

PATIENT AND FAMILY ADVISORY COUNCIL (P F A C) U P D A T E S

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

Confused by all of your Medicare Options?

A common request that we get from patients is how to understand Medicare a little better. With open enrollment for Medicare starting on October 15th, The Christ Hospital is sponsoring a program provided by Ohio Senior Health Insurance Information Program (SHIIP).

Pick from 2 dates:

When: Thursday, September 13 at 2 p.m.

Where: The Christ Hospital Auditorium - A level

RSVP: by calling 513-463-2512 no later than Tuesday, September 11

OR

When: Tuesday, September 25 at 6 p.m.

Where: 1786 Burlington Pike, Burlington, Kentucky 41005 - Room A, Second Floor

RSVP: By calling 513-463-2512, no later than Monday, September 24

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 **96.3%**. 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

Flu season is approaching. We have it available and will be able to provide it at your next appointment.

Check
us out
online!

We have posted a new Community Resource Guide on our website. Visit us at [The Christ Hospital.com/Primary-Care](http://TheChristHospital.com/Primary-Care)

HEALTHY Habits

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

- 1/4 cup lowfat 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 lowfat 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 lowfat string cheese
- Two cups frozen seedless grapes
- 1/2 cup lowfat 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>