



Sara Brokaw Announced as New Chief Executive Officer

Dean Miller, Chairman of the Board of The Bellevue Hospital (TBH) has announced a significant milestone in the leadership at TBH, with the appointment of Sara Brokaw as the new Chief Executive Officer.

“Sara has been an integral part of our hospital community since August of 2013, initially joining us as the Chief Nursing Officer and Vice President of Clinical Services. Her dedication and exceptional leadership qualities were evident from the outset, and in January, she assumed the role of President and Chief Nursing Officer. During this time, Sara has played a pivotal role in ensuring the smooth operation of our hospital following the departure of Tim Buit, our former CEO,” said Miller.



“Her appointment is also a historic moment for our hospital as she becomes the first woman to serve in the role of CEO at TBH. This achievement not only reflects Sara's outstanding capabilities, but also underscores our commitment to diversity and inclusivity in leadership.”

Continued Miller, “Sara brings a wealth of experience and a deep understanding of our hospital's mission, having demonstrated exemplary leadership during her tenure. Her commitment to excellence in patient care, combined with her strategic vision for the future of healthcare at The Bellevue Hospital, makes her the ideal candidate to lead us into the next chapter. I am confident that under her guidance, The Bellevue Hospital will continue to thrive and uphold its commitment to providing exceptional healthcare services to our community.”

The Bellevue Hospital opened its doors in 1917 and 107 years later remains an independent community hospital providing *Quality Care, Close to Home*.

For additional information please contact Josh Jaster, Marketing and Communications Generalist at 419.483.4040, Ext. 4899.



THE BELLEVUE HOSPITAL

Quality Care, Close To Home

Please enjoy our **HEALTH *e*news** to help keep you informed.

Join us on Facebook, Instagram, YouTube, LinkedIn, and visit our website www.bellevuehospital.com. Upcoming events and programs are listed inside. Please contact the Marketing Department at 419.483.4040 Ext. 4899 with any questions.



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

WEDNESDAYS, SEPTEMBER 4 & OCTOBER 2 **Morning Health Break**

8:00 am – 11:00 am
TBH Main Station Café

Free blood pressure and fasting glucose checks, educational literature, a light breakfast, and a registered nurse to answer health questions. Pre-registration is required only for the following Direct Access Tests:

- A1C Screening (\$20)
- Complete Blood Count with Complete Metabolic 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, SEPTEMBER 11 **Drown's Garden Market**

9:00 a.m. – 1:00 p.m.

Outside TBH's Main Station Café

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: 419.483.4040, Ext. 4209.

THURSDAYS, SEPTEMBER 19 & OCTOBER 17 **Mature Audience Luncheon**

11:30 a.m. – 1:00 p.m.

*Bellevue Society for the Arts
205 Maple St., Bellevue*

The public age 55 and older is invited to attend. The lunch fee is \$4. Reservations are requested. INFO: Ext. 6610.

September 19 - Katie Schlagheck from OSU Extension will speak about the health benefits of Tai Chi for Seniors.

October 17 - David Painter from Ohio Senior Health Insurance Information Program will be presenting a Medicare update.

FRIDAY, SEPTEMBER 20 **Red Cross Bloodmobile**

10:00 a.m. – 3:00 p.m.

TBH Burson Conference Rooms A & B

This event is open to the public. To donate, you need to weigh between 110 – 350 pounds and be at least 17 years old. Walk-ins may be accepted. **Individuals are strongly encouraged to schedule an appointment at 1-800-Red-Cross, or visit: www.redcrossblood.org, enter sponsor code BELLEVUEHOSP.** Those who donate in September will receive a \$15 digital e-gift card.

SUPPORT GROUPS

TUESDAYS, SEPTEMBER 17 & OCTOBER 15 **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.

Join Our Volunteer Program

A friendly smile in our Gift Shop. A helping hand to guide you to the correct department or assist you with a wheelchair. A calming presence in our Surgery Department waiting area. Did you ever stop and ask yourself, who are all those people behind the smiles and caring?

They are part of our amazing Volunteer Program at The Bellevue Hospital! And you too can join that amazing group of people!

The Bellevue Hospital is always looking to add Volunteers to our lineup. Those who volunteer can pick days and times to "work," and can also pick one of three areas to work in, including the Gift Shop, at the front Concierge desk, or at the desk in the Surgery waiting area. Training is provided. Some people prefer to work once a week, some others once a month, and others anywhere in between. A typical shift is four hours.



An application and background check is necessary for all Volunteer applicants. Those interested can contact Foundation Director Dennis Sabo at 419-483-4040, Ext. 4319 or stop in the Gift Shop during normal business hours.

The Bellevue Hospital Welcomes Athletic Trainer Paula Baker

The Bellevue Hospital (TBH) has once again partnered with The Bellevue High School and Athletic Department, to welcome Paula Baker, Athletic Trainer, to the TBH staff. Baker is BOC certified (Board of Certification from the Commission on Accreditation of Athletic Training Education). She graduated from Ashland University and comes to TBH with plenty of experience.

Baker will spend most of her time at Bellevue High School working with athletes from every sport. "I will work primarily with athletes to see them prior to going to a doctor to help with injuries, diagnoses, prevention, treatment, and rehabilitation," said Baker. "And I will also work in the Rehabilitation Clinic at TBH as a PTA helping anyone needing treatment."

Continued Baker, "My primary goal is to keep all the athletes healthy and performing at their top level. I understand the importance of getting the athletes getting back onto the field or court and being healthy. Being a former college athlete myself, I know what goes into preparing for a season and the importance of maintaining your health throughout the season."

Baker was the state high jump champion for Clyde High School in 2014, 2015 and 2016, and played multiple sports for the Fliers. At Ashland, she was a member of the Eagles track and field team. Most recently, Baker was the athletic trainer at Tiffin Columbian High School. She and her husband, Austin, reside in Clyde.

Baker can be reached through TBH's Rehabilitation Services Department at 419.483.4040, Ext. 4279.



Shining a Light on Pain: Recognizing Pain Awareness Month

As September ushers in Pain Awareness Month, it's crucial to understand the profound impact chronic pain has on millions of American lives every day. Pain is more than just a physical sensation; it's a complex condition that affects individuals, families, and entire communities.

The Pain Management Center at The Bellevue Hospital is committed to educating the public about the latest developments in pain management and the wide-ranging effects of chronic pain.

The Ripple Effect of Chronic Pain

Chronic pain touches every aspect of a person's life. It can lead to restricted mobility, reduced quality of life, anxiety, and depression. According to a recent study, approximately 50 million U.S. adults suffer from chronic pain, with 19.6 million experiencing high-impact chronic pain that interferes with daily life and work activities.

The Opioid Connection

One of the most pressing issues in pain management is the risk of opioid dependency. While opioids can be effective for short-term pain relief, long-term use can lead to addiction and other health complications. The Centers for Disease Control and Prevention reports that opioid prescriptions have decreased since 2012, but the risk of dependency remains a significant concern.

Navigating the Healthcare Maze

Patients seeking pain relief often face a confusing and frustrating journey through the healthcare system. A striking statistic reveals that 38% of patients have seen two or more providers in their search for effective pain treatment. This not only highlights the complexity of pain management but also points to systemic challenges:

1. Provider Burnout: Medical professionals, especially those in

primary care, often feel ill-equipped to manage complex pain cases, leading to frustration and burnout.

2. Emergency Department Overutilization: Lack of access to specialized pain care can result in increased emergency department visits for pain-related issues.
3. Geographical Barriers: Many patients travel to other communities in search of specialized pain care, creating additional burdens on both patients and healthcare systems.

A Beacon of Hope

Despite these challenges, there is hope. Advancements in pain management techniques, from innovative medications to interventional procedures and integrative approaches, offer new possibilities for those suffering from chronic pain.

The Pain Management Center stands at the forefront of these advancements, offering comprehensive, multidisciplinary care right here in our community. Our team of specialists is dedicated to addressing all aspects of pain – physical, emotional, and social – to help patients regain control of their lives.

This Pain Awareness Month, we invite you to learn more about chronic pain and the options available for treatment. Whether you're a patient, a caregiver, or a healthcare provider, understanding pain and its management is crucial for improving lives and building a healthier community.

Remember, you don't have to travel far for high-quality pain care. The Pain Management Center at The Bellevue Hospital is here to help you or your loved ones navigate the journey from pain to relief, right in your own backyard.

For more information, visit bellevuehospital.com or call 419.484.5903.



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Good luck to all students going back to school this Fall! We hope you have a wonderful school year filled with joy and learning! Please watch for school buses and make sure that we are being careful to keep the kids safe.

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Grand Prize Winner Announced in TBH Foundation's Corvette Raffle

The Bellevue Hospital (TBH) Foundation's Summer Corvette Raffle drawing was held on July 24 at Green Hills Golf Course in Clyde, OH, and a hometown resident took home the top prize!

Larry Durdel of Clyde, OH, had his name drawn as the grand prize winner in the Summer 2024 "Is Your Heart Set on a Vette?" Corvette Raffle. As the grand prize winner, Durdel had his choice of a brand new 2024 Corvette plus \$40,000, or \$100,000 in cash. He chose to take the cash option.

The winning ticket was #2012. A video of the raffle may be seen at www.vetteraffle.com.

Four runner-up winners each received cash prizes, including Richard Thomas Jr., Madison, MS: \$2,024 (ticket #874); Dave Beverly, Huron, OH: \$1,917 (ticket #910); Lynn Keller, Port Clinton, OH: \$1,500 (ticket #565) and Thomas Karavolos, Columbus, OH: \$1,000 (ticket #364).

Tickets were sold to people in 45 different U.S. states, noted Dennis Sabo, TBH Foundation Director. "I would like to personally thank Garrett Steinle of Steinle Chevrolet-Buick in Clyde. They were the co-sponsors of this event. Also, thanks to the hospital Gift Shop staff, TBH employees, and Foundation Board

members for all the support. We could not have accomplished this project without all their help."

The 2025 Corvette Raffles will kick off with Early Bird specials in September 2024, with the grand prize drawing on Valentine's Day 2025. The second Vette Raffle will begin around April 1 and run through July. If you are not a previous ticket purchaser and would like to join the mailing list for next year's raffle, visit www.vetteraffle.com. A total of 2,025 tickets will be sold. Continue to check our website for more information on the 2025 Corvette Raffle.



Clyde, OH