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# GMC News

## Dr. Ackerman Leaving

As many of you already know, Dr. Barbara Ackerman will be leaving our Glenn Family Medical Group at the end of January. We have enjoyed having Dr. Ackerman on our medical staff for a number of years now as an excellent Physician, Internist, and Surgeon, and will miss her greatly. Everyone here at Glenn Medical Center thanks her for the dedication she has shown to her patients and to our facility, and we all wish her well in her future endeavors.

**Happy New Year!** If getting healthy is on your list of resolutions, now is a good time to get your annual physical and start off on the right foot. All of our providers are taking new patients, so please call today for an appointment. The Family Care Clinic is 934-1816; the Specialty Clinic is 934-1820, and the Glenn Family Medical Group is 934-4681. Take care of yourself this year!



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**,

**January 19th**, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, we will be having a very informative presentation on "**Advance Directives in Healthcare**." We've had several requests for this information for our senior group. Please **RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. If you'd like to be added on to our mailing list for newsletters, please call Deborah or e-mail her at [DMcMillan@glenncmed.org](mailto:DMcMillan@glenncmed.org). Please bring a friend with you!

### What are Advance Directives?

An Advance Directive is a living will which allows you to document your wishes concerning medical treatments at the end of life. Before your living will can guide medical decision-making, two physicians must certify:

You are unable to make medical decisions,

You are in the medical condition specified in the state's living will law (such as "terminal illness" or "permanent unconsciousness"),

Other requirements also may apply, depending upon the state. A medical power of attorney (or healthcare proxy) allows you to appoint a person you trust as your healthcare agent (or surrogate decision maker), who is authorized to make medical decisions on your behalf. Before a medical power of attorney goes into effect, a person's physician must conclude that they are unable to make their own medical decisions. In addition:

If a person regains the ability to make decisions, the agent cannot continue to act on the person's behalf.

Many states have additional requirements that apply only to decisions about life-sustaining medical treatments. For example, before your agent can refuse a life-sustaining treatment on your behalf, a second physician may have to confirm your doctor's assessment that you are incapable of making treatment decisions.

**Top 10 New Year's Resolutions**

1. Lose Weight
2. Get Organized
3. Spend Less, Save More
4. Enjoy Life to the Fullest
5. Stay Fit & Healthy
6. Learn Something Exciting
7. Quit Smoking
8. Help Others in Their Dreams
9. Fall in Love
10. Spend More Time with Family.

Is your resolution on this list? 45% of Americans make resolutions but only about 8% actually keep them - be one of those 8% for 2017!