

HEALTHnews

THE BELLEVUE HOSPITAL



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Quality Care, Close To Home

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.

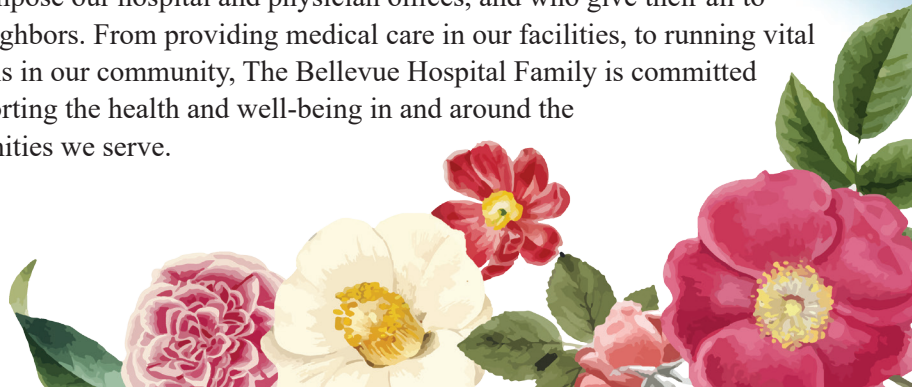


NATIONAL HOSPITAL WEEK IS MAY 12-18, 2019



CELEBRATING HOPE AND HEALING

This year's National Hospital Week is May 12 - 18. We at The Bellevue Hospital are invested in "Celebrating Hope and Healing" every day of every year. This month, we hope you join us in thanking the many hardworking individuals who compose our hospital and physician offices, and who give their all to their neighbors. From providing medical care in our facilities, to running vital programs in our community, The Bellevue Hospital Family is committed to supporting the health and well-being in and around the communities we serve.



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 May.
INFO: Ext. 6610

Tuesday, May 14

9:00 am - 11:00 am

Bassett's Market, Bellevue

Wednesday, May 15

9:00 am - 11:00 am

Miller's SuperValu, Clyde

Monday, May 20

8:00 am - 10:00 am

Rec Center, Bellevue

Tuesday, May 21

9:00 am - 11:00 am

Hogue's IGA, Bellevue

Thursday, May 23

10:30 am - 11:30 am

Senior Center, Clyde

Tuesday, May 28

Noon - 1:00 pm

Senior Center, Bellevue

Thursday, May 2, 9 & 16

CHILDBIRTH

PREPAREDNESS

LAMAZE CLASSES

TBH Conference Rooms A&B

6:00 pm - 9:00 pm

Prepares expectant parents for a positive birth experience. Topics include stages of labor, progressive relaxation, breathing techniques, medication uses, nutrition and anatomy. Includes tour of the Family Birthing Center. Must attend all three Thursday sessions. Fee of \$30.
INFO: Ext. 3067

Monday, May 6

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, May 11

33RD ANNUAL KIWANIS BLOOD ANALYSIS PROGRAM

Main (South) Entrance

6:30 am - 11:30 am

14-Hour fasting (water is okay), blood analysis, blood pressure checks, health displays and information. Free continental breakfast. The Kiwanis Blood Analysis is to establish baseline lab values and identify health risks. Fee of \$60. Cash, checks, major credit and HSA cards accepted.

Appointments may be scheduled April 29 - May 3.
INFO: Ext. 4326

Thursday, May 16

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue

11:30 am - 1:00 pm

"Safer Spring Gardening," presented by Jan Phillips, Master Gardener. The public is invited to attend. Lunch fee is \$3.
Reservations are requested.
INFO: Ext. 4899

Wednesday, May 22

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.

Thursday, May 23

BREASTFEEDING BASICS CLASS

TBH Conference Room A

6:00 pm - 8:00 pm

Expectant mothers welcome. Discussion includes information on basic anatomy, milk production, benefits, best practices and going back to work. Fee of \$10.
INFO: Ext. 3067

SUPPORT GROUPS

Monday, May 6

GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor

6:00 pm - 7:00 pm

Support group provides resources, compassion and understanding for individuals and families who have lost a loved one as a result of substance use or addiction. Meetings are free.
INFO: Contact GRASP Support Group Facilitator: Dawn Bova at dawnrb45@gmail.com

Tuesday, May 7

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

Tuesday, May 14

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

Tuesday, March 14

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 free and open to public.
INFO: Ext. 4303

Tuesday, May 14

REIKI & NATURAL HEALING

TBH Administrative Conference Room

6:00 pm - 8:00 pm

Reiki and Natural Healing sessions presented by Patricia Zilles, Reiki Practitioner. Topics vary by month based on group discussion. Reiki sessions are free and open to the public. For additional information, contact Patricia Zilles at 567.314.0315.

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

Safer Spring Gardening

Tips from The Bellevue Hospital's Rehabilitation Department

Spring has finally sprung and it's time to start thinking about getting outside and working in the garden or yard. It's easy to get carried away with yardwork this time of year, but keeping proper body mechanics in mind while you work will help prevent injury this season. The following are tips from The Bellevue Hospital's (TBH) Rehabilitation Services Department for safer spring gardening:

- **Warm-up prior to yardwork** - The biggest mistake people make is going all in on the first nice weekend and trying to do too much, especially after a long winter of hibernation. Rather than jumping right in, take a few minutes to stretch out your arms, legs and back to prevent the possibility of pulling a muscle.
- **Work smarter, not harder** - Instead of weeding or grooming the entire yard all at once, do it in sections over a few days or weekends. Make a list and set goals of getting one area of weeding/trimming/planting done at a time. If you need to get it done in one day, remember to take rest breaks and change body positions often. Mix up the standing, bending and kneeling so your body uses different muscle groups and reduces prolonged stress on your back.

- **Pick the right tools** - Having a variety of tools such as knee pads or a piece of foam for kneeling, wheel barrow or rolling caddies, gardening gloves and sharpened pruning tools makes the job easier and helps prevent strain from improvising.
- **Lift with your legs** - If you do have to lift, always remember to lift with your legs! Back injuries are often caused by poor body mechanics and moving too quickly. If lifting brush from the ground or a wheel barrow, bend at your knees and not at your waist. Keep the load close to your body when picking it up or setting it down.

If an injury does occur, contact your family physician right away. Physical therapy may be recommended to help reduce pain and get you back to your daily activities quickly.

If you feel as though you have pre-existing balance or pain problems, contact TBH's Rehabilitation Services Department at 419.483.4040, Ext. 4279 to schedule a free balance or pain screening.



Live Life... Breathe Easy



Nathan Samsa, D.O.
Board certified in Pulmonary Medicine

Provides outpatient services and management for:

- Asthma
- Chronic Obstructive Pulmonary Disease (COPD)
- Emphysema
- Other Lung Diseases

NEW LOCATION!

**Next Day
Appointments
Available**

419.484.5940



Quality Care, Close To Home

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

NON-PROFIT ORG.
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PERMIT NO. 50



Not sleeping well?

Our Sleep Disorders Center can help diagnose and treat various types of sleep disorders.

**For more information, call
419.483.4040, Ext. 5494.**

*****ECRWSSSEDDM*****
POSTAL CUSTOMER

Couch-To-5K Program

The Bellevue Hospital (TBH) and the Bellevue Anytime Fitness are encouraging you to get up and get moving with a Couch-to-5K Program. The nine-week training plan is free, and will prepare participants for a 5K Race, whether it is their first time or they want to get back into racing.

Participants will meet at TBH's Wellness and Walking Trail once a week, on Tuesdays. Training will consist of 3 workouts per week, with one scheduled as a group meeting.

Open Registration: April 15 – May 14, 2019

Informational Meeting: May 15, 2019 at 6:00 p.m.
Burson Conference Room at TBH

Additional Program Dates: Tuesdays, May 21 – July 16, 2019
from 6:00 – 7:00 p.m.; TBH's Wellness and Walking Trail

Final Race: Dr. D. Ross Irons 5K Memorial Run/Walk
Friday, July 27, 2019 at 7:00 p.m.
at Bellevue's Central Park.
(A rain date is set for July 28, 2019 at 7:00 p.m.)

Race Fee is \$25 with all proceeds to benefit The Bellevue Hospital Mammography Fund.

Prizes will be awarded to participants based on the number of meetings attended and the completion of the Dr. D. Ross Irons 5K.

**Register by calling The Bellevue Hospital
at 419.483.4040, Ext. 4625
or emailing martino@bellevuehospital.com.**

