



National Hospital Week is May 8 - 14, 2022



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

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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.



This year's National Hospital Week will be celebrated from May 8-14. In recognition of National Hospital Week, we extend our sincerest gratitude to our entire hospital Family.

The Bellevue Hospital would like to thank our employees, physicians and volunteers for all you do, every day, for our patients and visitors. Your commitment and contributions to the health and well-being of our community are deserving of celebration.

Thank you for your ongoing compassion and your dedication to continue providing *Quality Care, Close to Home*.



Great Lakes Addiction Services Transitions to Talbot Health Services

The Bellevue Hospital (TBH) recently announced Great Lakes Addiction Services will transition patients to Talbot Health Services, a provider of alcohol and drug prevention, education, driver intervention programming, and substance use disorder and mental health treatment in Northwest Ohio for nearly 10 years.

Great Lakes Addiction Services, 420 W. McPherson Highway in Clyde, has offered local residents outpatient treatment options for substance use disorder for more than five years. As part of the transition, Talbot Health Services plans to open a satellite office in this space. Talbot also operates treatment sites in Toledo, Mansfield, and Chillicothe.

“Through this collaboration with Talbot Health Services, our residents will have expanded addiction services and mental health treatment options close to home,” said Timothy A. Buit, TBH’s president and chief executive officer. “We welcome Talbot to our area and will work with them to ensure a smooth transition as they become a part of our community and a valuable resource to those residents suffering from addiction.”

This transition will happen in various stages over several months. The timeline includes:

- In April, Talbot Health Services began offering medication assisted treatment and mental health services to patients at the Clyde location. Initially, this will be offered through telehealth, and shortly thereafter, in person.
- In May/June, all Great Lakes Addiction patients will need an assessment with a Talbot staff member to become Talbot clients as part of this transition. By the end of June, Talbot will manage all addiction and mental health services in the Clyde office.
- All providers currently providing addiction services, including Douglas Hoy, M.D.; Dawn Bova, NP-C and

Pamela Cramer, CNP, will continue to provide these services as part of the Talbot team.

“Many of the staff and providers from Great Lakes Addiction Services will transition with us and this will assist us in providing continuity of care that continues to be desperately needed,” said Matt Rizzo, CEO, Talbot Health Services. “We are excited to offer an expanded treatment program to existing and new clients to aid in their journey to recovery.”

“Talbot Health Services offers people struggling with alcoholism, drug addiction, and mental health concerns the opportunity to reclaim their life, their family, and their future by providing quality behavioral healthcare that works.”

Services will include:

- Assessment
- Medication Assisted Treatment
- Individual and Group Counseling
- Case Management Services
- Psychiatry
- Telehealth appointments
- An improved Electronic Health Record including a client portal for updating information and checking in, which will free up staff time to spend more time with clients.



For more information on Talbot Health Services, visit www.talbothealthservices.com or call the Clyde office at 419.484.5949.



Serenity Seekers Support Group Available Online

The death of a loved one can naturally cause individuals to enter new seasons with apprehension and mixed emotions. The Stein Hospice Bereavement Department is hosting an upcoming six-week adult support group to offer comfort to those who have suffered the loss of an adult loved one.

The support group will meet virtually online beginning on Wednesday, May 4 from 5:30 – 7 p.m. and will continue to meet for the following five Wednesdays, also from 5:30 – 7 p.m. Stein Hospice staff members will conduct the meetings which are free of charge for all participants.

The sessions will focus on helping the bereaved understand and move forward in the grief process by facilitating their expression and identification of thoughts and feelings; identifying, developing

and utilizing healthy coping mechanisms; helping with problem solving around adjustment issues; addressing emotional, cognitive, physical, social and spiritual grief reactions and concerns; and assisting the bereaved to adapt to an environment without the deceased with guidance to experience a transformed relationship with them.

For additional information or to register for the six-week session, contact Stein Hospice at 419.625.5269 or email kfaylor@steinhospice.org.

Participants will be sent a meeting link where they can join the group via email before each class session.



Gardening Tips to Keep You Healthy While Enjoying Your Hobby

From The Bellevue Hospital's Rehabilitation Department

The sun is shining, the birds are chirping and it's time to start thinking about prepping your yard and garden for this upcoming season. It is easy to feel overwhelmed and get carried away with the amount of yardwork that needs to be done this time of year, but keeping proper body mechanics in mind while you work will help you prevent injury this season.

- **Scan for hazards first** – Before you get started working in your yard or garden, look around for uneven surfaces, sidewalk cracks and other tripping hazards such as gardening tools or a water hose. Clear your path first before carrying tools, plants or soil to your gardening area.
- **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 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. If you do have to do some heavy lifting, remember to lift with your legs and not 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.

- **Set a timer** – Carefully consider the amount of time you can dedicate to the task without becoming too sore or fatigued. A good rule-of-thumb is to set a timer working in 60-90 minute shifts with at least 15 minutes of rest, water and a snack to help prevent overexertion and dehydration.
- **Consider alternate planting options** – If you have mobility issues, consider using raised garden beds to decrease stooping and bending over which can put a lot of stress on your spine and lower back. Or, use indoor window boxes that you can plant herbs or annuals in and tend to from the comfort of home.

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.

Don't Let Arthritis Pain Hold You Back: SPRING Into Action This Season

May is recognized each year as National Arthritis Awareness month. According to the Centers for Disease Control and Prevention, over 32 million Americans suffer from osteoarthritis. Osteoarthritis, also known as degenerative joint disease, is most common in individuals over the age of 45, but it can affect many people. Osteoarthritis commonly impacts the larger, weight bearing joints within your body, such as the knees, hips, and ankles. Although many Americans suffer from osteoarthritis, many may not realize the cause of their pain.

Here are some common warning signs to watch for:

- Early morning stiffness
- Frequent pain or tenderness in any joint
- Inability to move a joint normally
- Grating, grinding, and cracking in joints
- Back or neck pain

Most patients who have osteoarthritis manage their pain through exercise and over-the-counter pain relievers.

The Bellevue Hospital's Pain Management team, including Vimal Kumar, M.D., Darin Scibner, D.O. and Jill Solis, FNP-C, are trained to develop balanced treatment plans to help get you back to your daily life activities.

If you are suffering from long-term pain that you suspect is related to osteoarthritis, ask your physician about a referral to the Pain Management Center.

**To learn more, call 419.484.5903
or visit bellevuehospital.com.**



Quality Care, Close To Home

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Wednesday, May 18 • 10 a.m. – 3 p.m.
Bellevue VFW
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Must be at least 17 years old.

Call 1-800-Red-Cross or visit
www.redcrossblood.org and enter
code BELLEVUEHOSP to register.



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

We Are Hiring! Join us for our Career Fair!

The Bellevue Hospital (TBH) will be hosting a Career Fair on Wednesday, May 11 from 2 to 4 p.m. outside the hospital's South Main Entrance door at the 1400 W. Main St. location.

This event is free and open to the public. TBH is currently hiring for full- and part-time clinical and non-clinical positions. Interested participants should bring a current resume to the event. On-site interviews will take place for available positions. Sweets on the Street Mobile Bakery also will be available for attendees to enjoy a free dessert.

For more information about employment at TBH or to see a list of current job openings, visit bellevuehospital.com/career-opportunities.



Scan here!

