

SPRING - 2026

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



CEO Message

Happy 15th Anniversary Five Rivers Health Centers

by Gina McFarlane-EI, CEO

It is so hard to believe but on May 23rd Five Rivers Health Centers will be celebrating our 15th anniversary.

We are eternally grateful for the leadership team from Premier Health that included the former CEO Jim Pancoast and Senior Vice President Ann Schuerman, the former Dean of Wright State University School of Medicine's Dr. Margaret Dunn, and the phenomenal community leader Judith Barr that helped us transition from several hospital clinic departments to becoming the 9th largest Community Health Center in Ohio (out of 61).

They believed in our vision to serve more patients. In those 15 years, we have grown from:

- 12,000 patients to 27,000 patients
- 45,000 visits annually to 101,000 visits each year
- 77 original staff members to 305 employees.

But more importantly, as our patient, YOU have believed in our team and placed your trust in us for your care. You have seen our growth in sites, services and people, and because of your invaluable feedback, we have become better.

Our purpose has been to be your medical home and provide you with compassionate, respectful and quality care. There is more we want to accomplish with you as our partner, and we will.

Thank you for being a patient of Five Rivers Health Centers.

We are here for you—today and tomorrow - and with your support, we will be here for you beyond another 15 years.

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



Get Care Sooner with Fast Pass

by Alejandra Barajas
First Impressions Director

We're excited to introduce **Fast Pass**, a new feature that is designed to help you get earlier appointments when they become available. We understand that schedules change and when they do, you shouldn't have to miss out on the opportunity to be seen sooner. Fast Pass helps connect you to those earlier openings quickly and conveniently.



How Fast Pass Works:

- When you schedule an appointment, you will be offered the option to join the wait list.
- If an earlier appointment becomes available, you'll receive a notification by text, email, or through your patient portal.
- You can choose to accept or decline the sooner appointment, whatever works best for you.

Why Use Fast Pass?

- Get seen sooner without calling the office
- Save time by avoiding long wait periods
- Stay in control of your schedule

What You Need to Know:

- Fast Pass notifications are offered on a first-come, first-served basis.

- These openings may go quickly, so be sure to check your messages regularly.
- You can opt in or out of Fast Pass at any time.

We're always looking for ways to improve your experience and increase your access to care. Fast Pass is one more way we're working to make your healthcare more convenient and responsive to your needs.

If you have questions, please contact our office at 937-281-6800 or speak with a staff member at your next visit.

New Xenia Campus

Ribbon Cutting and Grand Opening



More than 100 community leaders, patients, elected officials, Five Rivers Health Centers board members and staff came together on a beautiful April 9th day to cut the ribbon and officially open the new Xenia Campus.

The Xenia Campus is truly a one-stop shop for everyone, regardless of their insurance or financial situation. You will experience our friendly and inviting staff members who are eager to treat you like family. You will find a warm and welcoming environment filled with one-of-a-kind art from local artists. You will see providers who are compassionate and have years of experience, who want to answer your questions and concerns. And, you will have access to support services and other community resources to help you and your family's health and wellbeing.

Our board of directors had the foresight to see that so many of our patients were coming from more than 20 miles away into the Dayton area for primary care. With the board's help, we talked with Melissa Howell, Greene County Public Health commissioner about bringing a community health center to Greene County and she said, "It's about time!" We've seen patients in the Greene County Public Health building since 2016.

Then we had the privilege to partner with Dr. Nancy Hesz and Dr. Thaddene Triplett to merge their 20-year-old pediatrics practice, Star Pediatrics, into Five Rivers Health

Centers in 2018.

We had a patient-first focus from staff and planning committee members, who spent countless hours designing and renovating the former Rite Aid building to be a patient-centered medical home for thousands of people in the Xenia area.

We have an incredible team of providers and staff for medical and dental care, behavioral health services, pediatrics care, podiatry and nutrition services, low-cost pharmacy, transportation assistance for appointments, fresh fruit for patients, insurance enrollment assistance and so much more.

If you know someone in Greene County who is looking for a new primary care provider, stop in during normal business hours (Monday-Friday, 8:30-4:30), 34 S. Allison Avenue in Xenia, and speak with our friendly staff, or call us at (937) 281-6800.



CFO Tara Roesch gives visitors a tour of the new Xenia Campus.



Everyone was invited to add ceramic tiles to the Mosaic Institute starfish mosaic (in honor of Star Pediatrics) that will be installed near the pediatrics department entrance.




FRHC Board Chair Amy Wiedeman talked about our history and future in Xenia.

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Spring Clean Your Diet

10 Foods To Add for a Health Boost

Spring is the perfect time for a fresh start, and that includes your diet. As the seasons change, adding fresh, nutrient-rich foods can help you feel your best. A simple way to improve your health is by making small changes to what you eat.



Here are ten foods to add to your meals this season for a natural energy boost and better overall well-being.

1. **Leafy greens** – Spinach, kale and Swiss chard are packed with vitamins and fiber. They help support digestion and keep you feeling full longer.
2. **Berries** – Strawberries, blackberries, blueberries and raspberries are full of antioxidants, which help protect your body from damage and support a healthy immune system.
3. **Salmon** – This fatty fish is rich in omega-3s, which are good for your heart and brain health.
4. **Avocados** – These are loaded with healthy fats that can keep you full and support heart health.
5. **Greek yogurt** – A great source of protein and probiotics, Greek yogurt helps with digestion and keeps your gut healthy.
6. **Nuts and seeds** – Almonds, walnuts, chia seeds and flaxseeds provide healthy fats, fiber and protein to keep you energized.
7. **Carrots and bell peppers** – These crunchy vegetables are high in vitamins and perfect for snacking or adding to meals.
8. **Whole grains** – Brown rice, quinoa and whole-wheat bread give you lasting energy and help keep your digestive system running smoothly.
9. **Beans and lentils** – A great plant-based protein option, these are also high in fiber to help you stay full longer and aid in digestion.
10. **Citrus fruits** – Oranges, lemons and grapefruits are packed with vitamin C, which can help boost your immune system and give your skin a healthy glow.

Making small changes to your diet doesn't have to be hard. Adding these fresh, nutrient-rich foods can help you feel more energized and ready to take on the new season. (Article from Southern NH Weight Management)

For more information about making good diet and nutrition choices,
contact our dietician, Shannon.Circle@frhc.org.

"We Are Better Together" Series Kicks-off...literally!



Ladies 40+ - This is for YOU!

Our new "We Are Better Together" series encourages our community to have fun together.

First program in the series:

Columbus 40+ Double Dutch Club
Saturday, May 2nd
10 am – 12 pm
Five Rivers Edgemont Campus
721 Miami Chapel Road

At this **free** event, women who are 40 years and older will have an opportunity to participate in childhood activities like Double Dutch jump roping, hula hooping, hopscotch, hand games and slide dances while fostering a sense of encouragement and empowerment.

Get ready to move, laugh, relive positive childhood memories, and create new ones.

Please join us for this free event!

[Click here for more information about 40+ Double Dutch Columbus](#)

[Click here for the pdf flyer to share with others!](#)

Why We Confirm Your Information at Every Visit

We often hear from patients..."You ask me the SAME questions every time I come in for an appointment! WHY?"

Each time you visit, we'll ask you to review your registration information. We know this can feel repetitive, and we appreciate your patience. Details like your phone number, address, insurance information and emergency contacts can change over time.



Taking a moment to confirm this information helps us keep your records accurate, contact you easily, and provide the best possible care to you and your family. You may also be asked questions about housing or household income. We understand these can feel personal, but they help us better support you.

This information allows us to connect you with helpful resources, determine eligibility for programs like sliding fee discounts, and meet important healthcare requirements. Your information is kept private and used only to support your care.

If you ever have questions about why we ask for information or how it's used, please feel free to ask.

**Thank you for working with us in your care.
Your time and cooperation help us serve you and your family better.**

**Six Five Rivers Health Centers locations
to serve you**

- Dayton Public School-Based Health Center - 1923 W. Third Street
- Edgemont Campus - 721 Miami Chapel Road
- Family Health Center - 2261 Philadelphia Drive
- Samaritan Health Center - 921 S. Edwin C. Moses
- Samaritan Center for Women & Children (St. Vincent) - 120 W. Apple Street
- Xenia Campus - 34 S. Allison Street, Xenia

(937) 281-6800

fiverivershealthcenters.org

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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