



'Tis the Season... to Help Others

We will be hosting the GMC semi-annual food drive to benefit the Willows Food Bank the week of December 11th-15th. Containers will be in our lobby and clinics for all non-perishable foods. This has always been a huge success for our food bank due to the great hearts and tremendous giving spirit of the people in this wonderful community - our employees, patients, and facility visitors. Our local food bank operates solely on donations and volunteers. A big **THANK YOU** in advance for your generosity!

GMC's 4th Annual Holiday Bazaar

Mark your calendars for this annual event on Friday, December 8th, in our large conference room from 8:30am to 3:30pm. All products are home made or hand crafted by our own employees and available for purchase - cash only, please.



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, December 14th**, in the GMC large conference room at 9:00am for a delicious breakfast provided by our Dietary Department. At 9:15, we will be having an important presentation by **Darlene Cheryl**, a Licensed Clinical Social Worker from Glenn Medical Center. She will be speaking on a very timely topic - **"Surviving the Holidays"**. Please **RSVP to Deborah at 934-1881** to make sure we have enough seats and treats for all. This will be very helpful for all of us!

Home for the Holidays?

The holidays offer plenty of reasons to be stressed out and anxious -- the gifts you haven't wrapped, the pile of cookie exchange invites, the office parties. But for many, the biggest source of holiday stress is family -- the family dinner, the obligations, and the burden of family traditions. And, if you're fighting clinical depression, or have had depression in the past, the holiday stress can be a trigger for more serious problems. Experts say that the holidays can make people feel out of control. You may feel at the mercy of your relatives or steamrolled by the sheer force of family tradition. But, you have a say. The key is to take some control over the holidays, instead of letting them control you. Once you've taken a clear look at the holidays -- about what works and what doesn't -- it's time to make some changes. Focus on the holiday stresses that you can control. That includes making different plans and changing your responses to situations. So, while holiday stress may be seasonal, depression can be year-round. If your holiday anxiety seems severe or is interfering with your job or home life, talk to your doctor or to a counselor. Call Darlene at our Specialty Clinic: 934-1820.

Do You Know When To Call 911?

If you have symptoms of heart attack or stroke, or feel that your "life or limb" is in danger, call 911 or come to our ER immediately. Our average 'Door to Doc' time is 20 minutes - our average 'Door to Discharge' time is 90 minutes. Our ER is fully staffed with highly qualified physicians, registered nurses, and techs 24 hours a day, 7 days a week. For those non-emergency situations, our Clinics are open for business Monday through Friday from 8am-5:30pm, with same-day appointments available by calling 934-1832. At Glenn Medical Center, we're changing the way you receive health care. We're here when you need us - quality health care right here close to home! The cold and flu season is upon us, so keep that number handy - *if you're feeling sickly, we'll see you quickly!*

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