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GMC News

Thank You!

On behalf of Glenn Medical Center and Glenn Medical Foundation, we'd like to thank our many supporters for our most successful Splendor in the Valley event. We netted \$72,000 between ticket sales for the dinner, silent and live auctions, sponsorships, and our \$10 raffle tickets for the Polaris Ranger and trailer generously donated by Chuck Patterson Toyota of Chico. The money, as previously mentioned, will be put towards outfitting the second operating room in our new facility. This would not have been possible without your support!

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

November is Men's Health Month!

Do you take better care of your car than your health? You're not alone. Research shows that men go to the doctor less than women and are more likely to have serious conditions when they do finally see a doctor. November is the time to remind all the men in your life to be proactive about their health. It's critical to develop a relationship with your doctor and take control of your health. Men over age 34 should be checked for high cholesterol and heart disease every five years. Preventive health visits should be scheduled every two years until age 50 and then once a year. Men die at higher rates than women for all of the top 10 causes of death and they also die younger than women by an average of five years, according to the Centers for Disease Control and Prevention. Health conditions that only affect men, such as prostate cancer and low testosterone, and many of the major health risks that men face like heart disease, can be prevented and treated with early diagnosis. If you're a man, or have an important man in your life, call today and make an appointment with one of our providers for an annual exam. All of our providers are accepting new patients: Family Care Clinic: 934-1816, Glenn Family Medical Group: 934-4681, and our Specialty Clinic: 934-1820. You take care of others; it's time to take care of yourself!

Mark Your Calendars!

Friday, December 9th, is GMC's 3rd Annual Employee Craft and Bake Sale in our large conference room from 8am to 4pm. All products are home made or hand crafted by our own employees and available for purchase - cash only, please. It's a great way to complete your holiday shopping!

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, November 17th**, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, Stacey Campbell, Area Director of Operations for Healthy Living at Home, will be presenting **"Preventing the Crisis."** The goal of her organization is to provide exceptional clinical care and services to the aging population, in their home, with the intent of not just getting them well, but assisting them to a healthier state of being. This is welcome information to many in our senior population, who would prefer to live comfortably at home rather than be 'in a home'. Please **RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. This will be very important for everyone in our senior group and their family members. If you'd like to be added on to our mailing list for newsletters, please call Deborah or e-mail her at DMcMillan@glennmed.org. You don't want to miss out!



This institution is an equal opportunity provider and employer.

Break Away Café

Have you tried GMC's café lately? Stop by between 7:45am-2:00pm Monday - Friday for a delicious home cooked breakfast or lunch. You'll be glad you did!

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