



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

The Bellevue Hospital, The Hospital Council of N.W. Ohio
and the Northwest Ohio Affiliate of Susan G. Komen
are pleased to offer...



20 Free Mammogram Screenings

Appointments:

Feb. 7, 2017 • 2 - 6:30 pm

The Bellevue Hospital
1400 West Main Street, Bellevue

Feb. 14, 2017 • 9:30 am-3 pm

The Fultz Medical Center for Women's Health
1005 W. McPherson Hwy., Clyde

Appointments Required.
419.483.4040 Ext. 4326



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



The Wound Reconstruction Center of The Bellevue Hospital Opens

The Bellevue Hospital is offering a new service. The Wound Reconstruction Center is now seeing and accepting new patients. The Center offers comprehensive wound treatment options, including both surgical and non-surgical treatments for chronic, non-healing wounds related to:

- Diabetes
- Vascular disease
- Pressure ulcers
- Bone infections
- Surgery

Peter Highlander, DPM, MS serves as the Medical Director for the Wound Reconstruction Center. Dr. Highlander received is Doctor of Podiatric Medicine from Barry University in Miami Shores, Florida, and completed his Reconstructive Foot & Ankle Surgery residency at the University of Pittsburgh Medical Center. He offers advanced treatment and preventative options for lower extremity wounds with a special interest in deformity correction and soft tissue coverage for non-healing wounds.

Physician referrals are not needed to schedule an appointment with the Wound Reconstruction Center of The Bellevue Hospital. For more information, or to schedule an appointment, contact the office staff at 419.484.5965.



Peter Highlander, DPM, MS
Medical Director
419.483.5964



Please enjoy our Health-ENews 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.



February is National Heart Month
A Note from TBH's Cardiac Rehabilitation Department

Cardiac Rehabilitation is an individualized and personalized treatment plan typically including an evaluation, physical activity instructions, and nutrition and stress management education.

Cardiac Rehabilitation is for individuals with the following diagnoses:

- Heart Attack
- Angina
- Cardiac surgery, such as coronary bypass or valve surgery
- Coronary artery angioplasty or stents
- Heart failure
- Heart transplantation

According to the American Association of Cardiovascular and Pulmonary Rehabilitation, studies have shown people completing a cardiac rehabilitation program may increase their life expectancy by up to five years. Other benefits of cardiac rehabilitation include:

- Lessens your chances for another heart attack
- Helps control heart disease symptoms such as shortness of breath
- Stops or reverses damage to your blood vessels in your heart
- Improves your stamina and strength
- Improves your confidence and well-being.

If you have any questions about Cardiac Rehabilitation, contact TBH's Cardiac Rehabilitation Department at 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 & Republic: 419.639.2065

Extension numbers listed below:

COMMUNITY HEALTH PROGRAMS

FASTING GLUCOSE TESTS AND BLOOD PRESSURE CHECKS

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

February 13

9:30 am-11:30 am

Medicine Shoppe, Bellevue

February 14

9:00 am-11:00 am

Bassett's Market, Bellevue

February 21

9:00 am-11:00 am

Hogue's IGA, Bellevue

February 23

10:30 am-11:30 am

Senior Center, Clyde

February 27

8:00 am-10:00 am

Rec Center, Bellevue

February 28

Noon-1:00 pm

Senior Center, Bellevue

February 2

SIBLINGS EDUCATION CLASS

TBH 2nd Floor Conference Room
6:00 pm - 7:30 pm

Expectant brothers and sisters, ages 2 and over, learn what to expect from a new baby. Siblings make a present for new baby and tour the Family Birthing Center. Refreshments served. (\$5 per child, maximum \$10 per family.)
INFO: Ext. 3067

February 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

February 9

BREASTFEEDING BASICS

TBH Conference Room A
6:00 pm - 8:00 pm

Expectant mothers' questions on nutritional benefits and techniques of breastfeeding will be answered. Fee of \$10. INFO: Ext. 3067

February 11

DIABETES REVIEW

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

9-10 am: Diabetes Update & Review with instructor Denise Bullion, RN, CDE.

10-11 am: Portion Control & Carbohydrate Counting with instructor Patti Keller, RD, LD, CDE. INFO: Ext. 4303

February 16

MATURE AUDIENCE LUNCHEON

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

"Heart Health", presented by Denise Bullion, RN, CDE. The public is invited to attend. A lunch fee of \$3. Reservations are requested. INFO: Ext. 4899

February 20

BABYSITTING BASICS CLASS

TBH Conference Rooms A&B
8:00 am - 4:00 pm

For children 11 years and older. Lunch will be served. (\$25) Reservations required.
INFO: Ext. 4326

February 21

EVENING HEALTH BREAK

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

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

February 21

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 Feb. 21 through Mar. 29. Co-sponsored by the Bellevue Recreation Dept.
INFO: Ext. 4206

February 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 accepted. Schedule appointment at 1-800-Red-Cross, or visit www.redcrossblood.org, enter sponsor code BELLEVUEHOSP.

SUPPORT GROUPS

February 7

M.O.M.S.

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

All new mothers and babies welcome. Discussion of 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

February 7

REIKI

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

Topic: "Inner Peace/Meditation Techniques." Free and open to the public.

INFO: Contact Patricia Zilles at 419.355.1283

February 14

DIABETES

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

"Heart Disease and Diabetes," presented by Denise Bullion, RN, CDE. Free and open to the public.
INFO: Ext. 4303

February 21

CARDIAC

TBH Conference Rooms A&B
3:00 pm - 4:00 pm

"Thriving and Surviving after Heart Problems," presented by Denise Bullion, RN, CDE. Free and open to the public.
INFO: Ext. 4303

Information on TBH screenings, programs and events may be found on our website: www.bellevuehospital.com and TBH Facebook page.

A CENTENNIAL TO RECOGNIZE 100 YEARS

Gala 1917 2017 Event

THE BELLEVUE HOSPITAL

JOIN US FOR A NIGHT OF MUSIC, FINE DINING AND DANCING TO CELEBRATE

"A CENTURY OF CARING."

FEBRUARY 25, 2017

SAWMILL CREEK RESORT
400 SAWMILL CREEK RD., HURON

\$100 PER INDIVIDUAL OR
\$150 FOR INDIVIDUAL & ONE GUEST

RSVP REQUIRED BY FEBRUARY 15
FOR MORE INFORMATION CALL 419.483.4040, EXT. 4319

6:30 PM - GALA EVENT DOORS OPEN
7:30 PM - DINNER

SEMI-FORMAL ATTIRE • SILENT AUCTION • HORS D'OEUVRES

Harkness Legacy Fund \$1,000

- All benefits and Privileges of a Club 1917 Membership
- Name recognition on permanent plaque in the Hospital
- Special 100th Anniversary Gift
- Two complimentary tickets to the Centennial Gala Event and exclusive invitation to a Private Cocktail Hour

Centennial Gala Event Tickets

Individual \$100
OR
Individual & One Guest \$150

TOTAL \$ _____

Method of Payment:

- Cash
 Check
 American Express
 MasterCard
 Visa
 Discover

Name: _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Credit Card Information:

Acct. #: _____ Exp. Date: _____ 3 Digit Code: _____

(from back of card)

Cardholder Name: _____ Signature: _____

Mail to: The Bellevue Hospital Foundation, 1400 W. Main St., Bellevue, Ohio 44811