



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 are already being sold. For more information or to buy your tickets, please call Deborah McMillan at 934-1881. This was a sold-out event last year, so plan ahead by saving the date!

GMC's Food Drive

GMC's food drive, which started last month on the 22nd, will continue through the 22nd of this month.

Please bring your non-perishable food items to the collection containers in the clinics or our front lobby. We're keeping this local so all donations will be going to the Willows Food Bank.



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, June 22nd**, 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 an informative presentation by Scott Lawson, GMC's Facility Manager and Disaster Preparedness Coordinator. His presentation will be "Home and Auto Disaster Preparedness - What Will We Do If It Happens To Us?" Scott has had extensive training through FEMA in Alabama. We all learned during the Oroville Dam spillway crisis that things can happen and you need to be prepared for the unexpected. 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@glenmed.org.

June is National Osteoporosis Month

Osteoporosis causes bones to become weak and brittle - so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine. Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the removal of old bone. Osteoporosis affects men and women of all races. But white and Asian women - especially older women who are past menopause - are at highest risk. Medications, healthy diet and weight-bearing exercise can help prevent bone loss or strengthen already weak bones. A number of factors can increase the likelihood that you'll develop osteoporosis - including your age, lifestyle choices, and race, and medical conditions and treatments. You may want to talk to your doctor about osteoporosis if you went through early menopause or took corticosteroids for several months at a time, or if either of your parents had hip fractures.

Osteoporosis Screening Available at Glenn Medical Center

Testing your bone density - how strong your bones are - is the only way to know for sure if you have osteoporosis. One common test doctors use is called dual energy X-ray absorptiometry, or DXA scan. These scans can give your doctor a good idea of whether you're likely to get fractures in various bones in your body. The scan generally takes 10 to 20 minutes. It's painless, and the amount of radiation you get from the X-rays the scan uses is low. When the test is over, you're able to go home. Prior authorization for the procedure depends on your insurance type. Ask your medical provider today if you need to be tested; call 934-1801 for more information or to have your procedure scheduled.

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