

Summer 2025



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.

*****NEW ANNOUNCEMENTS*****

YOUR GCPH NURSE'S E-MAIL HAS CHANGED. OUR CONTACT IN-

FORMATION IS: Stephanie: ssanders@greenecophoh.gov

Susie: sbrooks@greenecophoh.gov

Your Greene County CMH Public Health

Nurses are:

- Susie is available at (937) 308-7010
- Stephanie is available at (937) 805-9032

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A few reminders in using CMH services efficiently:

- CMH is always payer of last resort. Make sure the providers you are visiting are in network with your primary insurance as well as CMH. If the insurance network allows you to use non-network providers and will reimburse at a lesser rate, CMH can be billed for the balance of the provider bill. If the insurance plan does not allow you to use non-network providers, and you choose to do so, CMH may not authorize payment for those charges.
- Make sure your providers have your primary insurance information and your CMH information on file.
- Complete the financial application as soon as you can for renewal. You can submit your application by e-mail at bcmh@odh.ohio.gov
- Visit the CMH website to review more frequently asked questions here: [Complex Medical Help Questions](#)

Check out local event calendars here for some fun summer activities! Links below:

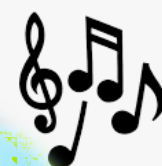
[Events | Greene County Public Library | BiblioCommons](#)

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

[Fairborn Schedule | YMCA of Greater Dayton](#)

[KidsBowlFree.com: All Bowling Centers](#)

ITS SUMMER!



from your CMH Nurses

ITS HOT!!!

The Summer's extreme heat can cause illness within you r child in many ways. Here are a few quick suggestions to help keep you and your kiddos safe from the summer heat:

- Plan ahead, when you know we are expecting multiple days of extreme heat in a row plan short trips to the park/ pool during the cooler times of the day
- Switch up indoor activities; work on crafts, reading, board games or some yoga to avoid getting "cabin fever"
- If you home does not have air conditioning you can take trips to the library or local mall to get some cool air and entertainment.
- If you are going to be outside in extreme heat remember to stay hydrated, dress lightly, and plan for extra rest time to avoid exhaustion.
- Cool off with water activities such as the pool, splash pad or sprinkler.
- And Never leave your child in the car.



KIDS NEED WATER

5 GLASSES
TO KEEP 5-8YR OLDS HYDRATED

7 GLASSES
TO KEEP 9-12YR OLDS HYDRATED

2 LITRES
(8-10 GLASSES)
TO KEEP 13+YR OLDS HYDRATED

Our Body is more than
70% WATER

Water is a vital nutrient transporting oxygen to cells and waste away. It maintains blood volume in your body and is used by all organs.

Our Bodies need water for

BLOOD 80%	BRAIN 75%
LIVER 70%	LUNGS 90%
SKIN 80%	BONES 25%

You can **SURVIVE WEEKS WITHOUT FOOD** BUT ONLY **DAYS WITHOUT WATER.**

Children are at **GREATER RISK** of
DEHYDRATION

Their bodies don't cool down efficiently and they don't always recognise they're thirsty.

SIGNS

THIRSTY
HEADACHES
TIRED/LETHAGIC
LACK OF FOCUS
DRY SKIN
SUNKEN EYES
PALENESS
DARK COLOURED URINE
SUNKEN FONTANELLE
(SOFT SPOT ON BABIES HEAD)

TIPS

TAKE a water bottle when you leave the house

DRINK WATER

- before & after sport
- During meals

BUY a new drink bottle or fun curly straw

ADD slices of lemon/orange

HAVE a bottle of water in fridge

AVOID

SUGARY DRINKS
SOFT DRINKS
JUICE

FOODS

Can provide 20% of a bodies water needs the rest must come from liquids.

NATURAL SOURCES OF WATER

WATER	FRUITS AND VEGETABLES	SHOWER
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your **BODY TEMPERATURE** is regulated by how much water is in your body.

water for life!

SUMMER FUN SAFETY TIPS

The most common summer time injuries result from falls, bicycle accidents, burns and water hazards. Review below some tips to keep you kiddos safe during this active time of year.

1. Make Sure

- Equipment is age appropriate and in good condition for safe play. Avoid the use of broken, rusty, or unsafe equipment.
- Set rules for safe behavior: No pushing, rough-housing

2. Play Responsibly— walk around pools and on other slippery surfaces, no pushing

3. Take Turns— one person at a time on swings, slides and monkey bars

4. Remind children of their environment, promote them to assess their surroundings, and assist in identification of safety concerns

5. Don't Walk closely in front or behind someone swinging, or the bottom of slides.

7. Look before you jump or slide to ensure there is no one else below.

8. Always wear a helmet when riding any wheels— scooters, bikes, hoverboards, roller-skates, and anything with wheels.



[SUN Meals/Summer Food Service Program | Ohio Department of Education and Workforce](#)

LET'S DO LUNCH!

Please join Fairborn City Schools and The USDA for free meals for kids from June 9th - August 1st. We will be serving Monday-Friday. Except on June 19th and July 4th at the below locations:

Please Contact:
Emerald Brown
ebrown@fairborn.k12.oh.us
with any questions or concerns.

Serving Times and Locations:

- 10:45am-11:15am Fairborn High School
1523 Commerce Center Blvd Fairborn, Ohio
- 11:30am-11:45am United Methodist Church
100 N Broad St Fairborn, Ohio
- 11:30am-12:00pm Patterson Park
646 Patterson St. Fairborn, Ohio
- 11:30am-12:00pm Fairborn Intermediate
1020 S Maple Ave Fairborn, Ohio
- 12:00pm-12:30pm Fairborn Library
1 E. Main St Fairborn, Ohio
- 12:15pm-12:45pm A Meeting Place of the Church
78 Old Yellow Springs Rd Fairborn, Ohio
- 12:15pm-12:45pm Maplewood Park
1434 Ironwood Dr. Fairborn, Ohio
- 1:00pm-1:45pm Fairborn Board of Education
306 E Whittier Ave Fairborn, Ohio
- 1:00pm-1:45pm Xenia Station Park
150 S. Miami Ave Xenia, Ohio
- 1:00pm-1:45pm Fairborn YMCA Splash Pad
300 S Central Ave Fairborn, Ohio

FREE Meals For KIDS
Ages 1-18
No Registration Needed
Meals must be eaten on site

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

-Centerville office only

937-586-7729

ABC Dental (Huber heights)

937-938-7678

Beavercreek Pediatric Dentistry

-Beavercreek office only

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

937-468-4726

Orthodontist

Orthodontics Association-Lima

419-229-8771

***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



Public Health
Prevent. Promote. Protect.
Greene County



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



**Department of
Health**

Children with Medical
Handicaps



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