

FALL - 2025

Our mission – To increase access to quality, comprehensive and respectful care for our patients and community



CEO Message

For the Love of Xenia and Greene County

by Gina McFarlane-El, CEO

It is hard to believe it, but Five Rivers Health Centers (FRHC) has been in Xenia and Greene County for almost 10 years! It seems like only yesterday when we had the opportunity to talk with Health Commissioner Melissa Howell about the crazy idea of partnering with us, and she and her Board said "Yes." Then we had the great fortune two years later to be approached by Dr. Triplett and Dr. Hesz about partnering with them at Star Pediatrics. Through these great connections, Xenia has become the 3rd largest zip code from where we draw patients.

To celebrate our 10th anniversary in grand style, we are excited to combine both existing Greene County health clinic sites into a newly renovated building at 34 S. Allision Avenue, right off Main Street in Xenia. In less than six months, our new 14,500 square feet location will include nine pediatric exam rooms, nine primary care exam rooms and four dental rooms – which adds 4 additional medical rooms than our current

locations. In addition, for your convenience, we will be adding another low-cost pharmacy that will continue to provide free home delivery service to our patients. This new campus will include a new Centering Pregnancy/community meeting room available for the public.

We are excited to continue to offer medical, pediatric, dental, behavioral health, dietitian services, podiatry, prenatal care, women's health services including obstetrics, psychiatric, pharmacy consults and low-cost pharmacy services.

Thank you to all of the patients of Xenia and Greene County that have supported us over the years. Five Rivers Health Centers plans to provide even more love and support to all of you in the near future.

We can't wait to show you your new medical home in late February/early March.



We believe in creating a partnership with our patients and working together to help you reach your health and wellness goals. If you have questions or concerns about the care you receive at Five Rivers Health Centers, we encourage you to contact our Patient Liaison, Angie, at (937) 281-7113 or help@frhc.org

Flu Season is Here

by Genesis A. Alvarez, MPH



Protect Yourself This Flu Season – Flu Shots Are Here!

Flu season is just around the corner, and the best way to protect yourself, your family, and your community is with a flu vaccine. Five Rivers Health Centers is now offering flu shots for patients of all ages, starting at 6 months and older.



Getting vaccinated against the flu is more important than ever. Each year, flu vaccines help reduce the risk of illness, hospitalizations, and serious complications. Even if you are generally healthy, flu vaccination protects those around you—especially young children, older adults, and individuals with chronic health conditions.

Why should you get your flu shot at Five Rivers?

- Our providers know your health history and can help answer your questions.
- We ensure your vaccination is safely documented in your medical record.
- You'll be contributing to a healthier community by lowering the spread of flu.

How to Get Your Flu Shot

Flu shots are available by appointment during regular office visits. When you schedule your next appointment, let our staff know you would like to receive the flu vaccine, or call your provider's office directly to schedule a flu vaccine visit.

Call today to schedule

Protect yourself this season—schedule your flu shot today and encourage your loved ones to do the same. (937) 281-6800

[Click here to learn how vaccines work](#)

[Click here for reasons to vaccinate children](#)

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Diet and Nutrition - Fall Comfort Food

by Shannon Circle, RD, LD
Dietitian

As the fall temperatures arrive, many of us feel the cooler weather and think about adding some comfort foods back into our diets.

I encourage you to try some new soups, casseroles and fall-weather items between now and the holiday season.

Below are two recipes that I really like and hope you will enjoy!

Don't hesitate to contact me if you have any diet or nutrition questions or concerns - shannon.circle@frhc.org

Carrot Cake Baked Oatmeal



Five Rivers
HealthCenters

Shannon Circle,
RD, LDN

Carrot Cake Baked Oatmeal is a wholesome, batch prep breakfast made with whole grains, raisins, walnuts and warm spices. Topped with a high protein frosting, it's just like cake.

Ingredients:

- 1 cup unsweetened applesauce
- 2 eggs
- 2.5 tablespoon honey
- 1 cup milk
- 1.5 teaspoon vanilla extract
- 2 cups oats quick, minute or rolled will all work
- 2 teaspoon baking powder
- 2.5 teaspoon cinnamon
- ¼ teaspoon salt
- 1.5 teaspoon ground ginger
- 1 teaspoon nutmeg (optional)
- ¼ teaspoon all spice (optional)
- ¾ cup shredded carrots about 1 large carrot

Optional:

- ½ cup of raisins
- ½ cup of walnuts chopped
- ½ cup of unsweetened shredded coconut

Yogurt Frosting:

- ½ cup of plain greek yogurt
- 3 tablespoons cream cheese softened
- 2 tablespoons honey
- ½ teaspoon vanilla extract

Prep Time: 15 Minutes
Cook Time: 30 Minutes
Total Time: 45 Minutes

Directions:

1. Preheat the oven to 350F. Grease a 8.5x8.5" square baking dish.
2. To your dish, whisk together applesauce and eggs. Add honey, milk and vanilla extract and whisk until smooth.
3. Add Oats, baking powder, cinnamon, salt and ground ginger. Mix well.
4. Fold in shredded carrots and raisins, walnuts and shredded coconut (if using). Bake for about 25-30 minutes, or until the top begins to turn golden brown and a toothpick inserted into the center of the oats comes out clean.
5. To make the yogurt topping, in a small bowl whisk together yogurt, cream cheese, honey and vanilla extract.
6. Once baked oats are cool, top with yogurt frosting and slice into 6 equal sized pieces.

Nutrition:

Serving: 1 slice | Calories: 476 kcal | Carbohydrates: 53g | Protein: 29g | Fat: 19g | Saturated Fat: 8g | Polyunsaturated Fat: 6g | Monounsaturated Fat: 3g | Trans Fat: 0.01g | Cholesterol: 68mg | Sodium: 383mg | Potassium: 491mg | Fiber: 7g | Sugar: 20g | Vitamin A: 2931IU | Vitamin C: 2mg | Calcium: 203mg | Iron: 3mg

Easy Broccoli Cheddar Soup (Gluten Free)



Five Rivers
HealthCenters

Shannon Circle,
RD, LDN

Inspired by the coziest meal at Panera, my **gluten free broccoli cheddar soup** is nourishing, warm and the best way to celebrate Soup Season.

Prep Time: 15 Minutes
Cook Time: 35 Minutes
Total Time: 50 Minutes

Ingredients:

- 2 tablespoon butter
- 1 yellow onion diced
- 3 cloves garlic pressed
- 1 large bag of frozen broccoli florets
- 1 yukon gold potato diced (about 1.5 cups)
- 1 teaspoon salt
- ¾ teaspoon black pepper
- ½ teaspoon paprika
- 900 mL vegetable broth
- ½ cup Greek yogurt
- 1 cup shredded carrots
- 2 cups cheddar cheese
- 2 cans canned chicken

Directions:

1. In a large pot over medium heat, add butter. Once hot add onion and garlic and saute until onions are translucent and fragrant (about 3-4 minutes).
2. Add broccoli stalks, potato, salt, pepper and paprika and stir. Pour in vegetable broth and bring to a simmer. Cover and allow to cook until broccoli stalks and potato are tender enough to be pierced with a fork (about 8-10 minutes).
3. Once soft, pour soup into a high powered blender or use an immersion blender to blend until smooth.
4. Add soup back into the pot, stir in Greek yogurt and add broccoli florets and carrots. Allow to simmer, stirring frequently until the broccoli is fully cooked.
5. Stir in the cheese and enjoy! You may wish to top with crushed gluten free crackers if desired!

Nutrition:

Serving: 2cups | Calories: 337kcal | Carbohydrates: 24g | Protein: 17g | Fat: 21g | Saturated Fat: 12g | Polyunsaturated Fat: 1g | Monounsaturated Fat: 5g | Trans Fat: 0.2g | Cholesterol: 58mg | Sodium: 1580mg | Potassium: 722mg | Fiber: 5g | Sugar: 7g | Vitamin A: 6110IU | Vitamin C: 119mg | Calcium: 423mg | Iron: 1mg

**FRHC Receives Recognition from the
American Heart Association**

Five Rivers Health Centers is always striving to serve our

patients better and to help them achieve their health and wellness goals.

We appreciate being recognized by the American Heart Association for meeting some very high measures for helping patients lower their cholesterol and manage their diabetes.

Thank you to our patients who are partnering with us to improve their numbers!



"The American Heart Association (AHA) would like to congratulate your organization for earning Gold level recognition as part of the **2025 Target: Type 2 Diabetes Achievement Awards!** The data your organization submitted showed impressive HbA1c control in patients with diabetes and $\geq 70\%$ adherence

to one of the cardiovascular-focused clinical measures. We commend your ongoing commitment to improving quality of care through awareness, detection and management of type 2 diabetes and cardiovascular risk factors."

"The American Heart Association (AHA) would like to congratulate your organization for earning Gold level recognition as part of the **2025 Check. Change. Control. Cholesterol Achievement Awards!** The data your organization submitted showed an exceptional $\geq 70\%$ appropriate statin therapy use throughout your at-risk patient population. We commend your ongoing commitment to lowering cholesterol and improving care management within your patient population."



Important Information About Insurance and Payment Plans

We're Here to Help

by Trisha Linebaugh
Director of Revenue Cycle

Keep Your Ohio Medicaid Information Up-to- Date

Are you or someone you know enrolled in Ohio Medicaid? It is important to keep your contact information current to ensure you receive prompt updates about your benefits, renewals and important notices.

Need to Update Your Information? Here are a few options:

- Call the **Ohio Medicaid Consumer Hotline at 1-800-324-8680**
 - Changes - Home address, mailing address, phone number, email address
- Visit the **Ohio Benefits Self-Service Portal** online to access your benefits and report changes - <https://benefits.ohio.gov/>
 - Changes - Home address, mailing address, phone number, email address or name change
- Local **Job and Family Services (JFS) office at 1-844-640-6446**
 - Changes - Home address, mailing address, phone number, email address, name change

Need Help Navigating Medicaid?

At Five Rivers Health Centers, our Outreach and Enrollment Coordinators are available to help you navigate your Medicaid enrollment or update your information — at no cost to you.

Call us at **937-281-6800**

Or email [**Outreach.Enrollment@FRHC.org**](mailto:Outreach.Enrollment@FRHC.org)

At Five Rivers Health Centers, our mission is to provide access to quality, comprehensive and respectful care for our patients and community.

We offer a **Sliding Fee Discount Program** for patients whose household income is at or below 200% of the Federal Poverty Level. This program provides reduced fees for medical, dental and other services based on income and family size.

Stop by any of our health center locations to complete a simple application and find out if you qualify. You will need to bring proof of income with you. Accepted forms of verification are listed below.

- Two most recent **pay stubs** - Must provide two for each income source.
- Most recent **W2** form - Must provide one W2 for each income source.
- Most recent **Form 1040** - Must provide one for each income source.
- Social security **benefits letter** or most recent social security check stub.

If none of these apply to you, please contact us at (937) 281-6900 to find out what else is accepted.

Have an Outstanding Balance?

If you have a balance with Five Rivers Health Centers, we offer **affordable payment plans** to help you manage and pay off what you owe — without added stress.

Our Financial Services Team is here to help you understand your options and set up a plan that works for your budget.

You can send a secure message via the Premier MyChart portal or

call us at **937-281-6900** to speak with a team member.

Seven Five Rivers Health Centers locations to serve you

- Dayton Public School-Based Health Center - 1923 W. Third Street, Dayton
- Edgemont Campus - 721 Miami Chapel Road
- Family Health Center - 2261 Philadelphia Drive, Dayton
- Greene County Health Center - 360 Wilson Drive, Xenia
- Samaritan Health Center - 921 S. Edwin C. Moses, Dayton
- Samaritan Center for Women and Children - 120 W. Apple Street, Dayton
- Star Pediatrics - 1659 W. Second Street, Xenia

(937) 281-6800

**Visit our
website**



We want to hear from you!

Do you have an idea or something we should include in a future newsletter? Or do you have a question about Five Rivers that you would like answered? Please contact me...

Kim Bramlage, Marketing & Communications Manager

Phone: 937-281-5948

Email: kim.bramlage@frhc.org

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