, all of the sponsors, and any other persons connected with this event, individually or collectively, from all responsibilities for any injury to person or property during this event on July 30, 2022.*

**SIGNATURE:** \_\_\_\_\_ **GUARDIAN SIGNATURE (if under 18):** \_\_\_\_\_

# Scholarship Winners Announced

For the 21st consecutive year, recipients of scholarships given to children of The Bellevue Hospital's (TBH) employees were announced during National Hospital Week, May 8-14, 2022. 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 Timothy A. Buit, 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.

Students must submit an application for the scholarship. The Scholarship Committee then meets to select the finalists for the award, and the recipients are announced during National Hospital Week. This year's recipients are as follows:



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



**Nicholas Lombardi**  
Mechanical Engineering, University of Toledo, son of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Milan.



**Halle Schoen**  
Master's in Speech Language, University of Florida, daughter of Marc Schoen, Diagnostic Imaging and Marianne Schoen, Revenue Cycle & Quality, Bellevue.



**Emma Bollinger**  
Biology, The Ohio State University, daughter of Courtney Bollinger, Diagnostic Imaging, and John Bollinger, Bellevue.



**Klara Miller**  
Accounting and Marketing, Liberty University, daughter of Kevin Miller, Rehabilitation Services, and Kristin Miller, Clyde.



**Alexandra Seamon**  
Master's in Psychology, Cleveland State University, daughter of Jennifer Seamon, Surgery, and Daniel Seamon, Bellevue.



**Molly Bullion**  
Biochemistry, Malone University, daughter of Denise Bullion, Cardiac Rehabilitation, and the late Eric Bullion, Bellevue.



**Kaylia Reesman**  
Nursing, University of Toledo, daughter of Valerie Reesman, Finance, and James Reesman, Bellevue.



**Kassidie Stimmel**  
Exercise Science/Physical Therapy, Grand Valley State University, daughter of Laurie Stimmel, Diagnostic Imaging, and Brian Stimmel, Sandusky.



**Jacob Lombardi**  
Electrical Engineering, University of Toledo, son of Tony Lombardi, Rehabilitation Services, and Amy Lombardi, Milan.

# Congratulations

For more information on TBH's scholarship programs and how you can help support TBH and the community, visit [tbhfoundation.com](http://tbhfoundation.com).

## Signs and Symptoms of Heat Related Illness

During extremely hot and humid weather, your body's ability to cool itself is challenged. When the body heats too rapidly to cool itself properly, or when too much fluid or salt is lost through dehydration or sweating, body temperature rises and you or someone you care about may experience a heat-related illness. It is important to know the symptoms of excessive heat exposure and the appropriate responses. The following information from The Centers for Disease Control and Prevention (CDC) provides warning signs and symptoms of heat illness, and recommended first aid steps.

Heat Exhaustion	Heat Stroke
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>Move to a cooler area</li> <li>Loosen clothing</li> <li>Sip cool water</li> <li>Seek medical help if symptoms don't improve</li> </ul>	<p><b>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>Move person to a cooler area</li> <li>Loosen clothing and remove extra layers</li> <li>Cool with water or ice</li> </ul>
<p>Dizziness</p> <p>Thirst</p> <p>Heavy Sweating</p> <p>Nausea</p> <p>Weakness</p>	<p>Confusion</p> <p>Dizziness</p> <p>Becomes Unconscious</p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p> <p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>	
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	







Quality Care, Close To Home

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

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### Balance Problems?

TBH's Rehabilitation Services Department offers free balance screenings, information on fall prevention and tips for balance improvement.  
Call 419.483.4040, 4279.

\*\*\*\*\*ECRWSEDDM\*\*\*\*\*  
POSTAL CUSTOMER

## Shape Up This Summer at Anytime Fitness

In December 2018, The Bellevue Hospital partnered with Anytime Fitness to offer a new fitness experience to the Bellevue community. Since opening in The Bellevue Hospital's Eagle Crest Health Park at 102 Commerce Park Drive, the gym averages more than 500 members and continues to offer the local area a growing list of fitness classes.

"This is a unique partnership in that The Bellevue Hospital is the first hospital to become an Anytime Fitness franchisee," said Tim Buit, president and CEO at The Bellevue Hospital. "This collaboration is a perfect fit for us because it promotes health and wellness in our community."



The gym provides 24-hour access and security, convenient parking, private restrooms, private showers and worldwide club access to other Anytime Fitness gyms.

Along with secured access, members of Anytime Fitness can take advantage of fitness consultations, team exercise sessions

and personalized workouts with a certified personal trainer to help them reach their goals. All new members get an hour with a personal trainer to personalize their workout plan for best results.

"I have truly enjoyed seeing the changes Anytime Fitness has brought to the members from Bellevue and the surrounding communities," said Natasha Shaw, Anytime Fitness manager and certified personal trainer.

"The best part of this facility is the sense of community I see growing from it. Our members are there supporting each other, encouraging each other and building relationships all while coming to the gym," continued Shaw.

Anytime Fitness also offers elliptical cross-trainers, exercise cycles, rowing machines, stair climbers, treadmills, strength and free weights; and equipment for functional training such as battle ropes, TRX, kettlebells, medicine balls and resistance bands.

**Memberships are available for anyone over 18 years of age. Silver sneakers and other similar programs are accepted. For more information on Anytime Fitness, call 419.484.5426 or visit [anytimefitness.com/find-gym](http://anytimefitness.com/find-gym) and enter BELLEVUE, OH.**