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health*news*
THE BELLEVUE HOSPITAL

March 2017



Local Couch to 5K Program Offered

Registration:

March 1st - April 3rd

To Register:

419.483.5555
www.bellevuerec.com

The Bellevue Hospital, the Bellevue Recreation Department, and Huron Public Health are encouraging individuals to get up and get moving with a free Couch to 5K Program. The nine-week training plan will prepare participants for a 5K race, whether it is their first time or they want to get back into racing.

Registration begins on March 1 and will continue through April 3. To register, visit www.bellevuerec.com or call 419.483.5555.

An introductory meeting will be held on **April 11, 2017** at 6:00 p.m. in Burson Conference Room at The Bellevue Hospital. Additional programs will be held on Tuesdays from 6:00-7:00 p.m. from **April 18 - June 13**

at various locations. A schedule of those meetings will be given to participants at the introductory meeting.

The program will conclude with the Dr. D. Ross Irons 5K Memorial Run/Walk on **Friday, June 23**, 7:00 p.m. at the Bellevue High School Track. The memorial 5K is held in collaboration with Bellevue Community Days. The pre-entry registration fee is \$25, with all proceeds to benefit The Bellevue Hospital Mammography Fund.

All Proceeds Benefit
TBH Mammography Fund
5K Run/Walk



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.



POISON **PREVENTION**

According to the American Association of Poison Control Centers, poisoning is the #1 cause of injury-related death in the U.S. The third week in March each year is designated as National Poison Prevention Week. When accidents happen with chemicals, medicine, or household items, contact the Poison Control Center by calling: **1.800.222.1222**.



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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 health screenings offered in March.
INFO: Ext. 6610

March 14

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

March 21

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

March 22

9:00 am-11:00 am
Miller's SuperValu, Clyde

March 23

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

March 27

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

March 28

Noon-1:00 pm
Senior Center, Bellevue

March 6

MORNING HEALTH BREAK

TBH Conference Rooms A&B

8:00 am - 11:00 am

Free blood pressure and fasting glucose checks; lipid panel screening (\$15). Educational literature, a light breakfast and a registered nurse to answer questions about health.
INFO: Ext. 6610

March 16

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue

11:30 am - 1:00 pm

OB/GYN Andrea Moore, MD will be presenting. The public is invited to attend. A lunch fee of \$3. Reservations are requested.
INFO: Ext. 4899

SUPPORT GROUPS

March 2

SERENITY SEEKERS

TBH Conference Rooms A&B

5:30 pm - 7:00 pm

TBH, in association with Stein Hospice, Auxter Funeral Homes, and Foos & Foos Funeral Service, is sponsoring a free six-week adult bereavement group offering comfort to those who have lost a loved one. Meetings begin on Thursday, March 2 and will continue through April 6.

INFO: Contact Stein Hospice at 419.625.5269

March 7

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 & sleep habits. Co-sponsored by The Breastfeeding Coalition of Sandusky County and the Sandusky County WIC Program.

INFO: Ext. 4363

March 7

REIKI

TBH Conference Rooms A&B

6:00 pm - 8:00 pm

Reiki Healing Touch Group Circle classes, presented by Patricia Zilles, Reiki master practitioner. Topic will be "Setting Right Intentions." Reiki sessions are free and open to the public.

INFO: Contact Patricia Zilles at 419.355.1283

March 14

DIABETES

TBH East Conference Room

12:30 pm - 1:30 pm

"Food Myths," presented by Patti Keller, RD, LD, CDE. The support group is free and open to the public.

INFO: Ext. 4303

March 2nd & 3rd

TBH UNIFORM SALE

TBH Conference Rooms A & B

March 2nd: 1 pm - 5 pm

March 3rd: 7 am - 2 pm

Uniforms provided by Robert's Medical Uniforms. The public is invited to attend. Cash, check and credit card will be accepted. Payroll deduction accepted for TBH employees only. Sponsored by The Bellevue Hospital Foundation. **INFO: Ext. 4319**

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Bellevue: 1400 W. Main St.,

Medical Building #1

Clyde: 402 W. McPherson Hwy.

**For an appointment, call:
419.484.5903**

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.

Happy 100th Birthday to The Bellevue Hospital

In 1914, a group of Bellevue citizens looked to the future and envisioned a modern public hospital that would allow the people of the community to receive their medical care locally. On March 6, 1917, The Bellevue Hospital was dedicated and opened its doors to begin serving the healthcare needs of the area.

The original building had 24 beds and 9 bassinets for newborns. The hospital continued to grow and add space as the population increased and the hospital expanded health care services. The new hospital, in its current location, accepted its first patients on March 13, 2005. Our current 129,000 square foot facility has continued its advancements in providing new equipment, programs and services. Some 5,000 local and area residents turn to TBH each month for inpatient, outpatient and emergency medical procedures.

The Bellevue Hospital now has over 400 employees. There are 34 different physicians on the current medical staff, while 50 others are members of the courtesy staff. Combined, these physicians represent 33 specialties.

Founded on the philosophy of providing contemporary medicine with hometown caring, The Bellevue Hospital has maintained its tradition and Mission of "Caring for patients as members of our family" as the hospital's hallmark.

*Congratulations to
The Family of The Bellevue Hospital
for a Century of Caring.*



TBH Receives Healthy Worksite Award

The Bellevue Hospital was recently named a Silver Award recipient of a 2016 Healthy Ohio Healthy Worksite Award. The Bellevue Hospital was one of the 88 Ohio employers The Healthy Ohio Business Council (HOBC) recognized for healthy worksite practices.

These awards recognize Ohio employers who demonstrate a commitment to employee wellness through wellness programs and worksite health promotion. Applicants were scored on the extent their wellness programs facilitate and encourage employee health, enhance productivity and ensure a healthy work environment.

"A healthy work environment is not only good for the employees well being, but it is beneficial to employers also. By encouraging and promoting a safe and healthy workforce, employers can improve productivity, increase morale, reduce employee turnover, and can help improve employee work-life balance. TBH has a very dedicated Wellness Committee, instrumental in providing a variety of programs each meaningful and beneficial to TBH employees," said Mandi Artino, Employee Wellness/Physician Outreach Leader at The Bellevue Hospital.



Some members of The Bellevue Hospital Wellness Committee are, front row left to right, Leticia Schemer, Mandi Artino and Mary Lou Mittower. Middle row, Janisha Buck, Jackie Shelley and Gail Engelhart. Back row, Dennis Sabo, Patti Keller, Paula Contreras and Lisa Sartain.



All worksites, large and small, for profit and nonprofit, are eligible to apply for the Healthy Worksite Award. Applications were reviewed using objective criteria, and three levels of achievement were awarded – Gold, Silver and Bronze.

The Bellevue Hospital received its award during the 13th annual Healthy Ohio Healthy Worksite Awards ceremony held in Columbus on January 19, 2017.