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Splendor in the Valley

Glenn Medical Foundation invites everyone to join them at the Splendor in the Valley event on Saturday evening, September 12th. This year's theme is "A Night At The Beach" featuring the music of *Garratt Wilkin & the Parrotheads*, a celebration of Jimmy Buffet's music. This will be a traditional luau, with Hawaiian attire the desired wear of the evening. The event will once again take place at the Big W Ranch near Orland, which is owned by the family of famous television personality Cal Worthington. For tickets or more information, call Deborah McMillan at 934-1881. Sponsorships are still available; silent auction items are now being accepted. This event was sold-out last year; call today to place your reservations. It will be an evening to remember!



This institution is an equal opportunity provider and employer.

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

New Face at Glenn Medical Center

Andrea Springer is the new Manager of our Medical/Surgical & Emergency Departments at GMC. She comes to us with many years of excellent nursing experience, and we are very fortunate to have her join us as the newest member of our Management Team. Welcome aboard, Andrea!

Fundraising for Glenn Medical Center

The Glenn Medical Foundation has announced that their fund raising focus this year will be to outfit a second operating room in the new soon-to-be constructed facility. While it will ultimately cost many hundreds of thousands of dollars to completely furnish an operating room, this year's Splendor in the Valley event will be a great start in this endeavor. This additional room will allow us to perform more procedures with a quicker turnaround time for our surgeons and less waiting time for our patients. This will result in an even higher quality of care. These next few years will be exciting ones at GMC during our highly anticipated expansion. Your generous support is appreciated - watch us as we grow!

Summer - and Triple Digit Weather - Arrives in Glenn County

You knew it was coming, and now it's here. Don't be a victim of a heat related illness like dehydration. Although everyone is susceptible to heat illness, it affects people differently. Physically fit, acclimatized, well hydrated people are more heat tolerant while the elderly and children are more likely to suffer from heat illness. Remember, dehydration does not only occur when you are exercising in the heat. You can become dehydrated when doing other things, such as spending the day at the beach, working in the yard, visiting a theme park, or any other activity that requires prolonged exposure to heat. Dehydration is defined as a process that results in below-normal levels of fluid in the body that occurs when the amount of body fluid that is lost is greater than the amount of fluid that is replaced. Drink water or sports drinks (not caffeinated or alcoholic beverages) before, during, and after exercise. How much you need to drink depends on how big you are and how hot it is. A good rule of thumb is to always carry water with you, even if you're just out running errands. Expected the unexpected and be prepared. It's going to be a long, hot summer and an ounce of prevention..... One last warning about the heat - please don't forget about your pets! If you travel with your pets, never ever leave them in your vehicle in this heat. Also, be mindful of the pavement or sidewalk temperature if you're out walking them.

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