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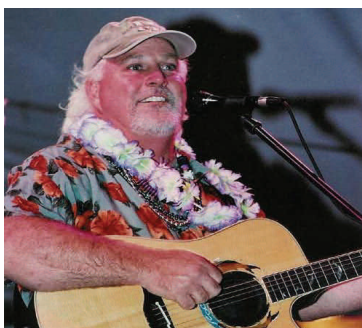


Splendor in the Valley

Tickets are selling quickly for Glenn Medical Foundation's 12th annual Splendor in the Valley event on Saturday evening, September 12th.

This year's theme "A Night At The Beach" will feature the music of *Garrett Wilkin & the Parrot-heads*, a celebration of Jimmy Buffett's music.

It's going to 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 also being accepted. We anticipate another sell-out event so call today for your tickets. It will be an evening to remember!



This institution is an equal opportunity provider and employer.

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

Another New Face at Glenn Medical Center

We are happy to announce the arrival of Melinda Mayfield, our new Manager of Health Information Management (formally known as Medical Records). Melinda comes to us from Redding, where she worked for many years at Shasta Regional Medical Center. Welcome aboard, Melinda - another great addition to GMC!

Have YOU Filled Out Your Survey Yet?

We are in the process of completing our Community Health Needs Assessment as required every three years to keep our tax-exempt status. Surveys are available at several locations throughout Glenn County, including Glenn Medical Center, the Willows and Orland Chambers of Commerce, and many Public Health offices. The survey only takes 5 minutes to complete and can be returned to any of the above mentioned offices. Pick up some for your family members, friends and neighbors over 18 years of age. We're hoping for a huge response from Glenn County residents this year and have several key members of our county involved in helping us get the surveys out to the public. This is your chance to express what is important to you in the health care services locally.

Are You A Worrywart?

Try going to bed earlier. Researchers have discovered that the later people go to bed, the more they worry. And, night owls tend to be bigger worriers than early birds. Our bodies naturally prepare at different times of the day for different tasks, such as paying attention, problem solving, and sleeping. Falling off that schedule can affect your mood and cause you to think negative thoughts. If you're having trouble falling asleep, or getting a good night's sleep, it might be a good idea to have a Sleep Study done. These are available with Dr. Matthew Merliss through our Specialty Clinic. All you need is a referral from your primary care provider and leave the rest to us. You can't beat a good night's sleep.

Multi-Casualty Incident (MCI) at GMC on July 11th

We participated in a very successful full-scale exercise here along with close to 100 volunteers. The purpose of the drill was to test the Region III MCI plan and the coordinated response of fire, law enforcement, EMS, and medical to a multi-casualty incident. Along with GMC, the participating agencies were Glenn Co. Health & Human Services Agency, Glenn Co. Sheriff's Ofc., Calif. Highway Patrol, Willows Fire Dept., Westside Ambulance, Enloe Medical Center, Region III Representative, NorCal EMS, Office of Education, and Absolute Safety Training.

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