



Platinum Club Newsletter

Volume #62

February 2010

The Platinum Club, sponsored by Glenn Medical Center, is free to all Glenn County residents 60 years of age and older.

The Platinum Club For Glenn County Seniors

The February gathering of the Platinum Club will feature Traci Torres, Risk Manager for Glenn Medical Center. Her presentation will be on **Energy Preparedness**. Please join us on **Thursday, February 18th** from 9:30am to 11:00am in the GMC large conference room. We'll be serving a delicious and nutritious breakfast buffet from our dietary department. Please RSVP to Deborah at 934-1881 to make sure we have enough seats and treats for everyone to enjoy. As always - please feel free to bring a friend!

A Little About The Presentation...

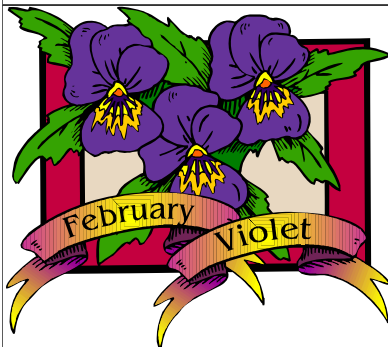
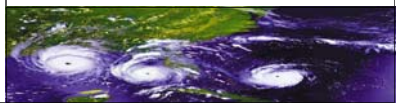
Traci will be explaining all about Energy Preparedness for a disaster. She'll be providing you with information about the Reverse 911 System and the Emergency Operations Center. Handouts with emergency contact information will be provided to all attendees. For those of you with loved ones who are house-bound or with special health needs, we would like a list of them or someone for them to contact in the event of an emergency. This would be especially useful if someone is insulin dependent and the power goes out as they will need to have access to someplace with power for storage of their insulin or even possible relocation. In the future, we will be having some training classes on the Incident Command System and some of you Platinum Club members might even like to attend. This would give you some working knowledge of how the County operates during an emergency. In light of the recent storms we've endured, this timely presentation will certainly help all of you feel a little more secure!



February Birthdays:

Virginia Coombs	2
Marge Smith	2
Virginia Parisio	2
Lucy Eibe	5
JoAnn Wright	6
Margaret Weems	7
Norma Hendrick	10
Ruth Larson	13
Colleen Ledgerwood	16
Phyllis Bennett	17
Pete Burns	17
Mary Grimes	18
Mary Curll	21
Dorothy Ehorn	27

Happy Birthday from your friends at Glenn Medical Center!



Emergency Preparedness and You

The possibility of public health emergencies arising in the U.S. concerns many people in the wake of recent hurricanes, tsunamis, acts of terrorism, and the threat of pandemic influenza. Though some people feel it's impossible to be prepared for unexpected events, the truth is that taking preparedness actions helps people deal with disasters much more effectively when they do occur.

Here's What's New At GMC!

We're getting close to signing an agreement with a Physiatrist, also known as a pain management specialist, for GMC's Specialty Clinic. In next month's newsletter, we hope to be able to share all the new information about our newest doctor! This is exciting for us, as this is something needed in Glenn County!

Do you have any ideas for us or suggestions to improve our program? The Platinum Club is all about you! Please call: Sheryl Chapman 934-1817 Deborah McMillan 934-1881

Recipe of the Month Easy Cookie Bars

1/2 cup butter or margarine, melted
1 1/2 cups graham cracker crumbs
1 1/3 cups shredded coconut
6 ounces semi-sweet chocolate chips
1 cup chopped pecans
1 (14 ounce) can sweetened condensed milk

Mix butter and cracker crumbs; press firmly onto bottom of a greased 9x13 inch pan. Sprinkle with coconut, chocolate and pecans; cover with condensed milk. Bake at 350° 25 to 30 minutes or until golden brown. Cool completely on wire rack. Cut into 36 bars. Store in tightly covered container at room temperature. These won't last long!

How Can You Prepare? Gather Emergency Supplies!

If disaster strikes your community, you might not have access to food, water, or electricity for some time. By taking time now to prepare emergency food and water supplies, you can provide for your entire family. Even though it is unlikely that an emergency would cut off your food supplies for two weeks, consider maintaining a supply that will last that long. You may not need to go out and buy foods to prepare an emergency food supply. You can use the canned goods, dry mixes, and other staples on your cupboard shelves. Having an ample supply of clean water is a top priority in an emergency. A normally active person needs to drink at least 2 quarts (a half gallon) of water each day. You will also need water for food preparation and hygiene. Store at least an additional half-gallon per person, per day for this. Store at least a 3-day supply and consider storing a two-week supply of water for each member of your family, or as much as you can. And don't forget to take your pets and service animals into account!



Fraud Alert - Grandma, It's Me Scam

We'd like to alert older adults about a scam occurring in the area. Recently, a local resident wired \$3000 dollars to a thief from Canada using this trick. In a typical scenario, a grandparent receives a phone call from a con artist claiming to be one of his/her grandchildren. The caller tells a story about being out of the country and in some kind of trouble. It may involve getting arrested or a car accident and they always want you to keep it a secret. Next they ask for money to be sent as soon as possible using a wire service like MoneyGram or Western Union. The District Attorney asks that you help spread the word about this scam and be suspicious if anyone calls unexpectedly asking you to wire money (especially to Canada). We suggest that you contact a family member to verify the situation – even if you are told to keep it a secret. You might even consider having a password or a security question for the caller that only a real family member would know. We don't want you to be the next victim!