



Platinum Club Newsletter

Volume #67

July 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 July gathering of the Platinum Club will feature Dr. Billy Strom, Chiropractor, of Healing Hands Chiropractic right here in Willows. Dr. Strom will be giving a presentation on "Health & Wellness." This should be of special interest to everyone in our group! Please join us on Thursday, July 29th 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 - we enjoy seeing new faces!



July Birthdays:

Janey Keim	2
Alan Schauer	5
John Minniear	8
Virginia Barrera	8
Evelyn West	11
Russ Melquist	11
Roberta Asbury	14
Joe Hinton	14
Loretta Winters	21
Elizabeth Burns	25
Russell Osborn	29
Jackie Swann	29
Cora Lehr	31

Happy Birthday from your friends at Glenn Medical Center!

Types of Elder Abuse:

- » Abandonment
- » False Imprisonment
- » Financial Abuse
- » Isolation
- » Neglect
- » Physical Abuse
- » Psychological Abuse



Handling Elder Abuse

As many as one in seven seniors nationwide experiences elder abuse - usually at the hands of a family member. Some wind up bruised or battered, or dehydrated and neglected in their own beds. Other end up penniless, victims of a relative's greed. And some even lose their homes. Yet most elder abuse still goes unreported. Your caregiver may be stealing from you, beating you or simply leaving you stranded in your own room. You may be afraid of what will happen if you tell someone. But help is available. Turn your situation around before it gets worse. Call 911!

What is Elder Abuse?

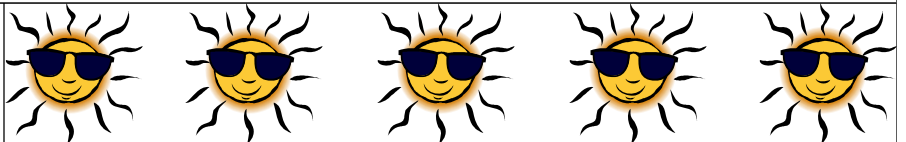
It is the neglect, exploitation, or "painful or harmful" mistreatment of anyone who is 65 or older (or who falls under the legal definition of a "dependent" adult aged 18-64). It might be physical violence, psychological abuse, isolation or a caregiver's neglect. It could be identity theft, or the theft or embezzlement of a senior's property. Elder abuse involves various crimes, such as theft, that can strike younger victims as well. However, criminals face stiffer penalties when their victims are 65 years old or older.

Save the Date for Splendor in the Valley - Saturday, Sept. 11th at the Big W Ranch

The Glenn Medical Foundation's (GMF) annual "Splendor in the Valley" event is our most important fund raising event of the year. The GMF has two primary purposes. The short term one is to provide the hospital with funds to obtain state-of-the-art equipment and technology resulting in the best possible care for patients throughout the Glenn County area. The long term goal is to work hand-in-hand with our hospital Board and leadership in working toward the replacement of the current hospital facility. This year's "Splendor" proceeds have been earmarked for use by the hospital in establishing a Polysomnography service. This service is usually referred to as a Sleep Study program. Many in our area suffer from sleep disorders. Sleep apnea and other sleep disorders are the underlying cause of more severe and complex health related issues such as Type II diabetes, congestive heart failure, high blood pressure and several malignant cardiac related disorders. A new sleep study program here at GMC will give area patients access to the latest in technology and screening by Dr. Matthew Merliss, a Board Certified physician in Sleep Medicine. Dr. Merliss received his Board Certification in November 2009 and is a valued member of the Glenn Medical Center Medical staff and health care team. For more information or for tickets (\$125 each), please contact Deborah McMillan at 934-1881 or see her at the Platinum Club meeting.

Physiatrist Comes To GMC!

We are happy to announce that Dr. Robert Egert, Pain Management Specialist, is now seeing patients for chronic lumbar pain. Appointments, by referral only, can be made with him by calling our Specialty Clinic at 934-1820. Welcome, Dr. Egert!



Losing a Spouse or Parent

You may be overwhelmed with grief right now. You may want to leave the administrative matters for a later day. But there are notifications and legal steps that should not be postponed.

- Make funeral and burial arrangements.
- Obtain several copies of the death certificate.
- Gather relevant documents, such as the will, insurance policies, trusts, and stock, bank account and annuity statements.
- Contact the Social Security Administration (if the deceased was an eligible recipient).
- Send a notification and death certificate to the director of public health (if the deceased was a Medi-Cal recipient) within 90 days after the death.
- Notify any life insurance companies of the death.
- Contact the trustee of any trust and/or the attorney who prepared it.
- Contact the executor of the will and/or the attorney who prepared it.
- Call the administrator of the decedent's pension plan.
- Notify the decedent's banks and financial institutions.
- Contact credit card companies.
- Be sure that insurance or Medicare claims have been processed before paying any medical bills.

Recipe of the Month

Piña Colada Smoothie

1 20 oz can of pineapple chunks in juice, drained
1 ripe banana
1 can (14 oz) light coconut milk
1 container, (6 oz.) fat-free vanilla yogurt
1 cup ice cubes
In blender, puree pineapple and banana. Add the milk, yogurt, and ice, and blend until smooth and frothy. Serves 4 - so good!