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# GMC News

## Save the Date!

Mark your calendars now for Glenn County's largest social extravaganza of the year. Glenn Medical Foundation invites everyone to join them at the Splendor in the Valley event on Saturday evening, September 10th. The event will once again take place at the Worthington Family's Big W Ranch near Orland - tickets will soon be available in the Human Resources Department at Glenn Medical Center. For more information, please call Deborah McMillan at 934-1881. This was a sold-out event last year, so plan ahead now by saving the date!

## Kiwis Pack A Punch

For their size, kiwis have more vitamin C than any other fruit. In fact, a large kiwi can have 100% of our daily requirement. Without enough vitamin C, the collagen in our gums can break down, making gums tender, and more vulnerable to periodontal disease.



*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, February 25th, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. **Please RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. Our February presentation, which will start at 9:15, will be **"Don't Kiss Me!"** by Debi Yeager, Infection Control LVN for Glenn Medical Center. She will be discussing **MRSA, Hand Hygiene, and Superbugs**. We can all do our part to avoid sharing bugs. Seating will be limited so make sure to call and reserve your spot - hope to see you here!

### GMC Employee is a Published Author!

We are very proud to announce that Laura Curtis, MS, RD, our Director of Nutritional Services, has co-authored the book *Motivational Interviewing in Nutrition and Fitness*. The book will be used as a textbook at California State University, Chico, where Laura received her degrees. It is available through the publisher on their website, Guilford, or on Amazon for your reading pleasure. Here are a couple excerpts from the website: "Nutrition and fitness counseling has changed dramatically over the last few decades...simply giving advice has been replaced with motivational interviewing (MI), a compassionate, non-judgmental communication style that puts clients in the driver's seat of their health decisions...It's only with genuine client engagement that behavior changes can be individualized for each person." Laura provides clinical nutrition services to our inpatients, and is a nutrition therapist for the outpatient clinic on a referral basis through Specialty Services at 934-1820.

### Small Change...Big Results!

You can't control everything, but you can make healthy choices about your sugar intake. Drinking one sweet drink per day, which can contain up to 20 teaspoons of sugar, will raise your risk for cavities and gum disease...and raise your risk for heart disease by 20%. You could limit your sodas, juice, and sports drinks, but when you consider that water is sugar-free and benefits every organ in your body, maybe it's time to rethink things. Every small step you take is the right foot forward on your journey to taking charge of your health!

### February is National Heart Month

Have you had your blood pressure checked lately? High blood pressure is often called "the silent killer" because it typically has no symptoms until after it has done significant damage to the heart and arteries. Have it checked today!

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