



THE PULSE



GRANVILLE PIKE FAMILY PHYSICIANS QUARTERLY PATIENT NEWSLETTER

VOLUME 2: MAR 2018

Welcome To **THE TEAM**

Welcome New Providers and Staff!

Please join us in welcoming our new providers: Tiffany Dunbar, CNP and Steven Kapetansky, M.D. Both providers are a great addition to our practice. Welcome to the team!

Staff News

Melissa Zwicker, MA has accepted the position to run our lab full time. Melissa has worked in our office since 2006 as a medical assistant. Echo Andy joined our team in December as a full time receptionist. Erin Sigler, RMA will join our office in April as a full time medical assistant.

You will also see many other new faces around the office, such as Holly Pack, LPN. To aid in our expanding team, we are utilizing the help of the COPC Float Pool. These staff members are trained by our central office to step into any of our clinic or front office positions throughout Central Ohio Primary Care.

ALERT

NEW PATIENT SERVICES

ALERT

When your healthcare can't wait...there's the SameDay Centers!

Our SameDay Centers deliver excellent care that's a cut above the typical Emergency Room and Urgent Care experience, at a significantly lower cost. By choosing one of our SameDay Centers, you can be seen after traditional hours or when your COPC physician is unable to see you that same day. As an extension of our COPC physician's offices, SameDay Centers are able to access your medical records electronically in order to understand your medical history, medications, and treatment plans in order to provide the best care possible and keep your COPC primary physician up-to-date on your care. The closest SameDay center to Granville Pike Family Physicians is located at 6488 E. Main Street, Suite 110 Reynoldsburg, OH 43068. A complete list of the centers can be found on our website: www.copcp.com.

After Hours Call Center

Another benefit developed for patients is the After Hours Call Center. This is a dedicated phone line staffed by Nurse Practitioners at our central office in Columbus, which can be used to reach a medical professional when our office has closed for the day. These providers triage ill patients and can answer your medical questions, or schedule an appointment with your regular provider. Each provider has planned additional appointment times that the call center may use to schedule an appointment for the next day when applicable.



RECIPE CORNER

This edition's recipe was provided by Integrated Wellness Solutions

Peanut Butter & Banana Smoothie

Serves 1

Ingredients:

- $\frac{3}{4}$ cup plain Greek yogurt
- 1 banana
- 1 tbsp. peanut butter
- $\frac{1}{4}$ cup water, low-fat milk, or unsweetened almond milk
- Small handful of ice

Directions:

1. Combine ingredients into blender and mix until smooth.

Tip: Try using a frozen banana for a thicker smoothie.

Nutrition Facts	
servings per container	
Serving size	1 Smoothie
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 160mg	7%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 20g	
Includes 0g Added Sugars	0%
Protein 22g	
Vitamin D 1mcg	6%
Calcium 321mg	25%
Iron 1mg	6%
Potassium 704mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	