



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.



Pulmonary Rehabilitation Improving Life, One Breath at a Time

National Pulmonary Rehabilitation Week is March 10-16. This week, sponsored by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR), celebrates the benefits pulmonary rehabilitation can provide for patients suffering from chronic lung diseases such as COPD, pulmonary fibrosis, asthma and lung cancer.

Pulmonary Rehabilitation Week honors individuals who struggle to overcome shortness of breath and the pulmonary professionals who work every day to alleviate that struggle.

Locally, The Bellevue Hospital (TBH) offers Pulmonary Rehabilitation to help patients with chronic respiratory diseases achieve and maintain a level of independence. Our program provides individuals information about:

- Medications, inhaler use and self-care techniques
- Understanding and using oxygen therapy
- Diet, nutrition and weight management
- Importance of exercise
- Strategies for managing breathing problems

PULMONARY
Rehabilitation
Exercise Your
Right to Breathe

TBH's Cardiac and Pulmonary Rehabilitation program includes a team of health care providers all working together to help people improve their quality of life.

For more information about pulmonary rehabilitation at TBH, dial 419.483.4040, Ext. 4303.

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 March.
INFO: Ext. 6610

Tuesday, March 12

9:00 am - 11:00 am

Bassett's Market, Bellevue

Tuesday, March 19

9:00 am - 11:00 am

Hogue's IGA, Bellevue

Wednesday, March 20

9:00 am - 11:00 am

Millers SuperValu, Clyde

Monday, March 25

8:00 am - 10:00 am

Rec Center, Bellevue

Tuesday, March 26

Noon - 1:00 pm

Senior Center, Bellevue

Thursday, March 28

10:30 am - 11:30 am

Senior Center, Clyde



Monday, March 4 MORNING HEALTH BREAK

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

Free blood pressure and fasting glucose checks; Lipid Panel screening (fasting - \$15), TSH screening (\$20), PSA screening (\$25). Educational literature, a light breakfast and a registered nurse to answer health questions.
INFO: Ext. 6610

Saturday, March 16 DIABETES REVIEW

TBH Conference Rooms A&B
9:00 am - 11:00 am

9:00 - 10:00 am: "Knowing Where to Start," with instructor Denise Bullion, RN, CDE.
10:00 - 11:00 am: "Carbohydrate Management," with instructor Patti Keller, RD, LD, CDE.
INFO: Ext. 4303

Thursday, March 21 MATURE AUDIENCE LUNCHEON

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

"Breathing Better - Tips to Keep Your Lungs Healthy," presented by Lauren Turner, Respiratory Therapist at The Bellevue Hospital. The public is invited to attend. Lunch fee: \$3. Reservations are requested.
INFO: Ext. 4899

SUPPORT GROUPS

Monday, March 4

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 at

dawnrb45@gmail.com

Tuesday, March 5

M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am - 11:30 am

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

Thursday, March 7

SERENITY SEEKERS

TBH Conference Rooms A&B

5:30 pm - 7:00 pm

TBH, in association with Stein Hospice, is sponsoring a free six-week adult bereavement group offering comfort to those who have lost a loved one. Meetings begin on Thursday, March 7 and will continue through April 11.
INFO: Contact Stein Hospice at 419.625.5269

Tuesday, March 12

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 are held quarterly and are free and open to the public.
INFO: Ext. 4303



Tuesday, March 12

DIABETES

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

Topics vary monthly based on group discussion. 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.

The Bellevue Hospital Recognizes Our Medical Staff



Eudora Brown Almond of Georgia is credited with starting the first Doctor's Day Observance on March 30, 1933. The date marks the anniversary of the first use of general anesthesia in surgery. The first National Doctor's Day was celebrated in 1991.

Representing the Medical Staff of The Bellevue Hospital are Medical Staff Officers for 2019. Pictured from left to right are:
Douglas Hoy, M.D., Chairman, Credentials Committee;
Nathan Samsa, D.O., Vice President; Corey Fazio, D.O., President;
and Steven Zieber, M.D., Secretary-Treasurer.
Not pictured: Karen La Salle, M.D., Member-at-Large.

In observance of National Doctor's Day, the Family of The Bellevue Hospital would like to congratulate and thank all of the members of the hospital's active, courtesy, affiliate and honorary medical staff for all they do for their patients, our hospital, and the communities they serve.

Anesthesiology

Samuel Agubosim, M.D.
Gregory Knapinski, M.D.
Robert Kuzel, M.D.

Cardiology

Mark Burket, M.D.
Ehab Eltahawy, M.D.
Blair Grubb, M.D.
Rajesh Gupta, M.D.
Samer Khouri, M.D.
Daniel Kosinski, M.D.
Anil Mathew, M.D.
George Moukarbel, M.D.
Laura Murphy, M.D.
Mujeeb Sheikh, M.D.
Robert Steele, M.D.

Family Medicine

Edward Hemeyer, M.D.
Douglas Hoy, M.D.
Kim Knight, M.D.
Marc Naderer, M.D.
Samuel Ross, M.D.

Gastroenterology

Martin Beerman, M.D.
David Hykes, D.O.

General Surgery

Michael Grillis, D.O.
Philip Hutchison, D.O.
Michael Nill, M.D.

Internal Medicine

Benjamin Ball, D.O.
Charles Valone, D.O.

Neurological Surgery

Azedine Medhkour, M.D.

Neurology

Steven Benedict, M.D.
Nicole Danner, D.O.

Obstetrics & Gynecology

Corey Fazio, D.O.
Andrea Frye Moore, M.D.
Gregory Karasik, M.D.

Oncology

Timothy Adamowicz, D.O.
James Fanning, M.D.
Brian Murphy, M.D.

Ophthalmology

Jonathan Zahler, D.O.

Optometry

Mark Motley, O.D.
Mark Pifer, O.D.

Orthopedic Surgery

James Huddleston, D.O.
George Stepanic, Jr., D.O.

Otolaryngology

Paul Biedenbach, D.O.
Benjamin Murcek, D.O.
Hilary Timmis, Jr., M.D.

Pain Management

Vimal Kumar, M.D.

Pathology

Yilan Chang, M.D., Ph.D.
Robert Crabtree, M.D.
Ana-Tereza Kabira, M.D.
Zejin Liu, M.D., Ph.D.
Martin Rabinowitz, M.D.
Hang Zhou, M.D.

Pediatric Cardiology

Nasser Moiduddin, M.D.
Dingding Xiong, M.D.

Pediatrics

Aml Kelada, M.D.
Karen La Salle, M.D.
Wendy Millis, M.D.
Glen Trippe, M.D.
Paul Wnek, M.D.

Podiatric Surgery

Nicholas Brown, DPM
Coleman Clougherty, DPM
Marc Dolce, DPM
Peter Highlander, DPM
Chris Pensiero, DPM

Pulmonary Medicine

Jeffrey Hammersley, M.D.
Nathan Samsa, D.O.
Mohammad Taleb, M.D.
Youngsook Yoon, M.D.

Radiation Oncology

George Engeler, M.D.
Saju Rajan, M.D.

Radiology

David West, M.D.
Steven Zieber, M.D.

Rheumatology

Robert Haladay, M.D.
Matthew Morrow, M.D.

Urology

Gregory Cook, M.D.
Robert Rice, M.D.
Donald Smith, Jr., M.D.
Patrick Waters, M.D.

Vascular Surgery

Jihad Abbas, M.D.
Munier Nazzal, M.D.

Emergency Medicine

Christopher Fridrich, M.D.
David Green, M.D.
Jack Hay, D.O.
Saulius Ivanauskas, M.D.
Jeffery Katko, M.D.
Waseem Khawaja, M.D.
Erin Kurtz, D.O.
Quang Le, M.D.
Toney Le, D.O.
Melissa Marker, D.O.
Daryl Parker, M.D.
Jeffrey Pay, D.O.
Stephen Reineck, D.O.
David Rickson, M.D.
Christopher Roberts, M.D.
Lori Sargeant, M.D.
Mark Smith, M.D.
Maria Strus, M.D.
Deborah Wilson, M.D.

Honorary Staff

Theodore Ball, M.D.
Joseph Colizoli, M.D.
Richard Judkins, M.D.
Patricia Kaine, M.D.
Larry Von Kuster, M.D.
Peter White, M.D.

Affiliate Staff

Brendan Bauer, M.D.
William Bauer, M.D.
Marcia Braun, M.D.
Abigail Chudzinski, D.O.
Jenneth Collins, O.D.
David Girvin, D.O.
Daniel Herring, D.O.
Charles House Sr., D.O.
Fredric Itzkowitz, D.O.
James Kasten, M.D.
Paul Laffay, D.O.
Max Pavlock, D.O.
Albert Vargas, M.D.
Barry Zadeh, M.D.



THE BELLEVUE HOSPITAL
Quality Care, Close To Home



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



When accidents happen with chemicals, medicine or household items, contact the American Association of Poison Control Center to get help, by calling

1.800.222.1222

Visit www.poisonhelp.hrsa.gov
for tips about poison prevention

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

“Is Your Heart Set on a Vette?” Grand Prize Winner Announced

The Bellevue Hospital Foundation made Valentine’s Day a memorable experience for Heather Coleman of Valparaiso, Indiana. Coleman’s ticket #1055 was drawn and she was named the grand prize winner in the 9th annual “Is Your Heart Set on a Vette” Corvette Raffle.

As the grand prize winner, Coleman has her choice of a brand new 2019 Corvette plus \$40,000, or \$100,000 in cash.

Four runner-up winners each received cash prizes including: Dan Sharp, Dayton, Ohio, \$2,019; Kay Tobey, Leesburg, Florida, \$1,917; Thomas Herrmann, Saint Johns, Michigan, \$1,500; and Kathryn Campbell, Brentwood, Tennessee, \$1,000.

“We wish to congratulate Heather and the other four winners,” said Michael K. Winthrop, President and CEO of The Bellevue Hospital (TBH). “We kicked-off this raffle in September of 2018 and we accomplished our goal of selling all 2,019 tickets by November 20, 2018.” Continued Winthrop, “For us, this made the raffle highly successful. It was important for us to sell and run this raffle in the right way and it was a great effort from our Foundation, Accounting Department, Marketing Department, and numerous volunteers.”

The accounting firm of Cook, Smith & Company, CPA of Bellevue, verified that all tickets were properly filled out and placed in the locked barrel prior to the drawing. Tickets were sold to people in 47 different U.S. states and in Canada, noted Dennis Sabo, TBH Foundation Director. “I would like to personally thank Gary Steinle of Steinle Chevrolet-Buick in Clyde who co-sponsored the event.



The Bellevue Hospital Foundation announced its grand prize winner in the 2019 “Is Your Heart Set on a Vette?” Corvette raffle. From left: Kevin Strecker, Mayor for the City of Bellevue; Michael K. Winthrop, President & CEO of The Bellevue Hospital; and Dennis Sabo, Director of The Bellevue Hospital Foundation.

Also, thanks to Bill and Scott Brugnone at the Bellevue Beverage Center, the Fremont Steinle location, the hospital Gift Shop staff, Craig Stahl at Lake Shore Graphics in Sandusky, TBH employees, and Foundation Board members for all the support. We could not have accomplished this massive project without all their help.”

The 2020 Corvette Raffle will kick-off with Early Bird specials in September, 2019. If you are not a previous ticket purchaser, and would like to join the mailing list for next year’s raffle, visit www.vetteraffle.com. A total of 2,020 tickets will be sold at \$100 each with the grand prize structure remaining the same.