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# GMC News

## Save The Date!

Glenn Medical Foundation invites everyone to join Country Music Legend **Lacy J Dalton** at the **Splendor in the Valley** on Saturday, September 10th. This year's event "**Back in the Saddle**" will be a western theme, taking place once again at the Worthington Family's Big -W- Ranch near Orland. Please contact Deborah McMillan in the Human Resources Department at GMC, 934-1881, or e-mail her at [DMcMillan@glenmed.org](mailto:DMcMillan@glenmed.org) for more information or for tickets - only 400 available.

## Snacking Tip

Ever grab a snack but then feel hungry again 20 minutes later? Next time, reach for a banana. This Superfruit is loaded with potassium, which can lower your blood pressure, and is one of the best sources of resistant starch, a healthy carb that fills you up and helps to boost your metabolism.



*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, July 21st** in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, Ernie Pieper, GMC's Doctor of Pharmacy, will be presenting "**Life is Complex, Life is Unpredictable, Ideas Need to be Tested.**" He'll also address the common questions "Will this drug work for me?" and, "Why does it take 600 million dollars to develop a new drug?" We've all had 'sticker shock' when picking up our prescriptions at the pharmacy so this information should help lessen that sting. **Please RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all.

### New Fundraiser for Glenn Medical Center

Here's your chance to win big. A brand new **Polaris Industries Ranger ETX**, along with the **Ranger 12 Trailer** for hauling, is being raffled off during our Splendor in the Valley event on September 10th. The drawing is sponsored by the Glenn Medical Foundation; the Ranger and Trailer, worth in excess of \$12,000, were generously donated by the Chuck Patterson Auto Dealership in Chico. Tickets, only \$10 each, are available now at TriCounties Bank in Willows, where the Ranger is on display, or at Glenn Medical Center, Room 811. Here's your chance to support our local hospital, and maybe win it big, too.

### You Can't Put a Price Tag on a Good Night's Sleep!

Getting a restful night's sleep is essential for living a healthy life. GMC's on-site sleep center offers advanced technology in a comfortable home-like setting for overnight sleep testing. Our comprehensive sleep services include: clinical sleep examinations, treatment and consultations for adults and children age three and above. Sebastian Diaz, our Polysomnography Technologist, performs clinical sleep exams which are then read and rated by a Neurologist. These exams aid in the diagnosis of sleep disorders such as: Breathing disorders, Movement disorders, Nocturnal Epilepsy, Insomnia, and Parasomnias such as sleep walking, talking or eating, or a violent behavior. Our staff are interested in all the strange and wonderful things that happen during sleep and are here to help you get a good night's rest. Specific interests are shift work disorders, jet lag, and pediatric sleep disorders including sleep apnea, night terrors, bedwetting, and nocturnal seizures. We accept all patients with a referral from a primary physician. Medical, Medicare, CMSP (with prior authorization) and most private insurances are accepted. Please call today - we provide prompt scheduling at 934-1820.

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