



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

October is Breast Cancer Awareness Month

Breast cancer is the most common type of cancer among women. Early detection is key to surviving the disease. The Bellevue Hospital wants to remind you to schedule your mammogram. Mammogram screenings may be conveniently scheduled at two locations:

- **The Bellevue Hospital**
1400 West Main Street, Bellevue
- **The Fultz Medical Center for Women's Health**
1005 W. McPherson Hwy., Clyde

Appointments are Required.
419.483.4040, Ext. 4326

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HEALTHnews

THE BELLEVUE HOSPITAL

October 2016



100th Anniversary Celebration Is Your Heart Set On A Vette?

OTHER PRIZES:

- 2nd Prize: \$2,017
- 3rd Prize: \$1,917
- 4th Prize: \$1,500
- 5th Prize: \$1,000
- 6th Prize: \$500

Early Bird Drawings!

- Nov. 7 - \$1,000
- Dec. 6 - \$750
- Jan. 6 - \$500
- Feb. 6 - \$250

\$100 PER TICKET

DRAWING MARCH 4, 2017

**\$100,000 GRAND PRIZE OR
A NEW CORVETTE PLUS \$40,000**

100th Anniversary Celebration Is Your Heart Set On A Vette?

www.VetteRaffle.com
Additional Information: 800.850.5528

The Bellevue Hospital
CAR RAFFLE
In cooperation with Steinle Chevrolet-Buick
1917-2017

Name: _____

Address: _____

City/State/Zip: _____

Phone (Day): _____

(Email): _____

Mail to: The Bellevue Hospital Foundation
1400 West Main Street
Bellevue, Ohio 44811-8004

Method of Payment:

- ☐ Check - Payable to:
The Bellevue Hospital Foundation
- ☐ MasterCard ☐ Visa ☐ Discover
- ☐ On-line @ www.VetteRaffle.com

Acct. #: _____

Exp. Date: _____ 3 Digit Code: _____

Cardholder Name: _____

Number of Tickets

@ \$100 Each: _____

Total Enclosed: \$ _____

E-News

Only 1,917
Tickets to
be sold!



*The Bellevue Hospital offers ongoing
programs, events and services.*

*Please enjoy our **HEALTHnews**
to help keep you informed.*



*We welcome you to join us on our Facebook page and visit our website at
www.bellevuehospital.com. Inside we offer you our upcoming events and programs.
Please contact the Marketing department at 419.483.4040, Ext. 4899 with any questions.*

1400 WEST MAIN STREET • BELLEVUE, OHIO • WWW.BELLEVUEHOSPITAL.COM

TBH is Looking For Your Best Recipes!

Recipe

In recognition of The Bellevue Hospital's 100th Anniversary Celebration in 2017, the hospital will be publishing and selling a Centennial Cookbook.

We are asking TBH employees, volunteers, community members, family and friends to submit your best recipes to be included in the cookbook.

Recipes may be dropped off at the hospital's lobby desk, gift shop, or mailed to: The Bellevue Hospital Gift Shop, 1400 W. Main St., Bellevue, OH 44811.

The hospital will be collecting recipes through December 31, 2016.

Please include all ingredients, specific directions, and your name for each recipe submitted. Your name will be printed next to your recipe submission.

Contact Nancy Nickoli, TBH Gift Shop Manager, at 419.483.4040, Ext. 4408 if you have any questions.

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

Reference the Extension numbers below:



COMMUNITY HEALTH PROGRAMS

GLUCOSE, BLOOD PRESSURE CHECKS

Free community screenings
offered in October.
INFO: Ext. 6610

October 11

9:00 am-11:00 am
Bassett's Market, Bellevue

October 18

9:00 am-11:00 am
Hogue's IGA, Bellevue

October 24

8:00 am-10:00 am
Rec Center, Bellevue

October 25

Noon-1:00 pm
Senior Center, Bellevue

October 27

10:30 am-11:30 am
Senior Center, Clyde

*Healthy
Awareness*

October 3

MORNING HEALTH BREAK

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

Free blood pressure and fasting
glucose checks; fasting
cholesterol checks (\$10); thyroid
screening (\$20); prostate
screening (\$25). Educational
literature, a light breakfast and a
registered nurse to answer
questions about health.
INFO: Ext. 6610

October 20

MATURE AUDIENCE LUNCHEON

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

Vein and Body Specialist, John
Edwards, RN, RVT will be
presenting. The public is invited
to attend. A lunch fee of \$3.
Reservations are requested.
INFO: Ext. 4899

October 25

YOGA FITNESS CLASSES

Knights of Columbus Hall
816 Monroe St., Bellevue
5:30 pm - 6:30 pm

Classes are a series of six sessions
on Tuesdays and Wednesdays.
Fee is \$20 for six classes from
Oct. 25 through Nov. 30.
Co-sponsored by the Bellevue
Recreation Department.
INFO: Ext. 4206

October 6

LAMAZE PREPARED CHILDBIRTH COURSE

TBH Conference Room A&B
6:00 pm - 8:30 pm

This five-week course prepares
expectant parents for a positive
birth experience. Topics include
stages of labor, progressive
relaxation, breathing techniques,
medication uses, nutrition,
weight gain and anatomy. The
group will also tour the Family
Birthing Center. A fee of \$30
will be charged.
INFO: Ext. 3067

October 18

EVENING HEALTH BREAK

TBH Conference Room A&B
5:00 pm - 7:00 pm

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

*Information on TBH
screenings, programs and
events may also be found
on our website at
www.bellevuehospital.com,
and on The Bellevue
Hospital Facebook page.*

SUPPORT GROUPS

October 4

M.O.M.S.

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

All new mothers and their babies
are welcome. Discussion
includes topics such as
feeding/nursing issues and sleep
habits. Co-sponsored by The
Breastfeeding Coalition of
Sandusky County and the
Sandusky County WIC Program.
INFO: Ext. 4363

October 11

DIABETES

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

"Carbohydrate Counting,"
presented by Patti Keller, RD,
CDE. The support group is free
and open to the public.
INFO: Ext. 4303

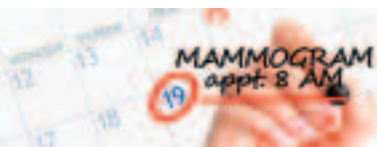
October 11

REIKI

TBH Conference Rooms A&B
6:00 pm - 8:00 pm

Topic will be "Universal Laws."
Reiki sessions are free and open
to the public and nurses who are
Reiki practitioners.
**INFO: Contact Patricia Zilles
at 419.355.1283.**

Healthy Action



TBH Helps Combat Local Food Insecurity

According to Feeding America, 1 in 7 Americans struggle with
hunger. Food insecurity exists in nearly every community in the
United States, including our own.

TBH has put into place a few programs to help combat local
food insecurity. Six years ago, The Bellevue Hospital Community
Garden was started. With the hard work and dedication from over
60 active TBH employees and volunteers, and the expert advice
from Huron County Master Gardeners, the garden has grown
significantly in size and produce yield. The garden started as a 12'
x 24' plot, and is now 100' x 100' in size.

All produce harvested from the garden is donated to Bellevue
and Clyde food banks to help feed local families.

"So far in the 2016 growing season, over 1,205 pounds of
produce has been harvested from the garden and donated," noted
Patti Keller, RD, LD, CDE, with TBH's Dietary Department.

Produce donated include items such as onions, radishes,
cucumbers, green/wax beans, peppers, broccoli, eggplant, lettuce,
kale, chard and spinach.

"Access to healthy food options is often limited for individuals
with lower income, or individuals in need. The produce we donate
gives access to healthier food choices and introduces individuals to
potentially new foods to try," continued Keller.

Besides the Community Garden, TBH also donates frozen box
lunches to the Clyde Food Pantry and Bellevue's Fish and Loaves
Food Pantry. For 2016, the hospital has been able to provide
nearly 1,600 frozen meals to families in need.



*Huron County Master Gardeners, including Dot
Herman, Kay Hartz, Bob Beck, Jan Phillips and Mary
Schwarzentraub, volunteer their time to help with
The Bellevue Hospital Community Garden project.*

TBH Offers Seasonal Flu Shot Clinics

The Bellevue Hospital is offering seasonal flu shots for anyone ages 18-64.
The cost is \$29 for the regular vaccine. A high-dose vaccine for ages 65 and older
is \$63. The shots will be fully covered for those with Medicare Part B or
Medicare Advantage cards only. Those who are eligible must present their
Medicare Part B/Medicare Advantage card prior to receiving their flu shot. No
Medicaid or private insurance will be accepted to cover the cost of seasonal flu
shots. Cash, check or Medicare Part B/Medicare Advantage Cards only.

The schedule includes:

- Oct. 19 3:00 - 5:00 p.m. TBH Burson Conference Rooms A&B
- Oct. 21 9:00 - 10:30 a.m. St. Paul's Lutheran Church, Clyde
- Oct. 25 9:00 - 11:00 a.m. TBH Burson Conference Rooms A&B

The flu vaccine does not cause the flu and pregnant women should consult
their doctor before receiving the seasonal flu shot. Also, anyone who is allergic
to eggs should not receive the vaccine. **INFO: Ext. 6610.**

