

January 2016
Volume 22



GMC News

Happy New Year!

Have you scheduled annual physical examinations yet for you and your family members? Our providers would be happy to see you:

Barbara Ackerman, M.D.
Linda Trimble, PA-C
Glenn Family Med Group
934-4681

Walter Wynne, M.D.
Jacqueline Casey, PA-C
Maqsd Dean, PA-C
Family Care Clinic
934-1816

We offer a full service Laboratory for your blood work and a Diagnostic Imaging department for your mammography and bone densitometry needs.

Successful Resolutions

The key to success is moderation and knowing your limits, and then mapping out a plan to achieve your goals. Good luck with your resolutions and Happy New Year to our patients and friends - we look forward to another successful year with you!



This institution is an equal opportunity provider and employer.

~ ~ What's Happening at GMC ~ ~

Platinum Club for Seniors

The Platinum Club is back by popular demand! This hospital sponsored program is free for all Glenn County residents 60 years of age and older. All seniors are invited to attend these monthly presentations with their friends and neighbors. Please join us on Thursday, January 21st, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. **Please RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. Our January presentation, which will start at 9:15, will be **The Future of Glenn Medical Center**, by Barbara Rydgren, GMC's Administrator. She will be discussing where we've been and where we're going, including the plans for our new facility. This will be an exciting presentation, one you won't want to miss - it's a great way to bring our Platinum Club back. Seating will be limited so make sure to call and reserve your spot - hope to see you here!

People Helping People

Glenn Medical Center employees collected coats, hats, gloves, and other cold weather clothes for the Torres Community Shelter located in Chico. Since 1998 the Chico Community Shelter Partnership has been dedicated to assisting a wide variety of people in their efforts to achieve self-sufficiency and a more stable lifestyle. The Torres Community Shelter is a large, year-round emergency shelter for men, women, and families experiencing temporary homelessness. They currently assist roughly 750 people per year. The donation of cold weather clothing is another example of the generosity of our GMC employees!

January is Thyroid Awareness Month

The thyroid is responsible for producing hormones that help the body regulate its metabolism. When not working properly it can cause the body's system to speed up (hyperthyroidism) or slow down (hypothyroidism). Furthermore, although the vast majority of thyroid nodules are benign, some can be cancerous and require examination and workup. Examining your neck can in some cases help you find lumps or enlargements that may point to thyroid conditions, including nodules, goiter and thyroid cancer. Because many symptoms of thyroid imbalance may be hard to recognize and can mimic other conditions, the best way to know for sure is to discuss with your doctor the role of TSH (thyroid-stimulating hormone) testing, a simple blood test that measures whether your thyroid gland is functioning normally. Making sure that your thyroid gland is healthy is important to your body's overall well-being. With January being the start of a new year, it's time to schedule your annual physical examination. Make sure your provider includes the TSH testing as part of your blood work when you have your exam this year.

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