

## SUMMER CAMPS FOR KIDS



For kids living with Type 1



For kids living with Insulin Resistance, Pre-diabetes or Type 2 diabetes



*All the fun of summer camp... Plus*

*24/7 medical supervision!*



**WWW.DIABETESDAYTONCAMP.COM**

### *Healthy Cooking Classes*

Open to anyone wanting to lead a health conscious, whole foods lifestyle! Pre-registration and pre-payment are required to ensure enough food is available for attendees.

Included in the fee:

- Packet of recipes with complete nutrition information
- Health discussion with trained culinary chef and dietetic technician, registered
- Cooking demonstrations with participation encouraged
- Full meal
- Q&A/ substitution idea discussion



**Please call to reserve your spot! 937-220-6611**

-DIABETES DAYTON-



2555 S Dixie Dr | Suite 112  
Dayton, Oh | 45409  
T: 937/220-6611  
F: 937/224-0240  
[www.diabetesdayton.org](http://www.diabetesdayton.org)

**Awareness. Support. Education.**

Diabetes Dayton is a local, independent non-profit agency. We are not affiliated with any national organization. All monies raised for Diabetes Dayton stay in our local Greater Dayton community.

Our programs include:

- Diabetes Prevention & Management Classes
- Screenings, Information & Resource Referral
- Diabetes Supply Assistance Programs
- Summer camps for children living with Type 1 or Type 2 diabetes
- Annual Diabetes Expo
- Healthy Cooking Classes
- Healthy Me! Wellness Series

*A note on the Diabetes Resource Guide*


The Diabetes Resource Guide has been put together for both diabetes professionals and anyone seeking assistance with their diabetes. A PDF copy of this guide is also available on our website ([diabetesdayton.org/resources](http://diabetesdayton.org/resources)). We have done our best to ensure that all of the information is correct and current. Please contact us via phone at 937-220-6611 or via email at [admin@diabetesdayton.org](mailto:admin@diabetesdayton.org) if there is information that needs corrected. Diabetes Dayton is not specifically endorsing or promoting the programs listed; we assembled it for informational purposes only. Please, seek medical advice from your doctor or healthcare professional.

*Thank you!*  
*Diabetes Dayton Staff*

*This Resource Guide was created by and belongs to Diabetes Dayton. No part of this publication may be altered or disseminated for uses other than those listed above.*

## Table of Contents


|  |     |
|--|-----|
| Community Agencies/Organizations .....                   | 1-3 |
| Dental Clinics .....                                     | 4   |
| Diabetes & Nutrition Education Programs .....            | 5-7 |
| Diabetes Support Groups .....                            | 8   |
| Dietitians (Private Practice) .....                      | 9   |
| Food Pantries .....                                      | 10  |
| Health Centers .....                                     | 11  |
| Health Coverage For Low Income Individuals/Families..... | 12  |
| Homeless Resources .....                                 | 13  |
| Information and Referral Services .....                  | 14  |
| Legal Services.....                                      | 14  |
| Mail Order Diabetes Supplies .....                       | 15  |
| Mental Health .....                                      | 16  |
| Medical Equipment Assistance .....                       | 16  |
| National Diabetes-Related Programs .....                 | 17  |



If you are without insurance or medical coverage, you may be able to receive supplies FREE of charge from our office once a year, including:

- Glucose testing meters
- Testing strips
- Lancets and lancing devices
- Syringes or pen needles
- Alcohol swabs
- Glucose tablets

**DESAP: Diabetes Emergency Supply Assistance Program**



*Contact Diabetes Dayton for more details. Specific meter or strips brands may not be available, subject to supply on hand.*

**AFFORDABLE**  
glucose monitoring strips




GM100

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Diabetes Dayton  
2555 S. Dixie Dr. Suite 112  
Dayton, OH 45409

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**937-220-6611**

# DIABETES DAYTON

## FREE AADE-Accredited Diabetes Education Classes!

Concerned about pre-diabetes? Recently diagnosed? Need a re-fresher? Join us for **FREE** diabetes education! **Registration is required.** To register for classes, call the office (937-220-6611) or sign up online: [www.diabetesdayton.org](http://www.diabetesdayton.org)

Our program is accredited by  American Association of Diabetes Educators

### Saturdays, 9:00 a.m.– 12:00 p.m.

#### Diabetes 101: Diabetes Survival Skills

- Explanation of the disease
- Monitoring properly
- Taking medications and insulin
- Treating highs and lows; Sick days
- Introduction to meal planning

#### 2019 Dates:

January 12th and 1th  
February 9th and 16th  
March 9th and 16th  
April 6th and 13th  
May 11th and 18th

#### Diabetes 102: Nutrition & Wellness

- Three steps of eating well
- Understanding Carbs
- Choosing foods & reading labels
- Sugar substitutes, alcohol, caution foods
- Exercise

June 8th and 15th  
July 13th and 20th  
August 10th and 17th  
September 14th and 21st  
October 12th and 19th  
November 9th and 16th  
December 14th and 21st

|   |       |
|---|-------|
| Physicians Specializing in Diabetes .....                 | 18    |
| Prediabetes Programs and Wellness Series.....             | 19    |
| Prescription Assistance, Local .....                      | 20    |
| Prescription Assistance, National .....                   | 20    |
| Prescription Assistance, Pharmaceutical Co. Specific..... | 21    |
| Pump and Continuous Glucose Monitoring Companies.....     | 22    |
| Shoes for People With Diabetes .....                      | 22    |
| Sleep Centers .....                                       | 23    |
| Transportation Assistance .....                           | 23    |
| Vision Assistance.....                                    | 24    |
| Weight Management .....                                   | 24-25 |
| Wound Care .....  | 25    |
| Advertisements.....                                       | 26-37 |

## **Community Agencies/Organizations**

### **Diabetes Dayton**

- Free classes diabetes education classes and referral services
- Low cost monthly cooking classes and bi-weekly wellness program
- National Diabetes Prevention Program facilitator
- Diabetes Emergency Supply Assistance Program
- Distributor of low-cost testing options (Bionime)
- Camp Ko Man She (July) for children living with diabetes

Office hours: Monday through Friday 9-5, closed 12-1 for lunch.

[www.diabetesdayton.org](http://www.diabetesdayton.org)

2555 S. Dixie Dr. Suite 112

Dayton, OH 45409

(937) 220-6611

### **Good Neighbor House**

- Low-cost medical, dental and vision appointments
- Thrift store (clothing and household items)
- Food pantry (including special dietary needs pantry)
- Education classes

[www.goodneighborhouse.org](http://www.goodneighborhouse.org)

627 East First Street

Dayton, OH 45402

(937) 224-3003

### **Life Enrichment Center**

Services include

- East Dayton Senior Collaborative: free lunch and educational program, Thursdays 11:30-1:30
- Transportation service (call for availability)
- Hot meals and grocery distribution
- Education classes, health and wellness information, fitness center
- Recovery Café: small group/peer-to-peer support; education, activities, etc. Thursdays & Fridays, 2:30-6:30

[www.daytonlec.org](http://www.daytonlec.org)

425 N. Findlay St.

Dayton, OH 45404

(937) 252-5700



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Amy Gephart– Medicare Specialist

[amy.a.gephart@centene.com](mailto:amy.a.gephart@centene.com)

937 344-1378



## **DIABETES DAYTON**

### **Diabetes Prevention and Wellness Programs**

Achievable wellness programs are available for everyone who wants to be healthier! Sign up for the year-long prevention program or drop in on any weeknight session. Facilitated by a Certified Lifestyle Coach, these classes will help you set SMART goals and reach them!

**Call Diabetes Dayton at (937) 220-6611 for more information!**



Program benefits:

- Current, credible information on nutrition
- Stress management tips
- Prevention of illness and complications of illness
- Emotional/moral support of others interested in wellness
- Many lose weight!

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## **Community Agencies, continued**

### **Life Enrichment Center**

*Services include*

- *East Dayton Senior Collaborative: free lunch and educational program, Thursdays 11:30-1:30*
- *Transportation service (call for availability)*
- *Hot meals and grocery distribution*
- *Education classes, health and wellness information*
- *Fitness center*
- *Recovery Café: small group/peer-to-peer support; education, activities, etc. Thursdays & Fridays, 2:30-6:30*

[www.daytonlec.org](http://www.daytonlec.org)

425 N. Findlay St.  
Dayton, OH 45404  
(937) 252-5700

### **Montgomery County Department of Job and Family Services**

*Processes applications for food (Supplemental Nutrition Assistance Program), cash (Temporary Assistance for Needy Families) and medical (Medicaid) assistance. Also offers workforce activities through Ohio Means Jobs and child care payment assistance options.*

[www.mcoho.org/departments/job\\_and\\_family\\_services/](http://www.mcoho.org/departments/job_and_family_services/)

1111 S. Edwin C. Moses Blvd.  
Dayton, Ohio 45422  
(937) 225-4148

### **Opportunities For Ohioans With Disabilities**

*The Bureau of Vocational Rehabilitation (BVR) and Bureau of Services for the Visually Impaired (BSVI) help people with disabilities get or keep a job. For those unable to work, the Bureau of Disability Determination (BDD) determines eligibility for Social Security disability benefits or Supplemental Security Income.*

[www.ood.ohio.gov/](http://www.ood.ohio.gov/)

400 E. Campus Blvd.  
Columbus, OH 4325  
(800) 282-4536



## **Community Agencies, continued**

### **Premier Community Health**

*Offers health and wellness programs in the Greater Dayton area, as well as health screenings, and employee health management.*

[www.premiercommunityhealth.org](http://www.premiercommunityhealth.org)

3170 Kettering Blvd.

Dayton, OH 45439

(877) 274-4543

### **Public Health - Dayton & Montgomery County**

*Diabetes Management Program: Free comprehensive diabetes education and prevention program: stress management, nutrition, healthy living and fitness classes. Free screenings on Thursdays, 8:30 – 9:30am*

[www.phdmc.org](http://www.phdmc.org)

117 S. Main St.

Dayton, OH 45422

(937) 225-4189

### **Samaritan Homeless Clinic**

*Offers medical, dental, vision, and psychiatric services, mental health and chemical dependency counseling, medical social work, prescription assistance. Monday, Tuesday, Thursday: 7:30-4:30, Wednesday: 7:30-6:30, closed on Fridays*

[www.nhchc.org/directory/good-Samaritan-hospital/](http://www.nhchc.org/directory/good-Samaritan-hospital/)

921 S. Edwin C. Moses Blvd.

Dayton, OH 45417

(937) 461-1376 ext. 248

### **Senior Resource Center**

*Collaborates with community resources to provide services to senior adults, adults with special needs and their care givers.*

[www.seniorresourceconnection.com](http://www.seniorresourceconnection.com)

222 Salem Ave.

Dayton, OH 45406

(937) 223-8246



• Serving the Miami Valley since 1956 •

## **SENIOR RESOURCE CONNECTION**

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Hot nutritious meals delivered to each client's door by a caring, friendly delivery driver  
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Representative payees help with budgeting, paying bills and personal finances  
Case Managers coordinate services to meet all care needs

**For more information, please visit our website or call:**

**Office 937-223-8246 • Nutrition 937-228-3663**

[www.SeniorResourceConnection.com](http://www.SeniorResourceConnection.com)



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### **Dental Clinics for the Uninsured**

#### **East Dayton Health Center**

*Monday-Friday 8:00 am to 4:00 pm; Tuesdays Only 10:00 am - 6:00 pm*

[www.communityhealthdayton.org](http://www.communityhealthdayton.org)

2132 East Third St.

Dayton, OH

(937) 528-6830

#### **Five Rivers Dental Clinic**

*Monday-Friday 7:45 am to 4:30 pm. Closed from 12-1 pm everyday*

[fiverivershealthcenters.org](http://fiverivershealthcenters.org)

30 East Apple St. L-204,

Dayton, OH 45409

(937) 208-2704

#### **Good Neighbor House**

[www.goodneighborhouse.org/services/dental](http://www.goodneighborhouse.org/services/dental)

627 E. 1st. St.

Dayton, OH 45402

(937) 224-3003

#### **Samaritan Homeless Clinic**

*Mon/Tues/Thurs: 7:30-4:30; Wed: 7:30-6:30; closed on Fridays*

[www.nhchc.org/directory/good-Samaritan-hospital/](http://www.nhchc.org/directory/good-Samaritan-hospital/)

921 S. Edwin C. Moses Blvd.

Dayton, OH 45417

(937) 461-1376 ext. 248

#### **Sinclair Community College**

*Work performed by dental hygienists. Appointment times are: 8:30 am and 1 pm on Mondays, Wednesdays, Fridays during the term. Each appointment lasts 3 1/2 hours and has a \$10 fee*

444 W. 3<sup>rd</sup> St. Building 4, Room 4332

Dayton, OH 45402

(937) 512-2548

## **Diabetes & Nutrition Education Programs**

### **Diabetes Dayton**

AADE-accredited, **free** education classes and low-cost cooking classes available on Saturdays. Call for the most current schedule.

2555 S. Dixie Dr. Suite 112

Dayton, OH 45409

(937) 220-6611

### **Kettering Health Network Diabetes & Nutrition Center**

Comprehensive personalized diabetes care provided by certified diabetes educators in both individual and group setting. Evening classes are available. Individual nutrition counseling with registered dietitians for all types of nutrition needs. Physician referral is required for both services. Call to attend a **free information session**: (937) 401-7588

Beavercreek Health Center  
2510 Commons Blvd, Suite 130  
Beavercreek, OH 45431  
(937) 558-3064

Greene Memorial Hospital  
1141 N. Monroe Drive, Suite 115  
Xenia, OH 45385  
(937) 352-2750

Hamilton Health Center  
150 High Street  
Hamilton, OH 45011  
(513) 273-9220


Springboro Health Center  
825 N. Main Street, Suite 130  
Springboro, OH 45066  
(937) 401-6276

Southview Medical Arts Center  
1989 Miamisburg-Centerville Rd  
Centerville, OH 45459  
(937) 401-7576

Sycamore Primary Care Center  
2115 Leiter Road, Suite 200  
Miamisburg, Ohio 45342  
(937) 384-6959

Trotwood  
4140 Salem Ave  
Dayton, Ohio 45416  
(937) 262-7479

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**Contact 1-833-438-1312**  
[ohioymcadiabetesprevention.org](http://ohioymcadiabetesprevention.org)

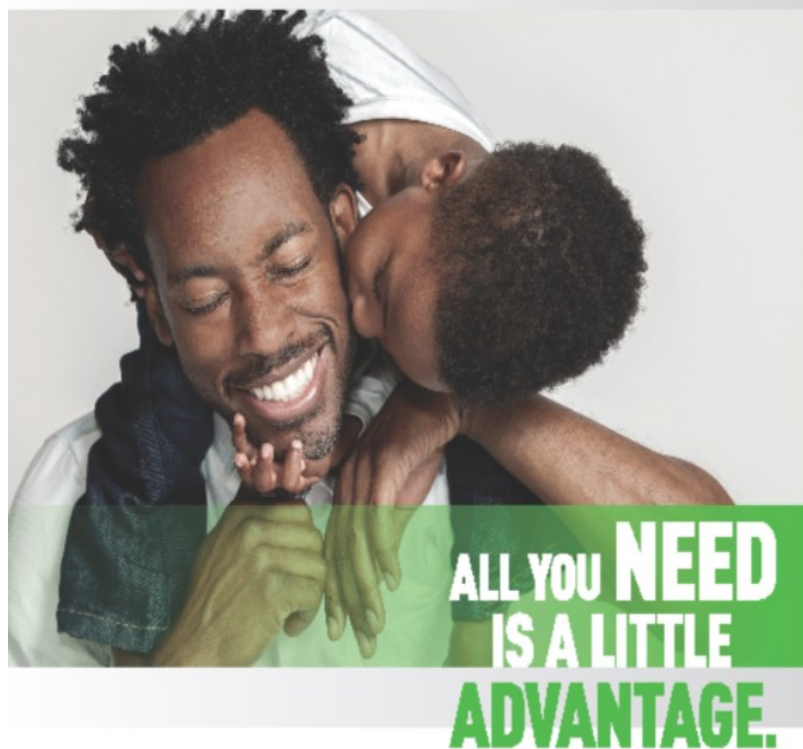
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[Brighthealthplan.com](http://Brighthealthplan.com)





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## **Diabetes Education and Nutrition Programs, continued**

### **Mercy Health**

*Classes taught by certified diabetes educators. Most insurances (including Medicare/Medicaid) accepted.*

Mercy Memorial Hospital  
904 Sciota St.  
Urbana, OH 43078  
(937) 484-6130

Springfield Regional Medical Center  
100 Medical Center Drive  
Springfield, OH 45504  
(937) 523-3168

### **Premier Health Diabetes Education**

*Group classes and individual consultations with Registered nurse or registered dietician. Fees may be covered by insurance with a physician's order. Some evening classes available.*

Bull Family Diabetes Center  
400 Sugar Camp Cr. Suite 205  
Dayton, OH 45409  
(937) 395-3656

Upper Valley Medical Center  
3130 N. County Rd. 25A  
Troy, OH 45373  
(937) 440-4706

Diabetes Wellness Center  
4218 Grand Ave.  
Middletown, OH 45044  
(513) 727-5475

### **Public Health**

**Free**, ADA-accredited comprehensive education program. Classes are held every Tuesday from 9-11 am at Drew Health Center.

1323 W. 3rd Street  
Dayton, OH 45402  
(937) 225-4189

## **Diabetes Education and Nutrition Programs, continued**

### **Veterans Administration Center**

*Diabetes Self-Management Education available to all veterans and family members. Physician's order is recommended.*

[www.dayton.va.gov](http://www.dayton.va.gov)

4100 W. Third St.

Dayton, OH 45417

(937) 268-6511, ext. 2713

### **Wayne Health Care**

*Free group classes available. Class times vary; call for schedule.*

[www.waynehospital.com](http://www.waynehospital.com)

835 Sweitzer St.

Greenville, OH 45331

(937) 569-6750

### **Wright Patterson Air Force Base Diabetes Program**

*Newly diagnosed with Diabetes or Pre Diabetes and a "Refresher" series. Referral is required. Must be active duty/ retired/ dependent.*

4881 Sugar Maple Drive

Dayton, OH 45433

(937) 257-9911 or appointment line (937) 522- 2778



## **Community Foot Specialists**

*Podiatrists & Foot Surgeons*

Dr. Belinda M. Chan • Dr. Brent S. Oliva

Dr. Kimberly H. Lewis • Dr. Kartick Patel

### **Common Foot Conditions We Treat...**

- Diabetic Foot Care
- Heel Pain
- Fungal Toenail
- Ingrown Toenails
- Sprains
- Fractures
- Ulcers
- Corns
- Calluses
- Flat Feet
- Warts
- Gout



#### Springboro

275 N. Main St.

Ste A

#### Dayton

5925 N. Main St.

Ste D

#### Dayton

1 Elizabeth Place

4<sup>th</sup> Floor

#### Vandalia

1 E. National Rd

Ste 300

#### Beavercreek

3359 Kemp Rd.

Ste 230

#### Springfield

2207 Olympic St.

**(937) 426-9500 • (937) 322-7607**

**[www.DaytonFeet.com](http://www.DaytonFeet.com)**



A global health care company, committed to discovering and developing innovative medicines to help people living with diabetes lead longer, healthier lives.

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### **Diabetes Support Groups**

#### **Charles R. Drew Health Center**

*Meets every 2<sup>nd</sup> Tues from 11:30am-1:30pm*  
1323 W. 3<sup>rd</sup> St.  
Dayton, OH 45402  
(937) 225-4189

#### **Clark County Combined Health District**

*Meets every 2<sup>nd</sup> Thurs from 6-7pm*  
529 E. Home Rd.  
Springfield, OH 45503  
(937) 390-5600 or (937) 322-9529

#### **Dayton Area Insulin Pump Support Group**

*Meets 2<sup>nd</sup> Monday in Jan-May, Sept, Oct and Dec at 6:30pm*  
Miami Valley Hospital South  
2300 Miami Valley Dr.  
Centerville, OH  
Doug Wagner (937) 439-5650 or Jim Brittingham (937) 426-1899

#### **Friendship Village**

*Meets every 2<sup>nd</sup> Tues at 10:30am and at 6pm; use door #1*  
5790 Denlinger Rd.  
Dayton, OH 45426  
(937) 837-5581

#### **Kettering Health Network Diabetes and Nutrition Center**

|  |  |
|--|--|
| <i>Beavercreek Health Center</i>               | <i>Southview Medical Arts Center</i>               |
| <i>Meets every 1<sup>st</sup> Tues, 4-5 pm</i> | <i>Meets every 2<sup>nd</sup> Mon, 5:30-6:30pm</i> |
| Community Classroom                            | 1989 Miamisburg-Centerville Rd. Ste 202            |
| 2510 Commons Blvd                              | Dayton, OH 45459                                   |
| Beavercreek, OH 45431                          | (937) 401-7576                                     |
| (937) 558-3064                                 |  |

**Dietitians (Private Practice)**

**Monica Cengia, MEd, RD, LD, CDE**

1525 E. Stroop Rd., Ste 100

Kettering, OH 45429

(937) 436-1985

(937) 436-8085 fax

**Mara Lamb, RD, LD, CDE**

2717 Miamisburg-Centerville Rd. Suite 207

Dayton, OH 45459

(937) 435-4355

(937) 434-0102 fax

**Juanita Weaver-Reiss, MBA, MPH, RD, LD, CDE**

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[www.nutritionandhealthworks.com](http://www.nutritionandhealthworks.com)

(937) 867-0115

**Gina Wiltheiss, MS, RD, LD**

Nourishing Nutrition, LLC

5850 S. County Rd 25-A, Suite 2

Tipp City, OH 45371

(937) 214-7570

**KETTERING HEALTH NETWORK**

# Diabetes & Nutrition Center

**EXPERIENCE PERSONALIZED CARE**

- Medical management
- Nutrition counseling
- Weight management
- Diabetes education programs:
  - Prediabetes
  - Diabetes self-management training
  - Free support group

**(937) 401-7588**  
[ketteringhealth.org/diabetes](http://ketteringhealth.org/diabetes)

**KETTERING**  
Health Network



## **Weight Management, continued**

### **Kettering's FRESH Weight Management Program: Non-surgical**

*16 week non-surgical lifestyle approach to weight management offered at these locations. Evening sessions are available. (937) 401-7588*

#### **Beavercreek Health Center**

2510 Commons Blvd  
Beavercreek, OH 45431

#### **Hamilton Health Center**

150 High Street  
Hamilton, OH 45011

#### **Sycamore Primary Care Center**

2115 Leiter Road  
Miamisburg, Ohio 45342

### **Premier Health: Surgical Options**

Miami Valley Hospital  
Bariatric Surgery Center  
1 Wyoming St.  
Dayton, OH 45409  
(937) 208-4968

Premier Metabolic and Bariatric Assoc.  
30 E. Apple Street  
Dayton, OH 45409  
(937) 208-5300

## **Wound Care**

### **Kettering Health Network:**

**Beavercreek Health Park**  
(937) 458-4460

#### **Fort Hamilton**

(513) 867-3166

#### **Grandview Medical Center**

(937) 723-4231

#### **Kettering Medical Center**

(513) 867-3166

#### **Sycamore Hospital**

(937) 384-8772

### **Premier Health:**

**Atrium Medical Center**  
(513) 420-5700

#### **Miami Valley Hospital South**

(937) 438-4977

#### **Upper Valley Medical Center**

(937) 440-7888

## **Food Pantries:**

Visit [www.foodpantries.org](http://www.foodpantries.org) for a list of current food pantries.

### **Catholic Social Services- Miami Valley**

*Monday-Friday 9:30-11:30 am. Closed the 1st Friday of each month. Entrance is on Orth Street. Zip codes served: 45402, 45405, 45406, 45417, 45428)*

[www.cssmv.org/services/food-pantry/](http://www.cssmv.org/services/food-pantry/)

922 W. Riverview Ave.

Dayton, OH 45409

(937) 223-7217 #7

### **Good Neighbor House**

*Food pantry and special needs food pantry (for those with chronic conditions). Eligibility requirements apply; call for more information.*

627 East First St.

Dayton, OH 45402

(937) 224-3003

### **Wright State University's Friendship Food Pantry**

*Will provide anyone in the community with an emergency supply (a few days worth) of food, plus information and referral resources. Mondays 11-4pm, Thursdays 11am-4pm, and Fridays 3-6pm.*

3640 Colonel Glenn Highway

134 Allyn Hall

Fairborn, OH 45324

(937) 775-2617

## **Health Centers** *(Please call for hours and policies)*

### **Community Health Centers of Greater Dayton:**

[www.communityhealthdayton.org](http://www.communityhealthdayton.org) Appointment Line: (937) 461-6869

#### **Alex Central Health Center**

5 S. Alexandersville Rd.  
Miamisburg, OH 45342  
(937)247-0304

#### **East Dayton Health Center**

2132 E. Third St.  
Dayton, OH 45403  
(937) 528-6850

#### **Corwin Nixon Health Center**

2351 Stanley Ave.  
Dayton, OH 45404  
(937) 228-0990

#### **Patterson Park Health Center**

25 Thorpe Ave.  
Dayton, OH 45420  
(937)258-6330

#### **Drew Health Center**

1323 W. 3rd St.  
Dayton, OH 45402  
(937) 461-4336

#### **Victor J. Cassano Health Center**

165 Edwin C. Moses Blvd.  
Dayton, OH 45402  
(937) 558-0180

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### **Five Rivers Health Centers:**

[www.fiverivershealthcenters.org](http://www.fiverivershealthcenters.org)

#### **Center for Women's Health**

161 Wyoming St.  
Dayton, OH 45409  
(937) 208-2007

#### **Five Rivers Pediatrics**

161 Wyoming St.  
Dayton, OH 45409  
(937) 208-2781

#### **Family Health Center**

2261 Philadelphia Dr.  
Dayton, OH 45406  
(937) 734-4141

#### **Medical/Surgical Health Center**

30 E. Apple St. (Specialty Clinic)  
725 S. Ludlow St.  
Dayton, OH 45402  
(937) 208-2004 (both locations)

---

### **Independent Health Centers:**

#### **Good Neighbor House**

*Medical, dental and vision assistance, clothing, food & household goods*  
[www.goodneighborhouse.org](http://www.goodneighborhouse.org)  
627 E. First St.  
Dayton, OH 45402  
(937) 224-3003

#### **Reach Out Clinic**

*Montgomery County residents only. Call for hours and eligibility.*  
[www.daytonreachout.org](http://www.daytonreachout.org)  
25 E. Foraker St.  
Dayton, OH 45409  
(937) 258-2000

## **Vision Assistance**

### **National Federation of the Blind Miami Valley**

*Improves blind people's lives through advocacy, education, research, technology, and programs encouraging independence and self-confidence.*

[www.nfbohio.org](http://www.nfbohio.org)

1019 Wilmington Ave Apt. 43  
Kettering, OH 45420  
(937) 293-2131

### **Prevent Blindness Ohio**

*Provides free, comprehensive, professional eye exams, follow-up care, education and eyewear to medically indigent children, youth, families and homeless/uninsured adults*

<http://ohio.preventblindness.org/>

1-800-301-2020

## **Weight Management**

### **Kettering Health Network: Surgical Options**

Dayton Bariatric Center

7740 Washington Village Dr.  
Suite 110  
Dayton, OH 45459  
(937) 439-4145

Kettering Weight Loss Solutions

1956 E. Whipp Rd.  
Kettering, OH 45440  
(937) 433-5957

Kettering Bariatrics—Sycamore Hospital

4000 Miamisburg-Centerville Rd. Ste 210  
Miamisburg, OH 45342  
(937) 914-7510

## **Sleep Centers**

### **Kettering Health Network Sleep Center at Kettering Medical Center**

3535 Southern Blvd  
Kettering, OH 45429  
(937) 395-8805

*For more Kettering Health Network locations, please call (937) 558-3267*

### **Samaritan Sleep Center**

80 East Woodbury Drive.  
Dayton, OH 45415  
(937) 734-6180

*For more Premier Health locations, please call 1-866-608-3463*

## **Transportation Assistance**

### **Beavercreek Senior Center**

*Beavercreek residents only*  
(937) 426-6166

### **Brookville Area Handivan Ministry**

*Five day driving notice*  
(937) 833-2260

### **Deardoff Senior Citizens Center**

*Warren County residents*  
(937) 743-8100

### **Fairborn Senior Citizens Association**

*Fairborn and Bath Township residents*  
(937) 878-4141

### **Greene County Transit Board**

(937) 708-8322

### **Lathrem Senior Center**

*For Kettering residents over 60*  
(937) 296-2483

### **Miami County Transit System (MCTS)**

*Miami County residents*  
(937) 335-7433

### **Miami County Veterans**

*To the VA Medical Center*  
(937) 440-8126

### **Vandalia Senior Center – VanTran**

*Vandalia residents over 60*  
(937) 898-1232

### **Warren County Transit**

*Discounts offered for elderly ~65 or older~ or disabled*  
(888) 297-0990

### **Wesley Community Center, Inc.**

*Dayton*  
(937) 263-3556

### **Yellow Springs Senior Center**

(937) 767-5751

### **Xenia Adult Recreation and Service Center**

*Greene County residents*  
(937) 376-4353

### **Paratransit Service**

*Clients must be certified disabled and unable to use regular fixed routes. \$3.50-\$5 each way, depending on distance. [www.greaterdaytonrta.org](http://www.greaterdaytonrta.org)*  
216 N. Main St.  
Dayton, OH 45402  
(937) 425-8444

## **Health Coverage For Low Income Individuals/Families**

### **Buckeye Health Plan**

*Nonprofit managed health care plan*  
[www.buckeyehealthplan.com](http://www.buckeyehealthplan.com)  
1-866-246-4358

### **CareSource**

*Nonprofit managed health care plan*  
[www.caresource.com](http://www.caresource.com)  
(937) 224-3300

### **Hospital Care Assurance Program (HCAP)**

*Provides help with unpaid hospital bills to Ohioans with family incomes at or below 100 percent of the current Federal Poverty Guidelines, and who are ineligible for Medicaid. **Contact the hospital where services were provided for more information.***

### **Humana**

*Medicare Advantage and Medicare supplement plans.*  
[www.humana-one.com](http://www.humana-one.com)

### **Molina Healthcare**

*Provides healthcare to those who depend on government assistance.*  
[www.molinahealthcare.com](http://www.molinahealthcare.com)  
1-800-642-4168

## **Homeless Resources**

### **Homefull Resource Center**

*Behavioral health services, case management, and relocation services*

[www.homefull.org](http://www.homefull.org)

33 W. 1<sup>st</sup> Street

Dayton, OH 45402

(937) 222-1981

### **Samaritan Homeless Clinic**

*Offers medical, dental, vision, and psychiatric services, mental health and chemical dependency counseling, medical social work, and pre-prescription assistance. Monday/Thursday 7:30-4:30, Tuesday/Wednesday 7:30-6:30, Friday 7:30-2:30; closed daily 11:30-12:30*

[www.fiverivershealthcenters.org/samaritan-homeless-clinic](http://www.fiverivershealthcenters.org/samaritan-homeless-clinic)

921 S. Edwin C. Moses Blvd.

Dayton, OH 45417

(937) 461-1376

### **St. Vincent de Paul Gateway for Women & Families**

*Provides shelter and emergency assistance to the homeless women and families.*

[www.stvincentdayton.org](http://www.stvincentdayton.org)

120 W. Apple St.

Dayton, OH 45402

(937) 461-7837

### **St. Vincent de Paul Gateway for Men**

*Provides shelter and emergency assistance to the homeless men.*

[www.stvincentdayton.org](http://www.stvincentdayton.org)

1921 S. Gettysburg Ave.

Dayton, OH 45417

(937) 222-7350

## **Pump and Continuous Glucose Monitoring Companies**

### **Dexcom CGM**

<http://www.dexcom.com>

1-888-738-3646

### **Freestyle Libre (Abbott)**

<https://freestylelibre.us/>

1-855-632-8658

### **Medtronic Diabetes**

<http://www.medtronicdiabetes.com>

(888) 350-3199 New customers

(937) 216-0300 Local representative

### **Omni Pod (Insulet)**

<http://www.myomnipod.com>

1-800-591-3455

### **Tandem**

<http://tandemdiabetes.com>

1-877-801-6901

## **Shoes For People With Diabetes**

### **Next Step**

527 Windsor Park Drive

Centerville, OH 45459

(937) 291-0069

### **Bryan's Family Pharmacy**

[www.bryansrx.com](http://www.bryansrx.com)

Colony Square

726 East Main Street

Lebanon, OH 45036

(513) 228-0800



## **Prescription Assistance, Pharmaceutical Company**

*Qualifications for assistance vary by company, program and medication.*

### **AstraZeneca**

*Manufactures Bydureon, Byetta, Farxiga, Kombiglyze, Onglyza, Symlin*

[www.azandmeapp.com](http://www.azandmeapp.com)

1-800-292-6363

### **Eli Lilly & Company**

*Manufactures Humalog, Humatrope, Humulin, and Basaglar*

<http://www.lillycares.com>

1-800-545-6962

### **GlaxoSmith Kline**

*Manufactures Avandia*

<https://www.gskforyou.com>

1-866-728-4368

1-888-825-5249

### **Merck & Company**

*Manufactures Januvia and Janumet*

<http://www.merckhelps.com/>

1-800-727-5400

### **Novo Nordisk**

*Manufactures Novolog & Levemir*

<http://www.novonordisk-us.com/patients/patient-assistance-programs/diabetes-care.html>

1-866-310-7549

### **Pfizer**

*Manufactures Diabinese, Glucotrol, Glynase, Glyset & Micronase*

<http://www.pfizerxpathways.com>

1-844-989-7284

### **Sanofi Aventis**

*Manufactures Lantus, Apidra and Toujeo*

[www.sanofipatientconnection.com](http://www.sanofipatientconnection.com)

**1-888-847-4877**

## **Information and Referral Services**

### **Community Action Partnership**

[www.cap-dayton.org](http://www.cap-dayton.org)

*Emergency utilities, housing, meals, transportation*

#### **Butler County**

(513) 868-9300

#### **Greene County**

(937) 376-7747

#### **Preble County**

(937) 456-2800

#### **Darke County**

(937) 548-8143

#### **Montgomery County**

(937) 341-5000

#### **Warren County**

(513) 695-2100

### **United Way Help Link**

*HelpLink Staff are available 24 hours a day to consult with you and direct you to the agency best suited to meet your need.*

[www.dayton-unitedway.org](http://www.dayton-unitedway.org)

33 W. 1<sup>st</sup> Street, Suite 500

Dayton, OH 45402

(937) 225-3000

## **Legal Services**

### **Dayton/Montgomery County Ombudsman**

*Long Term Care Ombudsmen are specialized staff and volunteers who give a voice to consumers of services in nursing homes, county homes, residential care facilities, group homes, and private residences.*

[www.dayton-ombudsman.org](http://www.dayton-ombudsman.org)

11 W. Monument Ave. Suite 606

Dayton, OH 45402

(937) 223-4613

### **Legal Aid of Western Ohio**

*Low-income residents of western Ohio can turn to LAWO for help with a variety of legal matters such as public benefits. Clients must meet income guidelines.*

130 W. 2nd St. Suite 700

Dayton, OH 45402

(877) 894-4599

(937) 228-8088

## **Mail Order Diabetes Supplies**

*The client must verify that his/her insurance is accepted by the following companies.*

### **All American Medical**

**[www.aamsfl.com](http://www.aamsfl.com)**

1-866-984-3047

### **Byram Healthcare Centers**

**[www.byramhealthcare.com](http://www.byramhealthcare.com)**

1-877-902-9726

### **CCS Medical**

**[www.ccsmed.com](http://www.ccsmed.com)**

1-800-726-9811

### **Diabetes Express**

**[www.diabetesexpress.com](http://www.diabetesexpress.com)**

1-866-418-3392

### **Edgepark Medical Supplies**

*(Formerly Liberty Medical)*

**[www.edgepark.com](http://www.edgepark.com)**

1-888-394-5375

### **Edwards Health Care Services (EHCS)**

**[www.myehcs.com](http://www.myehcs.com)**

1-888-344-3434

### **Exact Care Pharmacy**

**[www.exactcarepharmacy.com](http://www.exactcarepharmacy.com)**

1-877-355-7225

### **Guidant RX**

**[www.guidantrx.com](http://www.guidantrx.com)**

1-866-472-4679

### **Medical Services of America**

**[www.msa-corp.com](http://www.msa-corp.com)**

1-800-845-5850

### **Solara Medical Supplies**

**[solaramedicalsupplies.com](http://solaramedicalsupplies.com)**

1-888-474-9912

### **US Med**

**[www.us-med.com](http://www.us-med.com)**

1-877-840-8218

## **Prescription Assistance, Local**

### **Rx for Ohio: Golden Buckeye Card**

*Prescription drug discount program for those without prescription drug coverage. Serves Ohio residents with incomes less than 300% of federal poverty level. No application fee*

**[www.ohiobestrx.org](http://www.ohiobestrx.org)**

1-866-923-7879

### **Reach Out Clinic**

*Limited medication formulary (medication list on website) for Montgomery County residents only. Income must be below 250% Federal poverty guidelines and must be without medical insurance. Monday-Friday 12-5pm.*

**[www.daytonreachout.org](http://www.daytonreachout.org)**

25 E. Foraker St.

Dayton, OH 45409

(937) 258-2000

## **Prescription Assistance, National**

### **AARP provided by OptumRx**

*Discounts (average 61%) on prescriptions for members*

**[www.advantagesaarp.org](http://www.advantagesaarp.org)**

1-877-422-7718

### **Partnership for Prescription Assistance**

*Free and confidential web site designed to help the patients find the assistance programs for which they qualify.*

**[www.pparx.org](http://www.pparx.org)**

1-888-477-2669

## **Prediabetes Programs and Wellness Series**

### **Diabetes Dayton's Healthy Me! Wellness Series**

*Achievable wellness series for everyone! Classes meet alternate holidays, except holidays. Drop in for any session or sign up for the year. Nominal fee includes weekly handouts. Facilitated by Lifestyle Coach, Registered Dietetic Technician and Trained Culinary Chef. Participants receive credible information on nutrition, stress management tips, and moral support of others interested in wellness. Many participants lose weight! Contact Diabetes Dayton for the schedule and topic list.*

<https://www.diabetesdayton.org/healthyme>

2555 S Dixie Drive, Suite 110

Dayton, OH 45409

(937) 220-6611

### **Public Health's Diabetes Prevention Program**

*A year- long lifestyle change program in which people at risk for type 2 diabetes meet in a group with a trained Lifestyle Coach to learn ways to incorporate healthy eating and physical activity into their daily lives. Prices, locations and times vary; please contact Jennifer Boyd for more information.*

<http://phdmc.org/healthy-lifestyles/diabetes-programs>

(937) 225-5878

### **YMCA's Diabetes Prevention Program**

*A trained lifestyle coach will help you change your lifestyle by learning about healthy eating, physical activity and other behavior changes over the course of one year. The program consist of weekly and biweekly sessions during the first 6 months and monthly sessions during the second 6 months. Prices, locations and times vary; please contact Ali Schulze for more information.*

<https://www.ymcaonline.org/programs/diabetes-prevention-program>

(937) 223-5201

## **Mental Health**

*Anxiety, stress and depression are often common with diabetes. Without treatment, these conditions can lead to elevated blood sugar levels.*

### **Premier Health**

*Behavioral Health Service locations:*

Atrium Medical Center 513-974-5252

Miami Valley Hospital 937-208-6719

Good Samaritan 937-734-8333

Upper Valley Medical Center 937-440-4300

### **South Community, Inc.**

Main Office

3095 Kettering Blvd.

Moraine, OH 45439

(937) 293-8300

North Office

211 Kenbrook Drive

Vandalia, OH 45377

(937) 293-8300

## **Medical Equipment Assistance**

### **Access Center for Independent Living**

*Medical equipment only*

[www.acils.com/](http://www.acils.com/)

1329 Stanley Avenue

Dayton, OH 45404

(937) 341-5202

### **Advanced Medical Equipment**

[www.advancedmedequipment.com](http://www.advancedmedequipment.com)

2655 S. Dixie Dr.

Dayton, OH 45409

(937) 534-1080

### **Goodwill Easter Seals**

#### **Medical Equipment Loan**

[www.gesmv.org](http://www.gesmv.org)

*Certain medical equipment available to rent*

(937) 528-6357

### **MedMart Queen City**

<http://medmartonline.com/>

2237 S. Smithville Rd.

Dayton, OH 45420

(937) 256-0000

## **National Diabetes Related Programs**

### **American Kidney Fund Help Line**

*Assistance to those on dialysis, who may qualify for financial assistance up to two times a year with cost of medications, co-pays, deductible, transportation to dialysis, nutritional supplements, etc. Consult with social worker at the dialysis center.*

[www.kidneyfund.org](http://www.kidneyfund.org)

1-866-300-2900

### **Center for Disease Control (CDC) Diabetes Program**

*Information on diabetes, data and statistics, and program guides*

[www.cdc.gov/diabetes](http://www.cdc.gov/diabetes)

1-800-232-4636

### **Children With Diabetes Foundation**

*Resources and information for young diabetic patients*

[www.cwdfoundation.org](http://www.cwdfoundation.org)

info@CWDfoundation.org

1-888-296-1050

### **National Diabetes Information Clearinghouse**

*Provides educational materials to patients, caregivers, and medical professionals.*

[www.niddk.nih.gov](http://www.niddk.nih.gov)

1-800-860-8747

### **The Foundation of the American Academy of Ophthalmology**

*EyeCare America Program: Eye exams and treatment for seniors age 65 and older; Performed at no cost to those who qualify by volunteer ophthalmologists.*

[www.aao.org/eyecare-america](http://www.aao.org/eyecare-america)

1-877-887-6327

## **Physicians Specializing in Diabetes**

### **Dr. Heidi Buckingham, Dr. Miguel Parilo, Dr. Trisha Zeidan**

*Bull Family Diabetes Center*

400 Sugar Camp Circle, Suite 205

Oakwood, OH 45409

(937) 395-3656

### **Dr. Muna Jneidi, Dr. Soumya Nadella**

*Sycamore Internal Medicine*

4000 Miamisburg-Centerville Rd.

Miamisburg, OH 45342

(937) 866-6655 #207

### **Dr. Paul Glowienka**

*Specialty Medicine Care, L.L.C.*

2510 Commons Blvd. #210

Beavercreek, OH 45431

(937) 429-0607

### **Dr. Baker Machhadieh**

*Hamilton Health Center*

150 High Street

Hamilton Ohio 45011

(513) 273-9220

### **Dr. Yassin Mustafa, Nancy Solada (PA-C), Dr. Baker Machhadieh**

*Southview Medical Arts Center*

1989 Miamisburg-Centerville Road Suite 201

Centerville, Ohio 45459

(937) 401-7588

*Springboro Health Center*

825 N. Main Street Suite 130

Springboro, OH 45066

(937) 401-7588