

LOCATIONS

Greenville– Main Campus
5735 Meeker Rd
Greenville, Ohio 45331
Tel: (937) 548-9680 ,

Arcanum Office
702 N. Main Street
Arcanum, OH 45304
Tel: 937-692-6601

New Madison Office
101 Anderson St.
New Madison, OH 45346
Tel: 937-996-0023
Fax: 937-996-0210

Versailles Office
10484 Kley Rd.
Versailles, OH 45380
Tel: 937-526-3016
Fax: 937-526-3809

Behavioral Health
& Wellness Center
1101 Jackson St
Suite C
Greenville, OH 45331
Tel: 937-547-2319
Fax: 937-548-4248



Access Your Health Record. Anytime, Anywhere

- Send and receive secure messages
- Health alerts from your doctor
- Set your health goals, track them, share with your doctor
- Manage your medicine cabinet

Access the Patient Portal
directly by going to:
<https://health.healow.com/fhs>

You can also access the portal by going to
Family Health's Website:

www.familyhealthservices.org

Go To: [My Account](#)> [My Medical Account](#)

Meet our Pharmacy Resident

Carly Adams graduated from the University of Cincinnati in 2019 with a doctorate of pharmacy. Her passion for pharmacy started after growing up watching her grandfather work in the community as a pharmacist for over 50 years. She currently lives in Cincinnati with her husband, Brian, and 2 pets. On the weekends, you'll probably find her at some sort of sporting event from a Cincinnati Reds game to Cincinnati Bearcat football game. She is the second pharmacy resident Family Health has had and will assist providers in managing chronic disease states, providing medication reviews, and working in the pharmacy. We welcome Carly and look forward to the residency year!



Celebrating 30 years of service

I started my practice in Arcanum 9/1/1989 as a solo practitioner seeing 1 patient on the first day. That was 30 years / 3 decades ago! I practiced for 15 years in solo practice including OB, assisting at surgery, covering ER, making hospital rounds, and office practice. I joined Family Health in 2004. I am now completing 15 years as a member of the Family Health Provider team. There have been many changes in medicine over the 30 years. However, it is the individual relationships with patients and the support team of front office and nursing staff that I will miss the most. After being asked "What do you plan to do in retirement" many times over the last several months, I finally summed it up for a patient recently: "What ever I want, whenever I want to"! But seriously, Sharon & I hope to enjoy more traveling, more time with family, including our 7 grandchildren and contemplating what other adventures God has in store for us! THANK YOU to all my loyal patients & the Family Health team for the years we have spent together!

Douglas A Riffell, MD

Dr. Riffell has earned the respect of his peers and the admiration of his patients. Family Health thanks Dr. Riffell for his service and dedication and we wish him life's best as he begins retirement!



A newsletter dedicated to strengthen patient and community connection through education, action, and knowledge of health awareness.

Summer 2019

*Building
healthy lives
Together.*

FAMILY Health NEWSLETTER

Professional, compassionate, quality healthcare, characterizes Family Health, a Federally Qualified Health Center. We have provided health care to the residents of Darke County and surrounding communities for over 45 years and are dedicated to providing you with a wide range of services to assist you with your health care needs. I am proud of Family Health and I thank you for helping us fulfill our mission of *building healthy lives together*. I hope you enjoy our newsletter.



Jean Young, Executive Director

Family Health as a Patient Centered Medical Home

Dr. Laurie White Director of Behavioral Health and Wellness Services and Director of Program Planning and Development explains below.

Family Health is accredited as a Patient Centered Medical Home. Most people refer to it as a PCMH. A PCMH is not a building. It is an integrative system of health services in which patients and medical professionals work together as a multidisciplinary team to help patient's coordinate their care and enhance their overall wellbeing.

Family Health's PCMH evolved as an extension of Family Health's integrative health model which originated in the 1990's. We had a strong belief then, and even more so today, that if we provide seamless, comprehensive care, to our patients and their families, we are achieving our core mission of *'building healthy lives together'*.

Family Health provides primary care, behavioral health, dental (both adult and pediatric), medical nutrition therapy, vision, pharmacy, radiology, chronic care management, wellness programs, and the Women's Infant and Children's (WIC) program.

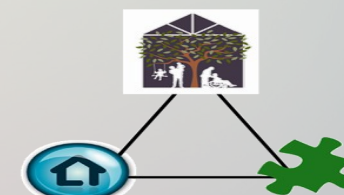
A primary focus of the PCMH model is multi-disciplinary, coordinated care through the development of care teams, prevention services, chronic disease management programs, comprehensive education, shared visits, transitional care, and collaboration with community partners. By establishing a complete care team, with the patient at the center, we are improving and maximizing the quality of care delivered. The aim is to create partnerships between patients and their health care providers.

At Family Health, we consider our patients to be the most important component of the PCMH care team. When patients take an active role in their health and work closely with their care team, they become active participants in getting the care they need. The care team involves them in decisions about their health care. The primary goal of the care team is to coordinate and provide the care and services that are right for each patient. The care team can include a variety of staff including a patient's primary care doctors, clinicians, nurses, care managers, support staff and even Family Health's community partners. The team also strives to offer support and services to families as part of the PCMH team.

The ultimate result of the PCMH is to have patients take charge of their health. A healthy life is more than just the absence of disease but one that exhibits a strong self-image, supportive relationships, a sense of harmony and a positive belief in one's ability to change and adjust to new circumstances. "I believe that over the years Family Health has taken many steps to help turn a sick-care system into a health care system" states Jean Young, Executive Director.

In 2013 Family Health was accredited as a Patient Centered Medical Home through the Accreditation Association for Ambulatory Health Care (AAAHC). Our PCMH has been featured as a best practice model through Medical Home News Health Policy Publishing and the American Pharmacist's Association.

PATIENT CENTER MEDICAL HOME



Mark's Story

How meeting with Lacie, our registered dietitian helped Mark make lasting lifestyle changes to lose weight and improve his health.

I met Mark in March of 2015– he was referred to me by his primary care provider who thought meeting with an RD would help Mark improve his health outcomes. During our initial visit Mark shared that he had been diagnosed with prediabetes, high blood pressure, high cholesterol, and he had a BMI of 48. Mark was ready for a change. Mark recalls, “Lacie told me on my first day that I would still be able to eat the foods I enjoyed but I would need to better control my portions.” Since that day Mark has been tracking his food choices, eating less, and incorporating more fruits and vegetables. He is choosing leaner meats and whole grains. Mark has also increased his physical activity. He walks his dog twice a day and is golfing as often as he can. We often remark that his weight loss journey has improved his golf game in a big way. Mark has made and stuck to his lifestyle changes by setting small achievable goals, eating less, moving more, and staying accountable with monthly weigh-in visits. Today I am proud to share that *Mark has lost over 80 pounds and ten inches off his waist. He is no longer prediabetic, he has decreased his cholesterol numbers, and is taking less medication.* Mark states he has more energy than ever before and we often celebrate many of his other non-scale victories. Making changes to your diet and physical activity is hard and takes continuous effort. Mark has been determined and has worked so hard and I am so proud of him. I always say best diet for YOU is the diet YOU can stick to. If you’re interested in making lifestyle changes to improve your health, consider a registered dietitian to help you come up with a diet plan that meets your needs. I would love the privilege of walking alongside you on your journey to wellness.

In Health,
Lacie Grosch
Registered Dietitian Nutritionist



DOC TALK

Dr. Sherry Adkins explains Measles and the importance of getting vaccinated.



Measles, a viral infection that causes cough, runny nose, red eyes, fever, and rash, is making a comeback. Some patients, especially babies and young children, can get very sick and even die from complications. Since January, about 1000 cases of measles have been reported in the US. With the spread of measles, many patients are asking about how to protect themselves and their children.

Q: Do we still have measles?

A: YES. Worldwide, about 20 million people get measles each year. When people with measles travel into the United States, they spread the disease to unvaccinated people including children too young to be vaccinated.

Q: How does it spread?

A: FAST. Measles is extremely contagious. The virus spreads through the air when an infected person coughs or sneezes. You can spread measles 1-2 weeks before you have symptoms, and you can catch it by being in the room of an infected person up to two hours later. Almost everyone will get measles if they are exposed and haven’t been vaccinated.



Q: Is measles a big deal?

A: YES. Measles can be dangerous, especially for babies and young children. From 2001-2013, 28% of children under years old who had measles had to be treated in the hospital. About 2 out of 1,000 die from complications. Measles can cause pregnant woman to miscarry or give birth prematurely. Measles can also cause pneumonia, brain damage, and deafness. There is no antiviral treatment for measles.

Q: Is the vaccine safe?

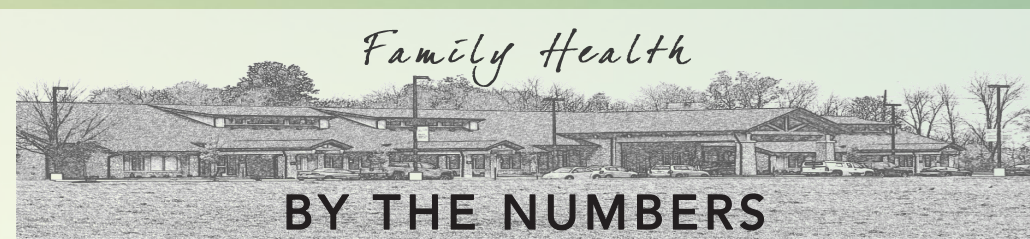
A: YES. Vaccines, like any medicine, can have side effects, but most children who get the MMR shot have no side effects. The side effects that do occur are usually mild, such as fever, rash, soreness or swelling where the shot was given, or temporary pain and stiffness in the joints (mostly in teens and adults). After lots of studies, there is no evidence of a link between the MMR vaccine and autism.

Q: Who should be vaccinated?

A: Family Health and CDC recommend children get the first dose of MMR at 12 - 15 months old and the second dose at 4 - 6 years old. Teens and adults should be updated if they missed out. It is extremely important for those traveling internationally to get immunized, as well as college students and healthcare workers. You are protecting yourself and those around you!

Q: Where to get vaccinated and how to pay?

A: Your primary care provider or local health department. Most health insurances cover vaccines. If you don’t have insurance or it doesn’t cover vaccines, the Vaccines for Children (VFC) Program may be able to help. For more information, visit the VFC website or ask your doctor.



Family Health 2018 What a great year! We love to give and serve our community!	
200 caring employees	81 units of blood donated
43 babies delivered	6,440 vaccines administered
72,197 medical visits	500 health bags given to families in Peru
102,482 total visits clinic wide	41 years longest working employee Jean Young
68,487 prescriptions filled	\$2100 donated to local food banks by employees

Colon Cancer Screenings

According to the American College of Gastroenterology, colorectal cancer is the #2 cancer killer in the United States. Yet it is one of the most preventable types of cancer. Colorectal cancer is often curable when detected early.

Most early colorectal cancers produce no symptoms. This is why screening for colorectal cancer is so important. Some possible symptoms, listed below, do not always indicate the presence of colorectal cancer, but should prompt a visit with your physician and a check-up:

- New onset of abdominal pain
- Blood in or on the stool
- A change in stool caliber or shape
- A change in typical bowel habits such as constipation and diarrhea

2, 837 Family Health patients received Colon Cancer Screenings in 2018.

Were you one of those patients?? We have options for screenings and would love to speak to you about it. Please contact your provider today for more information.

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What’s Happening at Family Health?

You want to know.
We want to tell you.

CLASSES

Matter of Balance Class

Managing concerns about falls.
Fridays 2-4pm
August 30-October 18th
For more info call Jane Urlage, RN
(937)547-2319.

Healthy U

Chronic Pain Self Management Workshop.
Fridays 2-4pm
October 25th– December 6th.
For more info call Jane Urlage, RN
(937) 547-2319.

Diabetes Prevention Program

For patients who meet criteria for prediabetes. Yearlong program to help you lose weight, move more, and lower your blood sugar.
For more info contact Lacie Grosch, RDN
(937)547-2319.

EVENTS

HTN Clinic

Walk in FREE blood pressure screening and heart healthy education.
2nd and 4th Tuesdays 1-4pm
For more info call Wendy Larkins
(937) 548-5811

Xchange Clinic

Vivitrol, Suboxone, medical treatment, needle exchange, HIV and hepatitis screenings, pregnancy tests, FREE Narcan, health kits, and vaccines.
2nd and 4th Fridays 10am-2pm
Family Health Dental Office.
Call Maggie for more info (937) 547-2319.

Behavioral Health and Wellness Event

FREE. Guest Speaker Savana Shaltry “Yoga and Mindfulness”
September 9th 5:30-7pm
1101 Jackson Street, Greenville.
Reid Medical Building
For more info contact Jane Urlage, RN
(937) 547-2319