



# THE PULSE



GRANVILLE PIKE FAMILY PHYSICIANS QUARTERLY PATIENT NEWSLETTER

VOLUME 3: JUN 2018



## Welcome New Staff!

Please join us in welcoming our new team member: Laura B. Laura is a medical assistant and will start in mid-June. Welcome to the team!

## Staff News

Welcome Baby Dunbar! Congratulations to Tiffany Dunbar, CNP on the birth of her daughter, Elliott Rose. Mom, Dad, and big brother Everett welcomed Elliott on April 17.

Deidra S., CMA recently celebrated her 5 year anniversary with the practice. Deidra lives in New Lexington with her husband. She is a mother of two, and grandmother to her first grandchild, born in September 2017. Deidra is a valuable employee and works as a clinical medical assistant with each of our doctors. Happy Anniversary, Deidra!

We sadly prepare to say goodbye to Angel S., MA. Angel has worked with Dr. Sprouse since January 2017. She will be relocating out of the area with her family. We wish her luck in her future endeavors.

**ALERT**

## NEW PATIENT SERVICES

**ALERT**

## Ask your doctor about the Shingrix shingles vaccine!

Shingrix is a two-series injection and has shown an efficacy rate of over 90% in the prevention of shingles. The vaccine is recommended for individuals age 50 and older. Please ask your doctor for more information about this vaccine.

## Medicare Wellness Exams

If you have Medicare or a Medicare Advantage plan, do not forget to schedule your Annual Wellness Exam. Annual wellness visits are covered 100% by Medicare and Medicare Advantage plans, which makes it one of the most valuable Medicare benefits. This is your opportunity to meet with your doctor to discuss a care plan based on your current health and risk factors. This is not a physical examination and no lab tests are required. These visits focus on wellness and prevention rather than illness, and your doctor will make personal health recommendations.



## RECIPE CORNER

This edition's recipe was provided by DHS Group, The HealthSentinel June 2018 edition

### **Fruit Salad with Lemon-Mint Yogurt Dressing**

Serves 4

#### **Ingredients:**

- 1/2 cup fat-free vanilla yogurt
- 1 tbsp chopped, fresh mint
- 1 tsp honey
- 1/2 tsp grated lemon zest
- 1 tbsp fresh lemon juice
- 1/2 cup cantaloupe balls
- 1/2 cup blackberries
- 1/2 cup raspberries
- 1/2 cup pineapple chunks

#### **Directions:**

1. In a small bowl, whisk together the dressing ingredients
2. In a medium bowl, gently stir together the salad ingredients except the mint, being careful not to crush the berries.
3. Drizzle with dressing
4. Garnish with mint

Nutrition Facts	
servings per container	
<b>Serving size</b>	<b>1/2 Cup</b>
Amount per serving	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 20mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 48mg	<b>4%</b>
Iron 1mg	<b>6%</b>
Potassium 146mg	<b>4%</b>
*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	