



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.



39th Annual Foundation Golf Outing
July 24, 2019 • Green Hills Golf Course, Clyde, Ohio

It's Tee Time!

Time for food, fun and prizes! Mixed and Open Divisions are available.

Registration – 8:30 a.m. • Shotgun Start – 10:00 a.m.

Regular Foursome - \$500

Corporate Foursome (includes hole sponsorship) - \$650

Even if you don't golf, you can still help make the Foundation Golf Outing a fundraising success by sponsoring an event, a hole or one of the contests!



For more information, or to register, contact The Bellevue Hospital's Foundation Office at 419.483.4040, Ext. 4319 or visit www.tbhfoundation.com.

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 June.
INFO: Ext. 6610

Tuesday, June 11

9:00 am - 11:00 am

Bassett's Market, Bellevue

Tuesday, June 18

9:00 am - 11:00 am

Hogue's IGA, Bellevue

Monday, June 24

8:00 am - 10:00 am

Rec Center, Bellevue

Tuesday, June 25

Noon - 1:00 pm

Senior Center, Bellevue

Thursday, June 27

10:30 am - 11:30 am

Senior Center, Clyde

Monday, June 3

MORNING HEALTH BREAK

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

Free blood pressure and fasting glucose checks; Lipid panel (fasting, \$15), TSH (\$20), PSA (\$25). Educational literature, a light breakfast and a registered nurse to answer health questions.

INFO: Ext. 6610

Monday, June 10

BABYSITTING BASICS CLASS

TBH Conference Rooms A&B
9:00 am – 3:00 pm

For children 11 years and older. Lunch will be served. A fee of \$25. Reservations are requested.
INFO: Ext. 4326

Tuesday, June 18

EVENING HEALTH BREAK

TBH Conference Rooms A&B
5:00 pm – 7:00 pm

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

Thursday, June 20

MATURE AUDIENCE LUNCHEON

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

“What’s New at TBH,” presented by Tim Buit, Executive VP and CFO of The Bellevue Hospital. Anyone age 55 and older is invited to attend. A lunch fee of \$3. Reservations are requested.
INFO: Ext. 4899



Saturday, June 22

DIABETES REVIEW

TBH East Conference Room
9:00 am – 11:00 am

9-10 am: “Am I Doing Alright with My Daily Diabetes Management?” with instructor Denise Bullion, RN, CDE.
10-11 am: “Convenience Cooking,” with instructor Patti Keller, RD, LD, CDE.
INFO: Ext. 4303

Wednesday, June 26

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 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. 4387



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

SUPPORT GROUPS

Monday, June 3

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

Tuesday, June 4

M.O.M.S.

TBH 2nd Floor Conference Room
10:30 am – 11:30 am

All new mothers and their babies welcome. Discussion topics include feeding/nursing issues and sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program. Meetings are free.
INFO: Ext. 4611

Tuesday, June 11

DIABETES

TBH East Conference Room
12:30 pm – 1:30 pm

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

TBH Awards Millennium Scholarship to Local Student



Some high school graduates receive scholarships for academics. Others might get a full-ride to college for athletics. For one Bellevue High School senior, her scholarship was given to her because she was born at the right time and place.

Alexandra (Alex) Frazier, who will be graduating from Bellevue High School on Saturday, June 1, was officially presented The Bellevue Hospital's Millennium Scholarship during the high school's Red & White Honors Assembly on Thursday, May 16.

The Millennium Scholarship was initially awarded on Feb. 17, 2001 as part of the "Class of 2018" millennium celebration to recognize the 401 babies born in The Bellevue Hospital's Family Birthing Center during the year 2000.

On that day, all babies born in The Bellevue Hospital during the year 2000 and their families were invited to the Bellevue High School gymnasium for a chance to win door prizes including the ultimate grand prize—four years of college tuition.

Since she was born at the hospital on Oct. 7, 2000, Alex attended the event with her mom, Malissa, and with 400 to 1 odds she was chosen as the grand-prize winner.

In that same gym, 18 years later, Alex accepted her grand prize in

front of all BHS students. Her parents, Mark and Malissa Frazier, were also in the audience.

As part of the grand prize, 400 credits were awarded to Alex in 2001 through a College Advantage 529 Savings program. Now, this scholarship is equivalent to four years of college tuition and currently estimated at more than \$42,000.

"I am very proud of Alex. She has worked really hard this year and it was gratifying to see her accept this scholarship in front of her peers," her mom said. "It's great to know that Alex has this scholarship available to her."

In high school, Alex plays percussion in band and was second chair in the Honors Band this year. She also is a world history buff. The soon-to-be graduate plans to attend Cleveland State University this fall.

"The Bellevue Hospital is excited that we were able to provide this unique scholarship to Alex," said Michael Winthrop, TBH President and CEO. "On behalf of our hospital, we wish her the best in her future successes at Cleveland State University."



Alexandra Frazier, a Bellevue High School senior, was presented The Bellevue Hospital's Millennium Scholarship by Dennis Sabo, Foundation Director. The scholarship is worth four years of college tuition.



Summer Exercise: Keeping it Cool in Hot Weather Tips from The Bellevue Hospital's Cardiac Rehab Department



The summer heat, especially during exercise, can put extra stress on your heart and lungs. Both the air temperature and exercise itself increases your internal body temperature. To reduce heat and cool your internal temperature, your body automatically begins to circulate more blood through your skin. This process leaves less blood for your muscles, which increases your heart rate.

Most of the time, your skin, blood vessels and perspiration level adjust to the heat. But, if you are exposed to high temperatures or humidity for too long, these natural cooling systems may fail. The result may be a heat-related illness, such as heat cramps, heat exhaustion or heatstroke.

To avoid heat-related illness, keep these basic precautions in mind:

- **Take it slow:** Take it easy when starting an exercise session. As your body adapts to the heat, gradually increase the length and intensity of your workouts.
- **Keep hydrated:** Your body's ability to sweat and cool down depends on staying hydrated. Be sure to drink plenty of water while you're working out.
- **Dress appropriately:** Wear light-weight, loose fitting clothing that promotes sweat evaporation. Avoid dark colors and long-sleeved sweat suits. A light-weight hat can also limit your exposure to the sun.

- **Avoid midday sun:** Exercise in the morning or evening, when it is cooler outdoors.
- **Don't forget sunscreen:** A sunburn decreases your body's ability to cool itself.

You should stop exercising if you begin to experience signs and symptoms of a heat-related illness, such as weakness, dizziness, muscle cramps, nausea and rapid heartbeat. If you suspect a heat-related illness, get out of the heat, drink water, and wet and fan your skin to cool down your internal body temperature. If you don't feel better within 30 minutes, seek medical help.

Regular exercise is important, but don't let your workouts put your health at risk.





Quality Care, Close To Home

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

NON-PROFIT ORG.
U.S. POSTAGE
PAID
BELLEVUE, OH 44811
PERMIT NO. 50

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



Marc Schoen Announced as TBH's Nominee for OHA Award

Marc Schoen, Director of The Bellevue Hospital's Diagnostic Imaging Department, was named nominee for the 2019 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, and routinely goes beyond the call of duty and has overcome odds to succeed.

Marc began his career as a radiologic technologist more than 34 years ago and since then has expanded his skills as a tech and leader. During his 28 years at the hospital, he has served as a radiologic technologist and Director of Diagnostic Imaging.

The hospital staff nominated Schoen for the award with the following information:

"Clinically, Marc is one of the most highly skilled techs I have met," says Patty Semer, VP of Administration. "He has training in X-Ray, nuclear medicine, computed tomography (CT) and magnetic resonance imaging (MRI), understanding the physics behind each modality. He is a researcher and has been instrumental in bringing cutting-edge technology to our patients."

"Marc leads a staff of 33 employees and also plans, organizes and supervises the department's day-to-day and long-term functions. He is a great facilitator and listener. Marc builds his team to be highly functioning and trusts them to do their jobs,"

says Sara Brokaw, VP of Patient Care Services.

According to Peg Natole, Director of Safety and one of Marc's former supervisors, he is dedicated to the hospital and always puts patient-centered care at the forefront of what he does.

Marc's compassion extends beyond the hospital's walls. He is a member of the Immaculate Conception Church and was instrumental in founding the church's "Vision" committee.

For more than 25 years, Marc coached and mentored teens as a volunteer for the Catholic Youth Organization sports leagues. He also was active in spearheading a capital campaign to help with the renovation of Harmon Field (a football field used by Immaculate Conception School in Bellevue.) In 2007, the Harmon Field Renovation Project Group received the Bellevue Chamber of Commerce Distinguished Service Award and Marc accepted the award on the group's behalf.

