



Platinum Club Newsletter

Volume #43

August 2008

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 August gathering of the Platinum Club will feature a special presentation by Drs. Carol Kavanaugh, DO and Ross Tye, MD, PhD. Their topic “**Nutrition and Healthy Living**” will be of interest to all, especially when they share the secrets of success for their recent combined weight loss of 112 pounds! They’ll also be joined by Jessica Frank, Nutritionist and Health Advisor. This informative program is open to all of our members and guests. Please join us on **Thursday, August 21st** from 9:30am to 11:00am in the Glenn Medical Center large conference room. We’ll be serving a delicious breakfast buffet from our dietary department. Please RSVP to Deborah McMillan at 934-1881 to make sure we have enough seats and treats for everyone.



August Birthdays:

Eugene Massa	1
Debbie Vieweg	5
Wayne Michael	5
Kenneth Law	7
Ana Massa	11
Woody Laughnan	12
Lina Romero	13
Dorothy Nerli	20
Judy Bennett	27
Hilda DeGaa	29
Imogene Trimble	29

Laugh Your Way To Better Health

Laughter reduces stress, improves memory and helps keep our hearts healthy. The ability to laugh is hardwired into our systems, and new research shows that it's not only good for us, it's contagious. There's a reason sitcoms and stand-up are funnier when we're in a group: When we see someone laugh, our brain seems to activate "mirror neurons" that send us into the same fit of laughter. A little lightheartedness can lead to a more positive approach in everyday situations. Humor therapy could one day be a part of preventive care. A good giggle helps you:

Burn calories - Laughing for 10-15 minutes increases the heart rate by 10% to 20%, which means you can burn an extra 10-40 calories a day - that adds up to a 4 pound weight loss in a year.

Ease pain - In a UCLA study funded by Rx Laughter, a group that promotes research on the connection between humor and health, experts discovered that children tolerated pain better than usual when watching a funny program or video.

Stay healthy - Humor increases the production and effectiveness of natural killer cells that stomp out germs.

Happy Birthday from all your friends here at Glenn Medical Center!

What's New at GMC?

We are happy to announce that Dr. Peter Wolk, of Northstate Cardiology Consultants in Chico, is now seeing patients here at our Specialty Clinic. Please call 934-1820 for your appointment. Watch us - here we grow again!



Splendor in the Valley V - Dancing Under the Stars at Cal Worthington's Big W Ranch
 Glenn Medical Foundation cordially invites you to attend a fantastic evening honoring our agricultural community and hospital. This special event will include good music, laughter, great wines, and an exquisite dinner and dancing to enjoy with great friends and neighbors, plus silent and live auctions. Proceeds from the September 13, 2008 event will be used to completely upgrade five of the hospital's patient rooms including new beds, mattresses, bedside tables, window coverings, privacy curtains and other amenities. Funds raised in excess of the amount needed will be used to acquire a new surgery table and a new pharmacy medication computer system for the emergency department. Individual tickets are \$125 per person, and are tax deductible in accordance with IRS guidelines. Please call Deborah at 934-1881 for more information and for ticket sales. Last year, several of our Platinum Club members attended the event and we're hoping to seeing even more of you there this year!



10 Smartest Diet Tips Ever

- * Resolve never to supersize your food portions - unless you want to supersize your clothes.
- * Make eating purposeful, not mindless. Whenever you put food in your mouth, peel it, unwrap it, plate it, and sit. Engage all of the senses in the pleasure of nourishing your body.
- * Start eating a big breakfast. It helps you eat fewer total calories throughout the day.
- * Make sure your plate is half veggies and/or fruit at both lunch and dinner - eat 8-10 servings per day.
- * Eating out? Halve it, and bag the rest. A typical restaurant entree has 1,000 to 2,000 calories, not even counting the bread, appetizer, beverage, and dessert.
- * Use a salad plate instead of a dinner plate.
- * Eat the low-cal items on your plate first, then graduate. Start with salads, veggies, and broth soups, and eat meats and starches last. By the time you get to them, you'll be full enough to be content with smaller portions of the high-calorie choices.
- * Get calories from foods you chew, not beverages. Have fresh fruit instead of fruit juice.
- * Eat more soup. The non-creamy ones are filling but low-cal.
- * Try 2 weeks without sweets. It's amazing how your cravings vanish. (This one really works!)

Recipe of the Month

Egg Casserole

6 slices white bread,
 coarsely torn
 1 pound bulk sausage,
 cooked, drained
 1 cup shredded sharp
 cheddar cheese
 6 medium eggs
 2 cups milk
 1 teaspoon salt
 1/4 teaspoon pepper
 Preheat oven to 350°.
 Lightly grease 13x9-inch
 baking pan or oven-proof
 casserole. Place bread into
 bottom of pan; sprinkle
 with sausage and cheese.
 Beat eggs, milk, salt and
 pepper in medium bowl
 with wire whisk. Pour over
 bread mixture in pan. Bake
 40 to 45 min. or until mix-
 ture is set in center and
 lightly browned.



Do you have any suggestions to improve our program? The Platinum Club is here to benefit you so we'd love your input. Please call:
 Sheryl Chapman 934-1817
 Deborah McMillan 934-1881