



Public Health
Prevent. Promote. Protect.

Greene County

CMH News

*The **Complex Medical Help (CMH)** program is an Ohio Department of Health (ODH) program that is offered by Greene County Public Health. CMH connects families of children with special health care needs to a public health nurse (PHN) and a network of quality providers. The program works like a back-up insurance plan and helps families obtain payment for the services their child needs.*

Your Greene County CMH Public Health Nurses are:

- Susie (937) 308-7010
- Stephanie (937) 805-9032

*****NEW ANNOUNCEMENT*****

The Ohio Department of Health has made some updates to our program, including a name change. CMH, previously known as Children with Medical Handicaps, is now the **Complex Medical Help** program. This is to reflect the increase in age cap for treatment plan eligibility to assist young adults until the age of 25.

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The winter months tend to be a stressful time for most of us. Its gotten cold and we see less sunshine; resulting in the desire to snuggle up on the couch and do less. Although, while keeping up with the normal day activities we also are juggling stuffy noses, family gatherings, and a to-do list that seems to do nothing but grow. While we find ourselves trying to accomplish it all, we often get distracted from taking away from some special moments. Something to remember is your children feel the same stressors. They are home from school, out of routine, and trying to keep up with you. This season take a moment to step back and be mindful of the stressors for you and your family.

Here are a few steps to be mindful during this busy season

- Include your children. Are you cleaning up the house for a gathering? Let your kids help! Give them simple, clear age appropriate tasks. “Can I get your help putting all your toys in this basket”. It may not be where the toys belong, but they get off the floor, which is one step closer to be ready for guests.
- Feel a tantrum coming? Slow down. Get down to their level and listen. Screaming and crying are methods of communication. Your child may just need a few minutes stepped to the side to tell you what is overwhelming them.
- Be present. Sitting down to eat a family meal is a special moment we don’t always get to have everyday. When you find your self gathered together set your phone down and connect with your family. Time is valuable.
- Be in touch with your own needs. Take the time to relax and rejuvenate. Partake in an activity simply for your own desire.

Being mindful can improve sleeping patterns, reduce stress and anxiety, enhance relationship connections, and even improve brain and immune function. Practicing mindfulness can improve your overall well-being.



Routine Dental Care

Our teeth are important to our overall health. Teeth help us speak and chew effectively. Unhealthy teeth and gums can cause difficulty eating, inaccurate speech, pain and infection.

Here are a few quick tips for your child's dental care:

- Children should begin receiving routine dental services within 6 months of first tooth eruption or by the age of 1.
- Children should brush their teeth twice a day for two minutes. receiving assistance brushing their teeth through age 8.
- Certain medications can increase the risk for tooth decay.
- Check out the back page to find some of the local pediatric dentistry offices.

DID YOU KNOW?

MYTH

Baby teeth are just going to fall out anyways, they don't really matter.

FACT

Baby teeth matter just as much as adult teeth and are indicators of what the adult teeth will look like. Good dental habits are something you want to make a regular part of your child's life from the early stages.

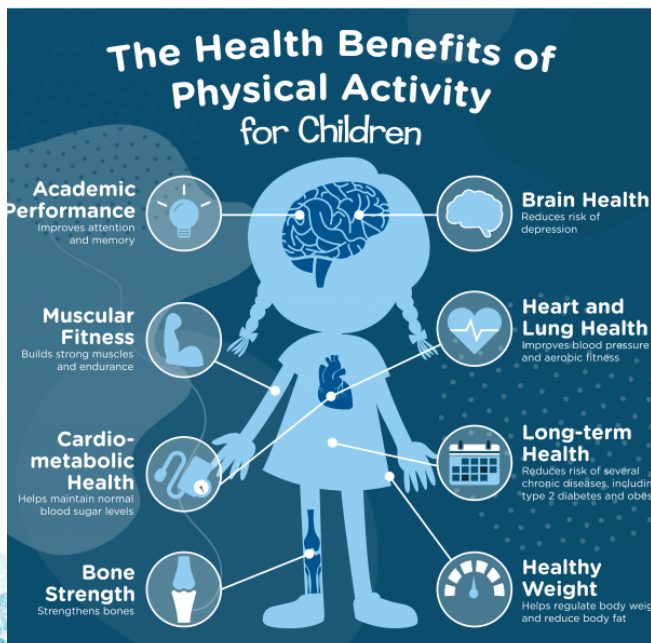


[MCT | NCDHM 2024](#)

[Keeping Your Child's Teeth Healthy \(for Parents\) | Nemours KidsHealth](#)

LET'S GET MOVING!

The winter months are much more difficult to get in our daily exercise, although there are many health benefits. Try out some of the indoor activities below to get moving!



- Dance party– turn on your favorite music and get dancing
- Sock skating– if you have hard wood floors put on some socks and get skating. Try some spins or see who can slide the furthest.
- Parachute– get a sheet have your family hold an end and fan it up and down. Take turns running underneath and find a new end to hold.
- Bubble wrap party– Save up the bubble wrap from your shipments, set them all around the floor and jump on it till its all popped!
- Make an obstacle course through the home and see who can get through without touching the floor.
- Balloon volleyball– tape a line on the floor and bump the balloon back and fourth. Don't let it touch the ground.
- Scavenger hunt- Make a list of 10 house hold items and take turns searching through the home to find them together, maybe even take the time to put the items back where they belong!
- Animal races– hop like a bunny, waddle like a duck, crawl like a Bear from one side of the room across to the other.
- Balance– stand like a goose on one foot and see who can stay that way the longest, play multiple rounds and switch your feet.
- Have a gathering of friends, play duck, duck, goose!

Did you know Greene County has a public transit?

Review the links below to discover more details.

Official Website: [Greene CATS Public Transit | Greene County, OH - Official Website](#)

Cost information: [Fares | Greene County, OH - Official Website](#)

[Flex Routes Effective August 19, 2024 | Greene County, OH - Official Website](#)

Flex Route: [Greene CATS Public Transit: A Guide to Greene County's Flex Route System](#)

Passenger Guide: [Greene Cats Passenger Brochure 2023.indd](#)

**Providing
Safe - Rollable - Accessible
Public Transportation**



We're Going Your Way!

Greene County Transit Board
Administrative and Scheduling Offices
2380 Bellbrook Ave., Suite A, Xenia, Ohio 45385
Office Hours: Monday-Friday 8:00 AM—4:00 PM

Website: www.greenecountyohio.gov/Greene_CATS
www.facebook.com/greencats

Telephone
(937) 708-8322
Toll Free **(877) 227-2287**

Did you know your local community works hard to create fun activities for you to get out of the house and enjoy time together as a family. Check out some local community partners' event calendars to see what may interest you!



ARTS & CRAFTS



Check out your local Library for great books, movies, classes and even some take home activities!

Registration may be required

Beavercreek: (937) 352-4001
Cedarville: (937) 352-4006
Fairborn: (937) 878-9383
Jamestown: (937) 352-4005
Winters-Bellbrook: (937) 352-4004
Xenia: (937) 352-4000
Yellow Springs: (937) 352-4003

Check out upcoming events here:

[Events | Greene County Public Library | BiblioCommons](#)

Check out upcoming Events here:

[Events – Greene County Parks & Trails](#)

City Events:

Beavercreek: [Winter Welcome at Wartinger Park | Beavercreek, OH - Official Website](#)
Bellbrook: [City of Bellbrook, Ohio](#)
Cedarville: [Cedarville Area Chamber of Commerce - Community Events](#)
Fairborn: [Fairborn - The City In Motion](#)
Jamestown: [Community Events | The Village of Jamestown](#)
Spring Valley: Check out their Facebook page searching Spring Valley Connection
Xenia: [The Christmas Station | Xenia, OH](#)
Yellow Springs: [Holiday In The Springs - Yellow Springs, Ohio](#)

Other CMH Providers in this area

When scheduling with a provider for your approved services, please double check that they still accept CMH. Unfortunately, changes do occur from time to time.



Do you need help finding a medical provider? If so, give us a call.

PEDIATRICIANS

Pediatric Association of Dayton

937-320-1950 (Beavercreek)

937-832-7337 (Englewood)

937-436-2866 (Kettering)

Prime Med

937-320-3888 (Beavercreek)

Ohio Pediatrics

937-236-5396 (Dayton)

937-299-2339 (Kettering)

VISION

DCH Ophthalmology

937-641-3000

Dayton Eye Association

937-320-2020 (Beavercreek)

Bloom Family Eye Care

937-723-7772

GLASSES

Clarkson Eyecare

(Milford ONLY)

513-831-3166

Pediatric Ophthalmology

Associates (Columbus)

614-224-6222

THERAPY SERVICES

ABC Pediatrics

937-427-9200

Novacare (Columbus)

937-320-9131

Synergy Family Therapies

937-428-6273

PEDIATRIC DENTISTS

Centerville Pediatric Dentistry

937-582-0430

ABC Dental (Huber heights)

937-938-7678

Beavercreek Pediatric Dentistry

****accepts CMH as secondary only****

937-426-2653

Orthodontist

Orthodontics Association-Lima

419-229-8771

DURABLE MEDICAL EQUIPMENT

Kaup– 1-866-526-0976

Byram– 1-800-303-2273

Pediatric Home Service

614-790-0200

Hanger Clinic

937-228-5462

Activ Styles

1-800-651-6223

Fidelity Orthopedics

937-228-0682

American Orthopedics

937-342-0150

***Not every child with a CMH LOA has prescription benefits, but for those who do, the pharmacy benefit information is:**

Group# ohchildren

BIN# 610084

PCN: drbcprod

Please call your PHN with any questions.



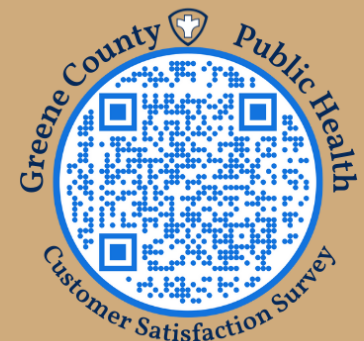
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Department of Health

Children with Medical Handicaps



Help us improve our services by filling out a short survey. We value your feedback.