

October 2016
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GMC News

Splendor in the Valley Wrap-Up

It was a wonderful evening at the Big -W- Ranch! More than 370 tickets were sold to our annual fundraiser, making this the largest one ever. Guests dined on a delicious dinner, outbid each other at fabulous silent and live auctions, and danced the night away to the music of Lacy J Dalton. While final numbers aren't in yet, we're sure this year's event will go a long way towards outfitting the second OR for our new hospital. Our hard-working foundation members are already meeting to plan next year's event, to make it even bigger and better. A huge thank you to the Worthington Family and the Glenn Medical Foundation for working so hard on behalf of Glenn Medical Center and our community!

Stretch for 5 minutes before going to bed. Your muscles will be more relaxed and it'll be easier to find a comfortable position in which to sleep. Yawn....



This institution is an equal opportunity provider and employer.

~ ~ *What's Happening at GMC* ~ ~

Welcome Back to Glenn Medical Center, Dr. Jared Garrison!

We are very happy to announce that Dr. Jared Garrison is returning to GMC and will be seeing patients effective Monday, October 3rd. He is accepting new patients, without referrals, in our Family Care Clinic. Please call 934-1816 for an appointment with him. It's great to have him back here again!

Groundbreaking News for GMC

For those of you who attended our Splendor in the Valley, you heard the exciting news: We have the loan, we have the plans, and now we have the builder - Modern Building, Inc. from Chico. It's been a long time in coming, but it's finally here. I'll be posting updates monthly in this newsletter - watch us as we grow!

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, October 20th**, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, Wade Elliott, will be presenting **"The Other Talk" You Have to Have: Counseling the Aging Child**. This interactive session is designed to help older couples and/or singles have "the other talk" with their adult children. Our speaker, Wade Elliott, is the founder and CEO of WestHaven Senior Living. Wade has spent hundreds of hours counseling with families of aging adults who recognize the need for help. Attendees from 60 to 95 are invited to come - *and to bring their adult kids too* - to learn how to talk frankly about decisions affecting the entire family. These include deciding when and how to downsize your home; supportive housing options; when to consider assisted living; plus, the hard choices that may need to be made when failing health upsets the plan. Please **RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. This will be very important for everyone. Feel free to bring friends and family members. 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. You don't want to miss out on these presentations!

Eat More to Gain Less

Americans eat a lot more calories today than they did just a few decades ago. Part of the problem is fast food and super-sized portions. Our food servings have doubled or tripled at restaurants - and at home. The key is to choose foods like fresh fruits and veggies. They're packed with health benefits and fill you up.

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