



Welcome To **THE TEAM**

WELCOME New Staff!

Granville Pike Family Physicians is pleased to welcome Cierra M. to our practice. Cierra is our newest receptionist.

UPDATE: Dr. Kapetansky

Dr. Kapetansky will be leaving our practice in early May. At the time of this publication, we do not have information about where he will be practicing next. Patients of Dr. Kapetansky will receive a letter soon by mail to alert them of this change. If we have details at that time, the information will be included in the letter. **WE ARE HAPPY TO CONTINUE YOUR CARE AT THIS PRACTICE!** Dr. Kaur is happy to take over care for all patients age 10 and above. For patients under age 10, a new provider will be starting with our practice in July, and we will continue to provide care until he arrives. If any patient would like to find a different COPC physician outside of the office, you can schedule online at www.copcp.com or call 614-326-4646. COPC physicians will have immediate access to your medical records.

ALERT

PATIENT SERVICES

ALERT

To speed up the check in process, we have opened a third check in window, which we are calling the Express Lane. By allowing our receptionists to check in more patients at a time, our hope is that patients will not have to wait in line to check in and keep our schedule moving on time. Let us know your feedback!

PFAC Recruitment

We are looking for patients who would like to join our Patient and Family Advisory Council to help us develop a culture of patient-centered care. By becoming involved with the Council, you will help us better meet the needs of patients and family members, improve the quality and safety of care delivered to patients, establish a partnership with patients and families to discuss problems and work together to identify solutions. If you are interested in becoming a PFAC member, please ask to speak to our PFAC Staff Champion, Ashleigh Keen, Office Manager.





RECIPE CORNER

This edition's recipe was provided by DHS Group, The HealthSentinel March 2019 edition

JAMBALAYA ONE-POT MEAL

Ingredients:

2 tablespoons olive oil
1/2 teaspoon basil
3 onions, chopped
1/4 teaspoon paprika
2 cloves garlic, chopped
1 teaspoon low-sodium beef bouillon
1/2 pound shrimp (peeled and deveined)
1/4 teaspoon Tabasco sauce
1/2 cup dry white wine
1 cup uncooked rice
One 28-ounce can diced tomatoes
1/2 pound low fat kielbasa, sliced and quartered
1/2 cup water
1/2 teaspoon thyme
1 cup chopped green pepper

Directions:

1. Heat olive oil over medium heat; add onions and garlic; stir-fry five minutes
2. Add shrimp, wine, tomatoes, water, thyme, basil, paprika, bouillon, Tabasco, rice and kielbasa
3. Simmer covered for 30 minutes
4. Stir in chopped pepper
5. Simmer an additional 10 minutes

Recipe from:

<https://health.clevelandclinic.org/recipe-jambalaya-one-pot-meal/>

