



Enjoy National Gardening Exercise Day to the Fullest

Did you know National Gardening Exercise Day is on Thursday, June 6? This day encourages us to get outside, work in our garden, burn off calories and enjoy the great outdoors.

Gardening can be a great form of exercise. The Centers for Disease Control and Prevention (CDC) recommends getting 150 minutes of moderate intensity activity each week. According to the CDC, light gardening/yard work burns approximately 330 calories per hour.

However, is pain keeping you from gardening and working outside? This National Gardening Exercise Day, take back control. The Bellevue Hospital's innovative and effective pain management therapies can help restore function so you can dig in the dirt without the overwhelming pain. Ask about our Pain Management Center's customized care plans built just for you and your activity goals.

Our Team is Committed to Your Care

Our Team of pain specialists create an individualized, balanced care plan for each patient, designed to help them get back to doing the things they love—like gardening.



THE BELLEVUE HOSPITAL
Quality Care, Close To Home

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. 4299 with any questions.



Andrius Giedraitis, M.D.



Naren Lakshmiopathy, M.D.



Anna Gantz, CNP



Call The Bellevue Hospital's Pain Management Center at 419.484.5903 to schedule your visit today. The Pain Management Center is located at 1400 W. Main Street, Building 1, Suite C in Bellevue. For more information, visit bellevuehospital.com



CALENDAR of Events



For more information, or to register for the events listed, call 419.483.4040 and reference the extension numbers listed below. Information on TBH screenings, programs and events also can be found on our website at bellevuehospital.com and on The Bellevue Hospital Facebook page.

COMMUNITY HEALTH PROGRAMS

WEDNESDAY, JUNE 5 Morning Health Break

8:00 a.m. – 10:00 a.m.
TBH Main Station Café

This event includes free blood pressure and fasting glucose checks, educational literature, a light breakfast and a registered nurse to answer health questions. Reservations are not required. Pre-registration is required if Direct Access Lab testing is wanted or needed. Direct Access Tests available include:

- A1C Screening (\$20)
- Complete Blood Count with Complete Metabolic and Lipid Panel (\$60)
- Complete Blood Count with Basic Metabolic and Lipid Panel (\$50)
- Lipid Panel Screening (\$20)
- PSA (Prostate) Screening (\$30)
- Stool Occult Blood Screening (\$25)
- TSH (Thyroid) Screening (\$25)
- Vitamin D (\$35)

To pre-register for lab testing, call 419.483.4040, Ext. 0.

WEDNESDAY, JUNE 19 Babysitting Basics Class

9:00 a.m. – 1:00 p.m.
TBH Burson Conference Room

For children 11 years and older, this course introduces participants to the roles and responsibilities of a babysitter. A light snack will be provided. The class fee is \$35. Reservations are requested. **INFO: Ext. 3067.**

THURSDAY, JUNE 20 Mature Audience Luncheon

11:30 a.m. – 1:00 p.m.
Bellevue Society for the Arts
205 Maple St., Bellevue

Enjoy an informative program from the Bellevue Historical Society. The public age 55 and older is invited to attend. The lunch fee is \$4. Reservations are requested. **INFO: Ext. 6610.**

SUPPORT GROUPS

TUESDAY, JUNE 18 M.O.M.S.

10:30 a.m. – 11:30 a.m.
TBH Burson Conference Room

All new mothers and their babies are welcome. This free class is facilitated by a certified lactation consultant and discussions include breastfeeding topics, life adjustment challenges and sleeping habits. **INFO: Ext. 4611.**

TUESDAY, JUNE 18 Diabetes

12:30 p.m. – 1:30 p.m.
TBH East Conference Room

TBH's Diabetes Education Department provides specialized education to help adults and children with diabetes maintain a healthy lifestyle. The support group is free and open to the public. Topics of discussion include diet, exercise, medication and monitoring. **INFO: Ext. 4442.**



Drown's Garden Market is Back for the Summer

WEDNESDAYS, JUNE 5 & JUNE 26
9:00 a.m. – 1:00 p.m.
Outside TBH's Main Station Café

Drown's Market of Green Springs will bring a variety of fresh, seasonal fruits and vegetables to the hospital. The event is open to the public. Cash, check and credit card will be accepted. **INFO: 419.483.4040, Ext. 4209.**



TBH Announces BEE and DAISY Award Recipients

Recently, The Bellevue Hospital (TBH) announced the 2024 recipients of The DAISY Award for Extraordinary Nurses® and The BEE Award for Extraordinary Team Members.

“The Bellevue Hospital recognizes and embraces the strength behind good teamwork. In 2020, we introduced the DAISY Award for nursing excellence and then in 2022 we added the BEE Award for non-nursing team members,” said Sara Brokaw, president and chief nursing officer.

KATIE'S STORY

DAISY Award recipient Katie Smith, a registered nurse in TBH's medical/surgical unit, has been an employee at TBH since February 2022. Smith was one of 20 nurses to receive nominations.

Katie's nominator, Tanya Halbeisen, was admitted to TBH after a robotic-assisted hysterectomy. Due to a few unexpected minor issues following surgery, Dr. Fazio admitted Halbeisen to the medical/surgical unit for the night.

“Upon arrival to the unit, I was greeted by Katie, got situated in bed, and told what to expect for the rest of her shift until 7:00 p.m. when she was scheduled to leave. However, from the moment I went up to Med-Surg, I did not feel well and was having an issue with my drainage tube and extreme discomfort with this. Being an RN myself for almost 30 years, I did know enough about the need for the tube, but I could tell that something did not feel right with how I was feeling despite her doing everything to reassure me it was draining fine.”

Katie checked the urine output, and that seemed fine, and even called down to surgery and asked one of the surgery nurses to come up and check that everything was fine with the catheter. “From a clinical standpoint, the drainage tube was fine, but as the patient and what I was experiencing, I was NOT fine,” Halbeisen said.

“What was important to me is that Katie took the time to listen to me and my concerns, and yes, we are both nurses, and it didn't make sense to either one of us why I was feeling the way I was. But, she was also very patient and reassuring and was also willing to contact Dr. Fazio again, even after the surgery nurse assessed that the catheter was functioning fine. The original order was that the catheter remain in until the next morning and in tears I expressed to Katie that there was no way I could possibly go all this time feeling the way I did. Her reassurance and compassionate care made all the difference.”

Katie was able to reach Dr. Fazio and explain the patient's dire call for help to have the catheter removed and the doctor agreed as long as the patient could urinate on their own within four hours.

“Katie never once made me feel like I was a ‘bother’ to her. Before she left her shift that evening, she removed the catheter,” Halbeisen added. “I felt so much better during the night and into the morning being discharged by Dr. Fazio to go home. Kudos to TBH for having some excellent and caring nurses and thank you so much to Katie Smith for listening to me and helping me! I am so thankful and grateful of the experience I had close to home.”



DAVID'S STORY

BEE Award recipient David Dominy was among 26 staff members nominated. David has been a dishwasher at TBH since November 2001. According to the nomination:

“If you've ever been stopped in the halls of TBH to hear a corny joke or silly comments about Miss Piggy or asked ‘What do ya think?’ - you know who my Bee Nominee is. Because of his unconditional kindness, humor and joy, he is always able to turn every mood into a good one! I've witnessed employees who have been busy, rushed, stressed and distracted by their cell phones, but... when this wonderful employee walks by and says: ‘What did one casket say to the other casket? Is that you coffin?’

Instantly everyone (regardless of previous moods or agendas), every TBH employee will always acknowledge my nominee with a big smile and a fun/friendly response! My nominee has also sung to TBH employees. When Lisa Mize of the Family Birthing Center (FBC) was nominated for the OHA Albert Dykes award, my nominee honored Lisa by singing a Tony Bennett song titled ‘It Had to be You!’ as family and FBC co-workers teared up with smiles! My nominee is always filled with fun, gentle simplicity who brings out the best in all of us at TBH. He's just peachy.”

ABOUT THE DAISY AND BEE AWARDS

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon autoimmune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families. [More information is available at www.DAISYfoundation.org.](http://www.DAISYfoundation.org)

“The BEE award was established in 2022 to recognize extraordinary team members in non-nursing roles that go above and beyond to make an impact outside of their day-to-day duties,” said Lisa Sartain, TBH's vice president of human resources. “The support of these individuals is foundational to the exceptional care our nurses and providers give to our patients each and every day; they simply could not do this without the help of these team mates. So, just as the DAISY cannot survive without the BEE, nurses cannot survive without their team mates.”

Nominations for both the DAISY and BEE are reviewed and recipients are chosen by a committee at The Bellevue Hospital each May. Honorees receive a certificate, a pin, a bag of gifts and a beautiful and meaningful sculpture hand-carved by artists of the Shona Tribe in Zimbabwe.

TO NOMINATE ONLINE:

The DAISY Award:
www.daisynomination.org/tbh

The BEE Award:
www.bellevuehospital.com/bee-award-nomination





Quality Care, Close To Home

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

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



Sun Safety is Always in Season
Reduce your risk of sun damage
and skin cancer during these
warmer months by protecting your
skin and your eyes from the sun.

*****ECRWSEDDM*****
POSTAL CUSTOMER

The Bellevue Hospital Announces Physical Therapist as nominee for State Award

TBH recently announced Deana Vogel, a physical therapist in The Bellevue Hospital’s rehabilitation services department, as the hospital’s nominee for Ohio Hospital Association’s Albert E. Dyckes Health Care Worker of the Year Award. The nomination was announced during an awards ceremony held as part of TBH’s Hospital Week celebration.

“Deana has spent her career improving patient’s quality of life and caring for them like her own family,” said Sara Brokaw, TBH’s president and chief nursing officer. “She is not only an exceptional clinician, but a kind and compassionate person. Deana is an absolute gift to our team here at TBH.”

The hospital staff nominated Deana based on the award’s criteria and how she represents the values of the hospital. Deana has been in health care for 32 years and has been a physical therapist at TBH since 1994.

“Deana is an advocate, a researcher and has a passion for her patients,” said Julie Jones, TBH’s director of rehabilitation services. “When you are her patient, you are her focus. She wants to use every trick up her sleeve and researches ways to get the results needed to improve the health of her patients and the community.”

This award is presented each year to one Ohio caregiver who is a leader, motivates colleagues, influences others, provides

valuable service, personifies the mission, vision and values of the organization, and has an impact in their community. The Albert E. Dyckes Health Care Worker of the Year Award has been given annually since 1996 to one Ohio caregiver who personifies a leader, gives back to the community, routinely goes beyond the call of duty and has overcome odds to succeed.

Deana will be honored as a nominee at the OHA’s Recognition Dinner in Columbus on Tuesday, June 11.



Pictured (from left) are Sara Brokaw, TBH’s president and chief nursing officer; Deana Vogel, a physical therapist and TBH’s nominee for OHA Healthcare Worker of the Year; and Lisa Sartain, TBH’s vice president of human resources.