

SPRING - 2025

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



CEO Message

How Is Five Rivers Health Centers Doing?

by Gina McFarlane-El, CEO

When you come in for your medical appointment, our team always asks you, “How are you doing?” In this fast-paced environment, over the past couple of months, our organization has been asked the same question by patients and community members. My response has been, “We are doing okay.”

Five Rivers Health Centers has had some scares in the past couple of months with regards to funding for our phenomenal Healthy Start Program that provides extraordinary resources to our pregnant patients. We had another scare regarding the timing of our main grant funding to be a Federally-Qualified Health Center, but it has worked out thus far. Both funding sources are guaranteed until September and then we will wait again for updates on future funding. As you know, it is the wait that makes you nervous and it is hard to plan ahead when you don't know the outcome.

At Five Rivers Health Centers, we like to focus on what we CAN do. I would like to give you a prescription on how **you can help us**:

- Please keep your appointment or cancel your appointment within 48 hours when something comes up. Every no-show appointment significantly reduces access to the next patient that is trying to get in.
- Use all the services that Five Rivers Health Centers has to offer. Did you know that we offer dietician services, vision care, telehealth sports medicine appointments, podiatry services, and care for infectious diseases (HIV & Hep C)?
- We are currently accepting new patients at most of our locations. Please refer your friends and family members to us.
- Use one of our two FRHC Pharmacies that offer FREE pharmacy delivery service.

· Talk to our members of Congress, State Senators and Representatives about the importance of our Health Center. Our elected officials' ongoing support is key to Five Rivers Health Centers success.

Thank you always for supporting Five Rivers Health Centers. As a patient, you have the choice to seek care from so many different places. We are honored that you have chosen us.

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

Nutrition Classes Available for Patients

Two Locations

We're here for you! Our dietitians are now holding weekly nutrition classes for patients!

-Mondays at 10:00 a.m. at Family Health Center

2261 Philadelphia Drive

-Wednesdays at 1:30 p.m. at Edgemont Campus

721 Miami Chapel Road

Registration is required.

Please schedule when you have your next appointment with us or call (937) 281-6800 to schedule and attend.



Be Aware of Measles Outbreaks in the U.S.

by Michele Wood, RN
Chief Clinical Officer

Measles, also called Rubeola, spreads easily and can be serious or even fatal for small children. Generally, measles clinical presentations appear to be relatively similar between children and adults. Adults can be more apt to have complications and end up hospitalized.



Measles is a highly contagious illness. Measles is caused by a virus found in the nose and throat of an infected child or adult. When someone with measles coughs, sneezes, or talks, infectious droplets spray into the air, where other people can

breathe them in. The infectious droplets can hang in the air for about an hour. The infectious droplets can also land on surfaces where they can live and spread for several hours. You can also get the measles virus by touching these surfaces and then putting your fingers in your mouth or nose or rubbing your eyes.

Measles symptoms appear around 10 to 14 days after exposure to the virus. Signs and symptoms of measles typically include:

- Fever
- Dry cough
- Runny nose
- Sore throat
- Inflamed eyes, also known as conjunctivitis
- Tiny white spots with bluish-white centers on a red background found inside the mouth on the inner lining of the cheek - also known as Koplik's spots
- A skin rash made up of large, flat blotches that often flow into one another

The infection occurs in stages over 2 to 3 weeks.

- **Infection and incubation:** For the first 10 to 14 days after infection, the measles virus spreads in the body. There are no signs or symptoms of measles during this time.
- **Nonspecific signs and symptoms.** Measles typically begins with a mild to moderate fever, often with a persistent cough, a runny nose, inflamed eyes (conjunctivitis) and a sore throat. This relatively mild illness may last 2 to 3 days.
- **Acute illness and rash.** The rash is made up of small red spots, some of which are slightly raised. Spots and bumps in tight clusters give the skin a splotchy red appearance. The face breaks out first. Over the next few days, the rash spreads down the arms, chest and back, then over the thighs, lower legs and feet. At the same time, the fever rises sharply, often as high as 104 to 105.8 F (40 to 41 C).
- **Recovery.** The measles rash may last about seven days. The rash gradually fades first from the face and last from the thighs and feet. As other symptoms of the illness go away, the cough and peeling of the skin where the rash was may stay for about 10 days.

A person with measles can spread the virus to others for about eight days, starting four before the rash appears and ending when the rash has been present for four days. About 90% of people who haven't had measles or been vaccinated against measles will become infected when exposed to someone with the measles virus.

There are certain risk factors that put someone at risk to get the virus such as:

- **Being unvaccinated** - If you haven't had the measles vaccine, you're more likely to get measles.
- **Traveling internationally** - If you travel to countries where measles is more common, you're at a higher risk of catching the virus.
- **Having a vitamin A deficiency** - If you don't have enough vitamin A in your diet, you're more likely to have more severe symptoms and complications of measles.
- **Pregnancy problems** - If you're pregnant, you need to take special care to avoid measles because the disease can cause premature birth, low birth weight and fetal death.

There is a way to prevent Measles, a simple vaccine. The U.S. Centers for Disease Control and Prevention (CDC) recommends that children and adults receive the measles vaccine to prevent the virus.

Measles vaccine in Children

The measles vaccine is usually given as a combined measles-mumps-rubella (MMR) vaccine. This vaccine may also include the chickenpox (varicella) vaccine — measles-mumps-rubella-varicella (MMRV) vaccine. Health care providers recommend that children receive the MMR vaccine between 12 and 15 months of age, and again between 4 and 6 years of age — before entering school. The MMR vaccine's two doses are 97% effective in preventing measles and protecting against it for life. In the small number of people who get measles after being vaccinated, the symptoms are generally mild.

Please keep in mind:

- If you'll be traveling internationally outside the U.S. when your child is 6 to 11 months old, talk with your child's health care provider about getting the measles vaccine earlier.
- If your child or teenager didn't get the two doses of the vaccine at the recommended times, your child may need two doses of the vaccine four weeks apart.

Babies born to women who have received the vaccine or who are already immune because they had measles are usually protected from the measles virus for about 6 months after birth. If a child requires protection from measles before 12 months of age - for example, for foreign travel - the vaccine can be given as early as 6 months of age. But children vaccinated early still need to be vaccinated at the recommended ages later.

Providing a child the MMR vaccine as a combination of recommended vaccines can prevent a child's delay in protection against infection from measles, mumps, and rubella, and with fewer shots. The combination vaccine is as safe and effective as the vaccines given separately. Side effects are generally mild and may include a sore arm where the shot was given and a fever.

Measles Vaccine in Adults

You may need the measles vaccine if you're an adult who does not have proof of immunity and:

- Has an increased risk of measles, such as attending college, traveling internationally outside the U.S. or working in a hospital environment.
- Anyone that was born in 1957 or later. If you've already had measles, your body has built up its immune system to fight the infection, and you can't get measles again. Most people born or living in the U.S. before 1957 are immune to measles, simply because they've already had it.

If you're not sure if you need the measles vaccine, talk to your health care provider.

Preventing measles during an outbreak or known infection

If someone in your household has measles, take these precautions to protect family and friends without immunity:

- **Isolate.** Because measles is highly contagious from about four days before to four days after the rash appears, people with measles should stay home and not return to activities where they interact with other people during this period. People who aren't vaccinated — siblings, for example — should also stay away from the infected person.
- **Vaccinate.** Be sure that anyone who's at risk of getting measles who hasn't been fully vaccinated receives the measles vaccine as soon as possible. This includes infants older than 6 months, and anyone born in 1957 or later who doesn't have proof of immunity.

When measles starts to spread in a community, health departments in the area may suggest other precautions. Second shots for children may be moved up, and earlier

vaccination of infants discussed with families. But if you have had two shots of the MMR vaccine, it isn't recommended that you get a third dose during an outbreak.

Preventing new infections

Getting vaccinated with the measles vaccine is important for:

- Promoting and preserving widespread immunity. Since the introduction of the measles vaccine, measles has virtually been eliminated in the U.S., even though not everyone has been vaccinated. This effect is called herd immunity.
- But herd immunity may now be weakening a bit, likely due to a drop in vaccination rates. The incidence of measles in the U.S. recently increased significantly.
- Preventing a resurgence of measles. Steady vaccination rates are important because soon after vaccination rates decline, measles begins to come back.

[Click here for additional information about the MMR vaccine](#)

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• www.fiverivershealthcenters.org • (937) 281-6800

Do You Have Friends or Family In Search of a Primary Care Provider?

We're Accepting New Patients!

Many of our Five Rivers Health Centers locations and departments are currently accepting new patients. If you are happy with your primary care provider and our team, please consider recommending us to your family and friends who may be in need of primary care services.

Call our central scheduling department at (937) 281-6800 for information about new patient appointments.



Diet and Nutrition -

Spring Gardening

by Mary Whitlock, RD, LD
Dietitian, Family Health Center

Spring has Sprung - And now is the time to start planning and planting a summer garden!

Whether you have lots of land or just a few containers, growing your own food is possible. Dayton Metro Libraries have a ton of upcoming programming devoted to gardening with help from the OSU Extension Master Gardeners. The Northwest Branch, just up the street from our Family Health Center location, has a new seed library where you can get free packs of seeds and return extras or saved seeds at the end of the season. The great news about this is that you don't have to be a library member to participate. All of the library branches have weekly events that last all year surrounding the gardening world.



Five Rivers Metro Parks also offer many educational classes and workshops about gardening and have community garden plots for rent. They are 400-800 square foot plots for the season, May to October, and cost about \$30. These garden plots are large enough to share so grab a friend or neighbor and work together on growing your own vegetables this summer.

The information to rent a plot in one of the Five Rivers Metro Parks can be found here: <https://www.metroparks.org/rentals-permits/rentals/community-garden-plots/>

The Huber Heights branch of Dayton Metro Libraries has some events relating to gardening scheduled soon: <https://dayton.bibliocommons.com/v2/events?q=gardens&types=638f4d7538ef064200d3e162>

And OSU has a great article on container gardening here: <https://u.osu.edu/growingfranklin/2020/04/23/no-garden-no-problem-container-gardening-basics/>

Don't hesitate to contact me if you have any questions or concerns
- mary.whitlock@frhc.org

Striving for Best Possible Outcomes

Dr. Kate Booher Focuses on Infectious Disease Care



At Five Rivers Health Centers, we have an Infectious Disease clinic led by Dr. Booher.

In the Infectious Disease, or ID, clinic we are dedicated to providing comprehensive, patient-centered care for individuals with infectious diseases. Our experienced team is here to support you with accurate diagnosis, effective treatments, and preventative care, ensuring the best possible outcomes for your health.



"Having the privilege of being an infectious disease doctor has been one of the most rewarding aspects of my life," says Dr. Booher.

What do we do?

We specialize in the diagnosis, treatment, and management of a wide range of infectious diseases, including but not limited to:

- **Viral Infections:** HIV, Hepatitis C, Hepatitis B, Recurrent HSV
- **Bacterial Infections:** Skin/soft tissue infections, diabetic foot infections, hardware associated, and bone infections. Pneumonia, including Tuberculosis, Urinary tract infections.
- **Fungal Infections:** Candidiasis, Aspergillosis, Toenail infections.
- **Parasitic Infections:** Malaria, Lyme Disease, Giardiasis.
- **Travel-Related Infections:** Malaria prevention, Tropical Diseases, Vaccinations

We also offer specialized care for patients with immuno-compromised conditions or those undergoing treatments that affect the immune system.

Some of our services include but are not limited to:

- Comprehensive Evaluation and Diagnosis
 - Advanced diagnostic testing
 - Personalized treatment plans based on your condition
- Antibiotic Stewardship
 - Optimizing antibiotic use to prevent resistance and ensure effectiveness
- Immunization Services
 - Many vaccines available on site
- Chronic Infection Management
 - Long-term care for ongoing or reoccurring infections
- Preventative Care and Health Education
 - Information on infection prevention

Why Choose Us?

Dr. Booher is a board-certified infectious disease specialist with more than ten years

of experience in managing complex cases. She uses a patient-centered approach and takes time to listen to your concerns and involve you in decisions about your care. Dr. Booher and her staff have state-of-the-art facilities that use the latest medical technology to provide accurate testing and diagnosis. Dr. Booher will work with you from prevention to advanced therapies to provide care for all stages of infectious disease management.

"I look forward to helping our patients work through sometimes very challenging situations. We are all in this together!"

Click here for more information about our infectious disease care

Call us at (937) 281-6800 to schedule an appointment with Dr. Booher

Events, Classes and More

Mark Your Calendars



Easy Small Space Gardening

Wednesday, May 21

1:30 - 2:30 p.m.

Edgemont Campus Centering Parenting Room
721 Miami Chapel Road

Leeoria from OSU's Extension Office will be at our Edgemont Campus to share tips and ideas for anyone interested in growing vegetables and other goodies at home this summer. No matter how small your space, you will learn how to grow healthy produce and herbs to enjoy all season long.

Register by calling (937) 281-6800 or [email Mary.whitlock@frhc.org](mailto:Mary.whitlock@frhc.org).

"Every Woman Deserves a Doula" **Interactive Open House**

Thursday, May 22

4:00 - 7:00 p.m.

Edgemont Campus lobby
721 Miami Chapel Road

Are you pregnant or planning a pregnancy in your future? Curious about doula support and looking for local resources to help you during pregnancy, during birth and postpartum? Join us for a FREE community event. Presentations, refreshments,

Resilient Roots
DOULA SERVICES
Presents:

Every Woman Deserves A Doula!

An Interactive Open House

Join Us
MAY 22
4-7 PM
Five Rivers
Edgemont Campus
721 Miami Chapel Rd.
Dayton, OH

- Are you currently pregnant?
- Planning for a future pregnancy?
- Curious about doula support before pregnancy, during birth, and postpartum?
- Looking for local resources for families and/or expecting parents?

THIS IS A FREE COMMUNITY EVENT

THIS EVENT FEATURES:

- Learning stations
- Doula presentations
- Five Rivers provider info
- Refreshments
- Door prizes & raffles
- Mini doula consultations

CONNECT WITH US

Have questions about doulas or this event?
Instagram: @ResilientRootsDoula
Email: info@resilientrootsdoula.com

learning stations and door prizes.

[Email info@resilientrootsdoula.com](mailto:info@resilientrootsdoula.com) to register and learn more.



Mobile Mammograms Available

Thursday, June 5

9:00 a.m. - 2:00 p.m.

St. Vincent DePaul parking lot

120 W. Apple Street

Are you 40+ and it's been more than a year since your last mammogram? We want to make it easy for you to get this important cancer screening and we can work with you to help cover the cost if needed.

[Email us at marcine.hill@frhc.org](mailto:marcine.hill@frhc.org) for more information and to schedule an appointment.

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
- St. Vincent De Paul - 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

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Email: kim.bramlage@frhc.org

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