

April 2017

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### Save the Date!

Mark your calendars now for Glenn County's largest social extravaganza of the year. Glenn Medical Foundation invites everyone to the Splendor in the Valley event on Saturday evening, September 9th. This year's headliner is the fabulous

### **Maria Muldaur & Her Red Hot Bluesiana Band.**

The event will once again take place at the Worthington Family's Big ~W~ Ranch near Orland - tickets and sponsorships will soon be available. For more information now, please call Deborah McMillan at 934-1881. This was a sold-out event last year, so plan ahead by saving the date!

### Speakers Invited

Would you like to be added to the list of speakers for the Platinum Club? Please contact Deborah if you have a topic of interest to our group of Seniors - no sales pitches, please. You'll be rewarded with a free breakfast and our sincere appreciation. Topics can be health-related or of general interest to our senior population. Thank you!



*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, April 20th**, 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 by GMC's Dr. of Pharmacy, Ernie Pieper. His interesting and very timely topic is going to be **"The American Healthcare Debate; Where do we stand and where are we going?"** 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 future newsletters, please call Deborah or e-mail her at [DMcMillan@glennmed.org](mailto:DMcMillan@glennmed.org). This is sure a popular topic now!

### Time for an Exam?

Men with localized prostate cancer - that means it hasn't spread beyond the prostate - have several treatment options. If you're feeling overwhelmed, rest easy. A new study shows that men whose cancer is caught early through a prostate-specific antigen (PSA) screening have a 99% survival rate no matter which treatment option they choose: radiation, prostate removal, or active monitoring. The first step in the process is early diagnosis. If you haven't had a complete physical done recently, including a prostate exam and PSA screening, please do yourself, and your loved ones, a favor. Call today for an exam in one of our clinics: Family Care Clinic 934-1816, Glenn Family Clinic 934-4681, or Specialty Clinic 934-1820. We also have both a full service laboratory and a diagnostic imaging center here so there's no need to go elsewhere for your tests.

### Being Happy is Good For You!

Never underestimate the power of positive thinking. In a study that followed 2,800 older adults for 11 years, the most pessimistic of the bunch were far more likely to die of heart disease during the study period than their positive peers. Could heart disease have been responsible for their negative thinking? Researchers doubt it. Personality traits like optimism and pessimism tend to be ingrained early in life. You're never too old though to turn things around and start looking at things differently. If you're one of the many people affected by depression, we may be able to help you. One in 20 Americans suffers from depression so you're not alone. GMC has a Licensed Clinical Social Worker, Darlene Cheryl, who is available by appointment through our Specialty Clinic. Happiness is a big predictor of good health - yours and your spouse's. Happy people have healthier partners. And, happy spouses may encourage healthier choices.

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