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# GMC News

## FlightCare Program

If you live in Willows, then you've seen the Enloe FlightCare air ambulance circling overhead. Did you know you can have a membership for that service to help you in case you ever need to use it? For pennies a day, this pre-paid, specialized health care program can provide protection from the potential high cost of air ambulance services. Since 1995, Enloe Medical Center has offered a valuable service called the FlightCare Membership Program. The plan assures that members will not be billed for out-of-pocket expenses when FlightCare or a reciprocating emergency air service transports them. The membership fee covers reasonable and medically appropriate use of their air ambulance or that of a reciprocating program. All membership fees help keep them flying. Please call (530) 332-6774 to sign up or for more information.

## ~ ~ *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, December 29th**, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, Lauren Carly will be presenting "**What About Yoga?**" Attendees will hear how yoga can help them - and there are a lot of benefits! Please **RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. This will be very helpful for everyone in our senior group. If you'd like to be added on to our mailing list for newsletters, please call Deborah or e-mail her at [DMcMillan@glenmed.org](mailto:DMcMillan@glenmed.org). You don't want to miss out on these monthly presentations!

### Health Benefits of Yoga

Workout fads come and go, but virtually no other exercise program is as enduring as yoga. It's been around for more than 5,000 years. Yoga does more than burn calories and tone muscles. It's a total mind-body workout that combines strengthening and stretching poses with deep breathing and meditation or relaxation. There are more than 100 different forms of yoga. Some are fast-paced and intense; others are gentle and relaxing. The intensity of your yoga workout depends on which form of yoga you choose. Some techniques are gentle and slow while others are faster and more challenging. All types take your workout to a level of mind-body connection. It can help you relax and focus while gaining flexibility and strength. Yoga can also boost your mood. Through the various yoga poses, you're able to target the core muscles, along with your arms, legs, glutes, and back. You will notice an improvement in your overall flexibility and strength with a low-impact full-body workout, without putting any impact on your joints. What else do you need to know? Well, yoga can be free or at least very reasonable. If you already know your way around a yoga mat, you can practice for free at home. Videos and classes will cost you various amounts of money. And, it's great for beginners. People of all ages and fitness levels can do the most basic yoga poses and stretches. Yoga is not for you if you like a fast-moving, competitive workout. Be open-minded, since there are physical and mental benefits you can gain by adding some yoga into your fitness plan, even if it isn't your main workout. Give it a try - what do you have to lose?

### GMC's 3rd Annual Employee Craft & Bake Sale...

Friday, December 9th, in our large conference room from 8am to 4pm. All products are home made or hand crafted by our own employees and available for purchase - cash only, please. It's a great way to complete your holiday shopping!



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