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GMC News

Save The Date!

Glenn Medical Foundation invites everyone to join Country Music Legend **Lacy J Dalton** at the **Splendor in the Valley** on Saturday, September 10th. This year's event "**Back in the Saddle**" will be a western theme, taking place once again at the Worthington Family's Big -W- Ranch near Orland. Please contact Deborah McMillan in the Human Resources Department at GMC, 934-1881, or e-mail her at DMcMillan@glenmed.org for more information or for tickets - they're selling fast!

Get Involved

Donations are being accepted now for the silent auction to be conducted at our Splendor in the Valley event. If you have something to donate - products, services, gift baskets, etc. - please call 934-1881 to arrange for a pick-up. It's tax deductible and a very good cause - your hospital!



This institution is an equal opportunity provider and employer.

~ ~ What's Happening at GMC ~ ~

Platinum Club for Seniors

The Platinum Club is a free hospital-sponsored program for all Glenn County residents 60 years of age and older. Seniors are invited to attend these monthly presentations with their friends and neighbors. Please join us on **Thursday, August 25th** in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, Scott Lawson, Facility Manager, and Debi Yeager, Employee Health/Infection Control LVN, will be presenting "**Are You Ready?**" Both employees have received intensive training on emergency preparedness/disaster readiness and are anxious to share their knowledge with you. **Please RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. You won't want to miss this timely presentation.

Glenn Medical Foundation Fundraiser Update

Raffle tickets are still available for the Polaris Industries Ranger ETX and Trailer, which was generously donated by Chuck Patterson Auto Sales in Chico. Tickets are only \$10 each (value \$12,000) and are available at Glenn Medical Center and Tri Counties Bank in Willows. The drawing will be held on September 10th, during the Splendor in the Valley event - winner does not need to be present to win, but of course you'll want to be there to enjoy the festivities!

Disaster Preparedness - Are You Ready?

If a disaster strikes in your community, you might not have access to food, water, or electricity for several days. You may think that you will have enough time to run to the grocery store, but stores quickly sell out of important supplies following emergency warnings. Unfortunately, about half of adults in the United States do not have the resources and plans in place for a possible emergency. According to the CDC (Centers for Disease Control), everyone should store at least a 3-day supply of non-perishable, easy to prepare food. That includes a 3-day supply of water; one gallon per person, per day. 44% of us do not even have first aid kits, and more than 50% do not have copies of crucial personal documents on hand. 20% of us get emergency information from mobile apps on our cell phones. Be sure to keep a battery charger handy in an emergency. What about your pets - do you have plans in place for them? They will also need a 3-day supply of food and water on hand. Prepare supplies for home, work, and vehicles - emergencies can happen anywhere! You cannot predict disasters.

Wellness Walking

Walking is one of the easiest and cheapest ways to exercise. Experts agree that you should get 30 minutes of moderate-level physical activity everyday. Try it!

Glenn Medical Center - providing quality healthcare right here at home for 65+ years!