

December 2015
Volume 21



Platinum Club

January will mark the return of the popular Platinum Club. For those of you not familiar with this, it's a group of seniors who meet here once a month to hear a health-related presentation while they enjoy a delicious breakfast prepared by the GMC Dietary Department. More information will be in the January Newsletter. Stay tuned!

Fun At GMC!

We will be having a holiday door decorating contest between all departments starting the first of December. The winning department will be announced on Friday, December 11th, but the decorations will be on display through the end of the month. Each employee gets one vote, and the winning department will be treated to a delicious surprise. Be sure to stop by and see all the clever holiday decorations!

Merry Christmas



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

December - It's Cold And Flu Season Again!

Have you had your flu shot yet? Influenza is a serious disease that can lead to hospitalization and sometimes even death. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get very sick from the flu and spread it to others. Over a period of 31 seasons between 1976 and 2007, estimates of flu-associated deaths in the United States range from a low of about 3,000 to a high of about 49,000 people. During recent flu seasons, between 80% and 90% of flu related deaths have occurred in people 65 years and older. "Flu season" in the United States can begin as early as October and last as late as May. During this time, flu viruses are circulating at higher levels in the U.S. population. An annual seasonal flu vaccine (either the flu shot or the nasal spray flu vaccine) is the best way to reduce the chances that you will get seasonal flu and spread it to others. When more people get vaccinated against the flu, less flu can spread through that community. Flu vaccines cause antibodies to develop in the body about two weeks after vaccination. Due to various factors, the vaccination is not a 100% guarantee that you won't get the flu, but it may make your illness milder if you do get sick. Please, get your shot today!

Glenn Medical Center Helps The Willows Food Bank

Once again this year, Glenn Medical Center conducted our annual food drive for two weeks to benefit the local Willows Food Bank. As usual, our employees, patients, and facility visitors responded graciously to our donation requests. Last year, the food bank helped feed 5,500 people, and provided 165,000 meals. This was due to the great hearts and tremendous giving spirit of the people in this wonderful community. Our local food bank operates solely on donations and volunteers. GMC's food drive is over, but the need is still present.

Second Annual GMC Employee Craft Boutique

Everyone is invited to GMC's 2nd Annual Employee Craft Boutique in the large conference room on Friday, December 11th from 8:30am to 4:30pm. The boutique will feature home-made and hand-crafted items created by Glenn Medical Center employees. Last year's event was a huge success and a lot of fun. Please stop by and do some holiday shopping - you'll be impressed at the variety and prices - check out the creativity of our employees! (Cash only, please.)

Veterans Day Recognition At GMC

All Veterans - visitors, patients, and employees - were treated to a free meal at Glenn Medical Center on Veterans Day. Thank you so much for your service!

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