

October 2017
Volume 43



GMC News

Thank you!

On behalf of Glenn Medical Foundation, all of us here at Glenn Medical Center would like to thank everyone who supported us during our fundraising campaign for Splendor in the Valley. Our event went off without a hitch and everyone had a wonderful time. The final numbers are not known yet, but it's safe to say that the evening was a resounding success. A big thank you also to the Foundation members themselves who worked tirelessly to organize such a nice event!

Mammograms!

Have you called to schedule your annual exam yet? As you can see below, October is Breast Cancer Awareness Month. All it takes is a quick phone call to our Imaging Department at 934-1804. We have state-of-the-art mammography equipment and highly trained personnel to assist you right here in your home town!

*October is
Breast
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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, October 26th**, 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 important presentation by **Erin Munjar**, our very own Registered Dietitian. She will be speaking on "**Dietary Fiber - Essential for a Healthy Diet.**" Please **RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all.

We Have A New Registered Dietitian!

We are happy to welcome Erin Munjar, who recently joined us as our RD and Dietary Director. Erin has her Bachelor's of Science degree in Nutrition from CSU Chico, and her Master's of Science degree from Sage College in Troy, New York, in Applied Nutrition. She will be providing dietary counseling to our inpatients as well as providing support in our Dietary Department. Erin is also available for dietary consultations with a referral from your medical provider. Appointments can be made through our Specialty Clinic by calling 934-1820. Be sure to stop by the Break Away Café to meet her - we're thrilled she's here!

Dietary Fiber - Essential for a Healthy Diet

Eat more fiber. You've probably heard it before. But do you know why fiber is so good for your health? Found mainly in fruits, vegetables, whole grains and legumes, dietary fiber is probably best known for its ability to prevent or relieve constipation. But, more importantly, foods containing fiber can provide other health benefits as well, such as helping to maintain a healthy weight and lowering your risk of diabetes and heart disease. Most plant-based foods, such as oatmeal and beans, contain both soluble and insoluble fiber. However, the amount of each type varies in different plant foods. To receive the greatest health benefit, eat a wide variety of high-fiber foods. Learn more at this month's Platinum Club.

Hometown Favorite Here at GMC!

Traci Roberts is the System Information Manager for GMC, overseeing physician and staff training for the Electronic Health Record and managing the Registration staff. Many of you know Traci as she's been involved in various community events throughout the years. She was born in our hospital, and raised in Glenn County. She joined the GMC Team in 2008 and has proven to be committed to the hospital and the community. She believes that all patients should have access to healthcare; Traci and the registration team are striving to provide excellent customer service to all patients by providing same day appointments.

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