



1400 West Main Street
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419.483.4040



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August 2018

HEALTHenews
THE BELLEVUE HOSPITAL



Spa

**Luxury Spa Services
Now Offered at
The Bellevue Hospital**

The Vein & Body Specialists at The Bellevue Hospital offer a wide variety of specialized treatments and amenities including spa services.

Make an appointment today and treat yourself to:

- Waxing services for smooth, beautiful skin
- Facial treatments to rejuvenate & hydrate your skin
- Eyelash services to enhance your natural beauty

Just a Few of the Services Available For You...

For more information, dial 419.484.5960
or visit www.bellevuehospital.com

1400 West Main Street ~ Building 1, Suite D
Bellevue, Ohio 44811

VD
VD
Vein & Body
SPECIALISTS

at The Bellevue Hospital



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.



We've Moved!
Temporarily relocated inside the hospital.

**Medication Management Clinic
at The Bellevue Hospital**

For patients taking anticoagulant medication (such as Coumadin or Lovenox) for short or long-term treatment.

- Monitored by a Certified Anticoagulant Pharmacist
- Personalized treatment plan
- Blood taken by finger stick instead of needle stick
- Covered by most insurance plans
- Constant communication with your family physician

For more information call:

419.484.5970

1400 West Main Street ~ Bellevue, Ohio 44811

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 August.
INFO: Ext. 6610

August 14

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

August 21

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

August 23

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

August 27

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

August 28

Noon - 1:00 pm
Senior Center, Bellevue

August 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

August 8 & 29

DROWN'S GARDEN MARKET

TBH South Entrance

9:00 am - 2:00 pm

Drown's Market of Green Springs will bring produce to the hospital as a part of the hospital's efforts to support a healthy lifestyle. The Garden Market is open to the public and offers a wide variety of seasonal fruits and vegetables. Cash, check or credit card will be accepted.

INFO: Ext. 4387

August 16

MATURE AUDIENCE LUNCHEON

Bellevue Society for the Arts
205 Maple St., Bellevue

11:30 am - 1:00 pm

Ken Stray, Director of the Bellevue Recreation Center, presenter. The public is invited to attend. (Lunch fee of \$3.)

Reservations are requested.
INFO: Ext. 4899

August 21

EVENING HEALTH BREAK

TBH Conference Rooms A&B

5:00 pm - 7:00 pm

Free blood pressure and fasting glucose checks; TSH checks (\$20); PSA screenings (\$25). Educational literature, light snacks and a registered nurse to answer health questions.

INFO: Ext. 6610

SUPPORT GROUPS

August 2

SERENITY SEEKERS

TBH East Conference Room

5:30 pm - 7:00 pm

TBH, in association with Stein Hospice, is sponsoring a free six-week adult bereavement group offering comfort to those who have lost a loved one. Meetings begin on Thursday, August 2 and will continue every Thursday through September 6.

INFO: Contact Stein Hospice at 419.625.5269

August 6

GRASP (Grief Recovery After a Substance Passing)

TBH Chapel, 2nd Floor

6:00 pm - 7:00 pm

Offers resources, compassion, and understanding for individuals and families who have lost a loved one to substance use or addiction. Meetings are free.

INFO: Contact a GRASP Support Group Facilitator:

Dawn Bova: dawnrb45@gmail.com

August 7

M.O.M.S.

TBH 2nd Floor Conference Room

10:30 am - 11:30 am

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. 4611

August 14

DIABETES

TBH East Conference Room

12:30 pm - 1:30 pm

Topics vary based on group discussion at monthly meetings. The support group is free and open to the public.

INFO: Ext. 4303

August 16

CARDIAC

TBH Conference Rooms A&B

3:00 pm - 4:00 pm

"Tips for Eating Out," presented by Patti Keller, RD, LD, CDE. The support group is free and open to the public.

INFO: Ext. 4303

Remember to use a sunscreen with an SPF of 30+ and reapply every 2 hours.



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



Look What's Blooming!

Bellevue, Ohio is located at the southern edge of the Lake Plain Prairie Region near the north edge of the Central Till Plain Prairie Region.

The once abundant prairies of our region supported many native grasses and wild prairie flowers. Over time, after settlement and modern development, prairie plants and the wildlife they support have become scarce.

Over the last few years, The Bellevue Hospital Foundation has worked to help return a portion of the hospital campus to native prairie. By

installing a 30,000 square-foot section of the lawn on the east side of the property, The Bellevue Hospital Foundation Centennial Prairie supports beneficial pollinating insect populations, song birds and the native plants that support them.

While the Centennial Prairie & Wildflower Garden project began in 2016, the prairie will continue to grow and is expected to reach full maturity and bloom in 2019.

Some of the plants include:

- Indian Grass
- Ox Eye Sunflower
- Yellow Coneflower/Grey Headed Coneflower
- Black-Eyed Susan
- Common Milkweed
- Stiff Goldenrod
- New England Aster
- *And more!*

A big "thank you" to TBH and Master Gardener volunteer Bob Beck who has been responsible for most of the prairie seeding and maintenance, and John Blakeman of Meadow Environments LLC for his design expertise and continuing advice on this project.

Visit www.tbhfoundation.com and consider making a donation to the Foundation to help support the Centennial Prairie & Wildflower Garden. Your donation will help with maintenance and future expansion of the wildflower garden. For more information, contact the Foundation at 419.483.4040, Ext. 4319.



Help us improve the care experience at The Bellevue Hospital - Become a Patient & Family Advisor

What is a Patient and Family Advisor?

Patient and Family Advisors work in partnership with The Bellevue Hospital (TBH) to create a patient-centered care environment. Advisors provide invaluable input on practices and policies affecting the services our patients receive. TBH Advisors will serve on The Patient & Family Advisory Council (PFAC) which meets routinely throughout the year.

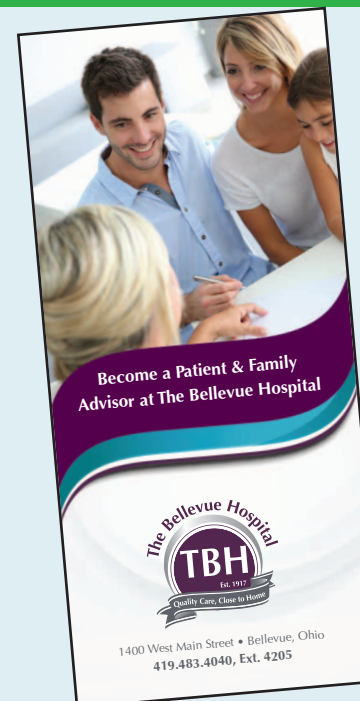
What does the PFAC do?

The PFAC:

- Promotes a collaborative relationship between patients, family and healthcare team members
- Channels information, needs and concerns to help improve safety and quality of healthcare
- Actively recommends and helps to implement change
- Provides an opportunity for the healthcare team to hear the voice of patients and families

How can I become a member of the PFAC?

- Pick up an application at a registration desk inside the hospital or complete an application online at www.bellevuehospital.com
- A hospital staff member will call you after your application is received
- Prospective candidates will be interviewed by council members
- Appointed members will attend routine council meetings



For more information, call 419.483.4040 Ext. 4205