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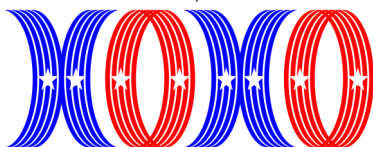
Save the Date!

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 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

We're having a food drive here at GMC from May 22nd through June 22nd. Please bring your non-perishable food items to the collection containers in the clinics or our front lobby. We're doing this mid-year instead of waiting for the holidays as the need is year-round. All donations go to the Willows Food Bank.

Remembering on Memorial Day
Thank You, Veterans!



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, May 18th**, 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 another informative presentation by Wade Elliott, Executive Director of WestHaven Senior Living in Orland. His presentation, Part 2 of a 3-Part Series, will be "Dementia and Alzheimer's: Are You at Risk? Genetics and Lifestyle Impacts." Wade speaks on this and other topics of aging across the state as a professional educator working for the largest provider of caregiver education, OnCourse Learning. 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.

Are You At Risk?

Alzheimer's and other similar dementia's are the cause of death for 1 in 3 persons over age 65 today. There are over 5 million Alzheimer's cases in the US today and that number is expected to triple in the next 20-30 years. Today, there is no known cure and current treatments are largely ineffective. Come join us for this month's Platinum Club and hear this second in a series focusing on genetics and lifestyle factors in determining your risk of developing Alzheimer's. Dementia care industry insider and educator, Wade Elliott, will share the latest research suggesting you may actually reduce your risk of developing Alzheimer's disease by making simple lifestyle changes. Wade's third presentation will be July 20th.

A Balanced Diet is Eating Chocolate with Both Hands

Well, maybe not. But, now that I have your attention - how did your New Year's resolution work out to lose some weight and get healthy this year? The good news is that GMC's Registered Dietitian, Laura Curtis, is back and is once again available to meet with you to get you back on track to meet your weight loss and healthy life-style goals. Has your health care provider advised you that you're pre-diabetic, or have you already been diagnosed with diabetes? Laura can help you with that as well. She is a diabetes educator, and can assist you with meal plans to make these adjustments to your diet pleasant ones. Need to learn more about fiber in your diet? She can help you with that, too. Ask your medical provider for a referral to Laura in our Specialty Clinic at 934-1820. She'll be the guest speaker for the Platinum Club in August - more information to follow. As for me, I always start my diet on the same day...tomorrow!

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