

PATIENT AND FAMILY ADVISORY COUNCIL (PFAC) UPDATES

Our patient advisors continue to meet regularly to provide feedback on how our practice can better serve our patients.

Here are some changes we have implemented or are still in progress:

- We discussed shared decision-making tools that are used in the practice: COPD, diabetes, & heart failure handouts. Also, I'm sick or injured where do I go?
- As a result of input from our PFAC, we have ordered more of these tools, are trying to discuss them with the patients that they apply to, and distribute to those patients. [These are great tools to hang on your frig or near your phone for quick reference. They also can be used as an aid for caregivers.]

For more information about our PFAC, call **513-564-3803**.

Patient Satisfaction Scores

Every month, patients from our practice are randomly chosen to complete a survey about their patient experience. Our average overall score is **97.5%**. We'll report on our recent scores in each issue of this newsletter. Thank you for taking time to complete this survey... we value your feedback!



PRACTICE UPDATES

Please welcome Larry Erhardt to our care team. Larry is a behavioral health consultant that works with Drs. Cooley & Striet to provide short-term counseling services focusing on your emotional wellness.

HEALTHY Habits

10 Healthy (and Satisfying) snacks between 100 and 150 calories

- 1/4 cup low fat cottage cheese with 1/2 apple
- Two tablespoons hummus with one cup raw vegetables or four whole-grain crackers
- One peach or apple with one piece low fat string cheese
- 1/2 cup nonfat plain Greek yogurt mixed with minced fresh herbs and cracked pepper, with two cups raw veggies for dipping
- Three cups air-popped popcorn sprinkled with salt-free seasoning
- One carton nonfat Greek or Icelandic-style vanilla yogurt
- One hard-boiled egg and one piece low fat string cheese
- Two cups frozen seedless grapes
- 1/2 cup low fat cottage cheese with 1/2 cup melon chunks
- Two tablespoons fresh goat cheese with one cup raw vegetables

Bonus Tip: Dehydration can often make you feel hungry. Before reaching for a snack, drink 16 ounces of water.

Adapted from *Healthspirations* article

<https://www.thechristhospital.com/healthspirations/snack-smarter-snack-deliciously>

We have a website dedicated to our practice. Visit us at:

<https://www.thechristhospital.com/services/primary-care/practice-locations/bridgetown>

You can access forms, information about our providers and services, previous issues of our newsletter, and much more.

And now, you can access and print our new *Community Resource Guide*. This guide lists numerous educational and social services available in the Cincinnati area. What are you waiting for? Check us out online!