

March 2016  
Volume 24



### Back in the Saddle!

Glenn Medical Foundation invites everyone to join them at the Splendor in the Valley extravaganza on Saturday evening, 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; tickets will soon be available in the Human Resources Department at GMC. For more information, please call Deborah McMillan at 934-1881.

### Pear Pearls

Stimulating your saliva production can help reduce the buildup of plaque deposits, reducing your risk for cavities. Pears stimulate saliva productions, plus they contain a significant amount of water, which, when chosen as a snack over acidic foods, will help reduce the risk of enamel damage. When you need 'that little sweet' after a meal, nothing beats a pear.

**pear.**



Everyone's Irish  
On March 17th.

*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, March 31st, 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 March presentation, which will start at 9:15, will be "**Diabetes and You**" by a team of Diabetic Educators from GMC. They will be discussing the importance of an early diagnosis and learning how to live with **Diabetes**. (See the article at the bottom.) Seating will be limited so make sure to call and reserve your spot - hope to see you here!

#### GMC Welcomes Willows High School Students!

A \$5.8 million Career Pathways Grant has been awarded to Butte-Glenn counties by the California Department of Education to help students stay in school and move toward college and employment in high-demand fields. The Healthcare Career Pathway Consortium offers exposure to the medical world. The goal is for medically inclined teens to know there's more than just being doctors or nurses. This ROP program mixes classroom and hospital time, and will benefit students by allowing them a better understanding of medical career choices in the industry. Two GMC employees, Dawna Keolanui and Traci Torres, have been working with a group of 42 students from Willows High School. Most of first semester classroom time was used for them to learn Anatomy and Physiology. The students have been coached on non-verbal communication and public speaking, and they've been CPR certified. Mock interviews were conducted to aid in future developments, and the students received HIPAA, workplace safety and security certificates. The second semester is called Community Classroom, where the students explore different areas in the medical field community. At Glenn Medical Center, the students have job-shadowed in the ER, surgery, clinics, med/surg, laboratory, radiology services, respiratory services, dietary, and infection control. It's a great opportunity for the students, and for us!

#### March 22 - National Diabetes Alert Day

Time for a wake-up call: Diabetes is a fatal disease that strikes about 24M people in the US. An additional 57M or 20% of Americans have pre-diabetes, which is the sign of developing type 2 diabetes. Diabetes is named as "silent killer" as almost 1/4 of those with the disease, approximately 5.7M, do not know that they have it. For many, diagnosis may unearth seven to ten years after the onset of the diabetes. Therefore, early diagnosis is imperative for successful treatment.

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