

SUMMER - 2025

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



### CEO Message

#### **Five Rivers Health Centers is here to help you**

by Gina McFarlane-El, CEO

With over 60% of our patients with Medicaid coverage, we know there are changes that are happening at the federal and state level that may have an impact on your coverage.

As we try to understand all the changes, as a valued Five Rivers Health Centers patient, please know that we are here to help you. Over the next couple of months we will be creating several learning tools that will be available at our offices, on our website, and on our social media platforms to assist patients with these major changes that will take place soon.

How can you help?

- When you register, our team asks what income level your family is in. Especially if you are on Medicaid, answering this question will be extremely important for you to answer. Patients that are on Medicaid and make a certain amount of income may have to re-apply, and/or meet other criteria. Over these next several months, if we do not have accurate information about this question, our team will be reaching out to you to confirm your income range. With that information, the Five Rivers Health Centers team will then help guide you along in this process.
- Please open any mail that you receive from your Medicaid managed care provider. If you don't understand it, please bring it into the office so that our team can help you understand what they are sharing with you.

As soon as we understand what the impact will be on you, we will do our best to keep you informed. Five Rivers Health Centers is here to help you.

*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](mailto:help@frhc.org)*



## Protecting Your Health - Immunizations

by Genesis A. Alvarez, MPH  
Quality Improvement Specialist

### What Are Vaccines?

A vaccine is something that trains your immune system to fight off germs, like viruses and bacteria. Your immune system is the part of your body that protects you from getting sick. It learns to recognize and destroy harmful germs with the help of vaccines.



You might hear that vaccines are also called immunizations. It's closely related to vaccination, but they're not exactly the same. Vaccination is when you get a vaccine, and immunization is what happens in your body when your immune system builds protection against the disease.

### Why are Vaccines Important?

Vaccines protect you and others from illnesses and diseases. While you can get sick from viruses and bacteria, there may also be serious complications that can be life-threatening or long-lasting. By getting vaccinated, you can also protect others who can't get vaccinated against some diseases, such as infants and people with weakened immune systems.

### Who Needs Vaccines?

Almost everyone should be vaccinated against vaccine-preventable diseases, unless you have a weakened immune system or your provider does not recommend it. Here is who needs them. **Babies and young children, preteens and teens, adults, and older adults** may have weakened immune systems, and it is recommended to receive the shingles and pneumonia vaccine at this age.

### How to Stay Up to Date with Your Vaccines

It is important to stay on schedule with your vaccines. Certain vaccines are recommended at different ages so that you can keep up with your immunizations over time.

You may have a vaccination record with information about the vaccines you have received. Check with your provider for an immunization record, and if there any

vaccines that you need to receive to stay up to date.

[Click here for vaccine information from Cleveland Clinic](#)

[Click here to learn how vaccines work](#)

[Click here for reasons to vaccinate children](#)

[Click here to learn how vaccines are developed](#)

[Click here for vaccination records information](#)

## Follow Us on Social Media

Let's Get Connected for Our Latest News & Updates



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• [www.fiverivershealthcenters.org](http://www.fiverivershealthcenters.org) • (937) 281-6800

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 -**





## Stay Hydrated this Summer

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

Many people start drinking rehydration solutions like Liquid IV and Gatorade more often when temperatures start to rise, but these aren't always the best choice.

It's important to avoid rehydration drinks when you aren't dehydrated because they can contain large amounts of sugar and salt that many Americans already get in excess. One packet of Liquid IV has 500 milligrams of sodium - nearly a quarter of what is needed each day and the sodium equivalent of 3.5 single-serve bags of potato chips. Gatorade has less sodium but 48 grams of sugar per bottle, which is twice the recommended daily amount for women. Sodium needs glucose (sugar) to help it be absorbed in the intestines, so sugar-free versions are not very effective at rehydration and don't provide a benefit at all when a person is not dehydrated.



These types of drinks are also not a good fit for people with diabetes and/or high blood pressure who need to choose lower sugar and lower sodium options. While many rehydration options contain some potassium, the amount provided is often not very significant. Adults need 2600-3400 milligrams of potassium each day, so a drink that provides 110 milligrams isn't a very significant source.

In general, adults who spend a few hours outside or exercise for a couple of hours or less each day can rehydrate with water, unsweetened teas, or diluted juices because the amount of fluid lost can easily be replaced, and the amount of minerals like sodium lost are easily replaced with normal eating.

Drinking a glass or bottle of water and having a snack like a piece of fruit that has both sugar and potassium is just as effective (and often cheaper) than a rehydration mix or sports drink. While children have higher fluid needs per pound than adults do, they also have lower needs for sodium and sugars and should avoid rehydration drinks except in cases of vomiting/diarrhea, or with intense outdoor activity for several hours straight. They can be kept hydrated with water or diluted juices and frequent reminders to drink.

Don't hesitate to contact me if you have any questions or concerns  
- [mary.whitlock@frhc.org](mailto:mary.whitlock@frhc.org)

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## What is a Community Health Center?

A CHC, or community health center, is a health center that is community-based and patient-directed. CHC's provide primary care and other practices while serving populations with limited access to health care. These include low income populations, the uninsured, and those with limited English proficiency and those who are under-insured. CHC's are also known as FQHCs or federally-qualified health centers.

FQHCs are required to meet strict financial and administrative accountability as provided by the Health Resources & Services Administration (HRSA). This includes providing care on a sliding fee scale based on a patient's ability to pay as well as operating under a governing board that includes patients. This requirement sets Health Centers apart from most health care operations by making sure the patients voices are heard, and that they are the majority vote.

In our specific case, Five Rivers Health Centers is a local, non-profit organization with our own board of directors. Community members who are patients of Five Rivers make up 51% of our board and provide guidance and governance on how we operate and serve patients. As with all community health centers, Five Rivers Health Centers turns no one away regardless of their ability to pay.

The nation's first community health center opened in 1965 and now there are more than 1,400 organizations. Community Health Centers served roughly 30 million patients last year. There are health centers in every state, U.S. territory, and the District of Columbia.

So now that we've talked about what qualifies as a Community Health Center, let's talk about how they help. Community Health Centers have increased access to crucial primary care by reducing barriers such as cost, lack of insurance, distance, and language. CHC's have understood that where we live, work, and play affects our overall health. These are known as the social determinants of health, or conditions in which people are born, grow, live, play, work, and age. These conditions are shaped by the distribution of money, power, and resources. By mission, and law, CHC's offer other services including transportation, translation services, housing assistance, food assistance and other social services. Health Centers are pivotal to the communities they serve. Community Health Centers empower the people they serve to become involved in their community by solving issues unique to them and their neighbors and by doing this, CHC's reach beyond the walls of traditional health care system.

Studies have shown that health centers deliver as good, or even better, services than what patients may experience at a private practice. However, the diverse array of services found in one location is more affordable. For more than 50 years, CHC's have provided documented results including up to 40% reductions in infant mortality rate, reduced health disparities among patients with chronic diseases, fewer ER visits and hospital admissions, shorter hospital stays, and fewer unmet needs of the uninsured.

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Our staff of 300+ care deeply about helping our neighbors meet their health and wellness goals. Our mission is to provide access to high quality care and to improve the community's overall health.

**We appreciate your support of YOUR local community health center!**

[\*\*Click here to learn more about community health centers\*\*](#)



## Mark Your Calendars



**FREE  
Community  
Meal**

OPEN to ALL!

*Families, seniors, patients, neighbors -  
everyone is welcome!*

**Wednesday, July 9th  
11:30 - 1:00 p.m.**

Location:  
**Five Rivers Health Centers • Edgemont Campus  
721 Miami Chapel Road**

Provided by:



TO COLLECTIVELY WORK TOWARDS  
THE BETTERMENT OF THE GREATER  
DAYTON COMMUNITY



FOOD FOR THE JOURNEY PROJECT IS A MOBILE  
RESPONSE TO HOMELESS SERVING FREE MEALS  
WHEELS TO HOMELESS FAMILIES THROUGHOUT THE  
DAYTON COMMUNITY

### FREE Community Meal

Wednesday, July 9  
11:30 a.m. - 1:00 p.m.  
Edgemont Campus  
721 Miami Chapel Road, Dayton

Join us as our generous partners, Miami Valley Association of Physicians of Indian Origin and Food for the Journey Project prepare and cook a fresh, nutritious lunch. Everyone is welcome to share food and fellowship!

Please join us as we officially kick-off the construction of our new

**Five Rivers Health Centers  
Xenia Campus**

**Thursday, July 17th  
10:00 - 11:30 a.m.**

Open House

**34 S. Allison Avenue, Xenia**

- Stop by to see the renderings of our new health center
- Meet our providers and organization's leaders
- Get information about our services for patients of all ages - medical, dental, behavioral health and pharmacy
- Enjoy light refreshments

For more information or if  
you have questions, please  
contact Kim Bramlage,  
[kim.bramlage@frhc.org](mailto:kim.bramlage@frhc.org) or  
call 937-281-5948.



### Xenia Campus Kick-Off Open House

Thursday, July 17  
10 - 11:30 a.m.  
New Xenia Campus location  
34 S. Allison Avenue, Xenia

Stop by to see building design plans and meet our Xenia Campus providers. Learn more about the services and programs offered in Greene County. Light refreshments will be served.

## 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

Phone: 937-281-5948

Email: [kim.bramlage@frhc.org](mailto:kim.bramlage@frhc.org)

Five Rivers Health Centers | 721 Miami Chapel Road | Dayton, OH 45417 US

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