

**Grossmont Healthcare District's
Health and Wellness Library**
9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: www.herricklibrary.org | Email: info@herricklibrary.org



Library Hours:

9:00 a.m. - 5:30 p.m. Monday, Wednesday, Friday
9:00 a.m. - 8:00 p.m. Tuesday, Thursday
9:00 a.m. - 1:00 p.m. Saturday



Board Members:

Robert Ayres
Gloria A. Chadwick, RN
Michael A. Emerson, RDO
Virginia Hall, RN
Randy Lenac

Staff:

Christian Wallis, CEO
Amy Abrams, MSW/MPH
Chief Community Health Officer
Holland Kessinger,
Head Librarian

Please let us know if you have moved or changed your phone number.

What's Up with Library Classes & Events

*Space is limited. Make sure to call or email early to reserve your spot.

Crafternoon Mondays
(2nd Monday each month)

1:00 p.m. - 2:00 p.m. Library Meeting Room

January 9th – We will be customizing mirrors using our button maker and giving thyroid information.

February 13th – We will be creating string art in the shape of a heart and giving you heart-health information.

March 13th – We will be creating Sun Prints and will have "Save Your Vision" information.

New StARTs Art Oil Painting Program
with Linda Bounds

January 18th, February 15th, March 15th
(3rd Wednesday each month)

10:00 a.m. - 12:00 p.m. Library Meeting Room

Mindful Movement and Sound Meditation*

*NEW! January 12th, February 9th, March 9th
(2nd Thursday each month)

11:00 a.m. - 12:00 p.m. Library Meeting Room

Knitting and Crochet Club

January 23rd, February 27th, March 20th

1:00 p.m. - 2:00 p.m. Library Meeting Room
All are welcome - no reservation needed



Easy Does It Chair Yoga*
with Lanita Varshell

January 11th, February 8th, March 8th
(2nd Wednesday each month)

*Afternoon class just added!

10:00 a.m. - 11:00 a.m. or 2:00 p.m. - 3:00 p.m.
Library Meeting Room

Drums Alive Music Therapy for Seniors
with Annela Flores, MT-BC

January 4th, February 1st, March 1st
(1st Wednesday each month)

10:00 a.m. - 11:00 a.m. Briercrest Park



Children's Music Storytime*
with Hooray Miss Marae

*NEW! January 13th, February 10th, March 10th
(2nd Friday each month)

10:00 a.m. - 11:00 a.m. Library Meeting Room

Songbirds Music Family Class
(Music and Movement for Children)

January 20th, February 17th, March 17th
(3rd Friday each month)

10:00 a.m. - 11:00 a.m. Briercrest Park
Children ages 0-6 and parent/caregiver

Library News

Grossmont Healthcare District's
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January - March 2023

Volume 21, Issue 1

Happy New Year!



Welcome to 2023! From a blood drive with the San Diego Blood Bank and an inspiring new art exhibit on display in January, to a special presentation on Alzheimer's Disease from the Sharp Neurocognitive Research Center in March, the Library is committed to bringing you quality health information and engaging learning opportunities to support your health and well-being. In January, we'll kick off two new monthly programs: Mindful Movement & Sound Meditation for Adults, and Children's Music Storytime with Hooray Miss Marae. In February, we'll be participating in Love Your Heart week blood pressure screenings with the County of San Diego, and in March, we'll begin offering monthly memory screenings in conjunction with Sharp. In addition, we've added more free health brochures to our collection, as well as DVDs and quality, authoritative health books ready for you to check out. Let's make 2023 your healthiest and best year yet!

– Be Well, Holland Kessinger

Winter Art Exhibit – Holobiont



Annalise Neil lives and works in La Mesa, CA. In 2006, she received a BFA in Printmaking from the College of Saint Rose in Albany, NY, with a minor in Art History (summa cum laude). She participated in an Artist Residency in Motherhood from 2016-17, and has completed several independent art study courses with the NYC Crit Club. She is a member of the Art Alliance at the Oceanside Museum of Art and the San Diego Watercolor Society. Annalise has exhibited her paintings, fine prints, and cyanotypes in numerous juried shows throughout the United States over the last 20 years, obtaining several awards by notable jurors. Her work resides in public and private collections across the U.S. and in Europe.



© Annalise Neil - Holobiont



© Annalise Neil - State Charge

Wellness Wednesday

Talks are held in person in the GHD Conference Center. The Feature film follows all talks at 11:30 am.

The Power of Play in Adulthood

January 25th, 10:00 a.m.

Speaker: Shirla de Magalhaes, LMFT, RPT-S, RSP
SoulCollage® Facilitator

This is an experiential presentation where we will review the benefits of play in adulthood, identify different types of play and engage in creating SoulCollage® cards to facilitate a better understanding of self in a playful yet deep way.



Feature Film: *ELVIS*, 11:30 a.m.

*No WW Program in February due to construction.

Better Health Through Culinary Medicine

March 22nd, 10:00 a.m.

Speaker: Sabrina Falquier, MD, CCMS

Board certified internal medicine and culinary medicine physician

Culinary medicine blends the art of food with the science of medicine, and in this presentation, Dr. Falquier will focus on how to achieve better health and well-being through nutritional knowledge and culinary literacy.



Feature Film: *Top Gun: Maverick*, 11:30 a.m.


Special Event – March 13th, 12 pm

Alzheimer's Disease: Prevention and Potential Treatments

Speaker: Dr. Michael Plopper, MD

Principal Investigator, Sharp Neurocognitive Research Center
This talk will discuss 1) evidence-based strategies to delay or prevent the onset of dementia, 2) treatments under study that may affect the course of the disease 3) deciding whether or not participation in research is a good idea for you. Free memory screenings will follow from 1 p.m. to 4 p.m. Contact the library to RSVP.

BLOOD DRIVE
Hosted by the
Grossmont Healthcare District
Friday, January 13, 2023
8:00 am - 1:30 pm
Grossmont Healthcare District Parking Lot
9001 Wakarusa St., La Mesa, CA 91942
SCHEDULE YOUR APPOINTMENT TODAY!
(619) 400-8251
https://www.mysddb.org/donor/schedules/drive_schedule/76216
Walk-ins welcome



Hollywood DVDs **Documentary DVDs**

Gigi & Nate
Mack & Rita
Where the Crawdads Sing

Cancer: The Integrative Perspective
Hiding in Plain Sight: Youth Mental Illness
Memo to Self: Protecting Sobriety with the Science of Safety



The Latest in Flipster ezines



Check out our new Libby ebook titles!
<https://www.herricklibrary.org/elibrary/>



Disclaimer: The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.

What is RSV and How Can it Affect You?
- Sue Petrofsky, Library Assistant

Respiratory Syncytial Virus (RSV) has been occurring with increasing frequency the last few months and is expected to peak in the first part of the year. This highly contagious virus causes infections of the lungs and respiratory tract. It has become so common that most children have been infected by the age of two.

Although most healthy adults and older children have mild symptoms that are like a cold, RSV can cause severe symptoms in babies 12 months and younger, especially premature infants, and in older adults with heart and lung disease, or people with weak immune systems.

Respiratory Syncytial Virus enters the body through the nose, eyes or mouth. It is spread through the air or on infected respiratory droplets (sneezing). The virus can also pass through direct contact such as shaking hands. RSV can live for hours on hard objects such as countertops, crib rails and toys.

Symptoms of RSV infection are usually mild and often appear 4 to 6 days after exposure. They include a dry cough, congested or runny nose, sneezing, sore throat, headache and low-grade fever. In severe cases the infection can spread to the lower respiratory tract, causing pneumonia or bronchitis, inflaming the small airway passages entering the lungs. Severe cases can experience higher fevers, severe cough, wheezing, breathing difficulty, rapid breathing, and bluish skin color from lack of oxygen. Signs of severe RSV in infants includes short, shallow and rapid breathing, struggling to breathe, unusual tiredness, cough, and irritability. Most people recover in one to two weeks, but severe or life-threatening infection requiring a hospital stay may occur in some infants or the elderly.

A person should seek medical attention if they have difficulty breathing, a high fever, or a bluish color to the skin, especially in your nail beds or lips.

The two methods of testing for RSV are a Rapid RSV antigen test (nasal swab) or a molecular test called RT-PCR, used in cases where RSV is hard to detect. The RT-PCR test can pick up other respiratory viruses and any bacterial infections that might also be present.

You are most contagious during the first week of an infection, however in infants with weakened immune systems, the virus may continue to spread even after symptoms are gone.

Complications from RSV can include hospitalization, pneumonia, middle ear infections, asthma, and repeated RSV infections. There is currently no vaccine for respiratory syncytial virus. The best way to avoid catching RSV is frequent hand washing, and avoiding people with colds or fevers. Also, keep things clean – sanitize countertops, doorknobs and handles. Avoid sharing glasses or utensils, wash toys regularly, and quit smoking.

For some children under 2 who are considered high-risk, the medication palivizumab (Synagis) is given as an injection several times during RSV season to help prevent infection. Talk with your doctor to learn more about this.

Like COVID-19, RSV is a good reason to mask-up in crowded places if you are immunocompromised, as well as continuing frequent hand washing and sanitizing of hard surfaces.

New Books & Media



Diet and Exercise
The Anti-Viral Gut: Tackling Pathogens from the Inside Out
Celiac Disease - A Hidden Epidemic
Eating Disorders: What Everyone Needs to Know®
Mayo Clinic on Crohn's Disease & Ulcerative Colitis: Strategies to manage IBD and take charge of your life
Plant Based India: Nourishing Recipes Rooted in Tradition
Science of HIIT: Understand the Anatomy and Physiology to Transform your Body
Science of Strength Training: Understand the Anatomy and Physiology to Transform your Body
Science of Yoga: Understand the Anatomy and Physiology to Perfect your Practice
Yoga Therapy for Arthritis: A Whole-Person Approach to Movement and Lifestyle

General Health
100 Questions & Answers About Cholangiocarcinoma, Gallbladder, and Bile Duct Cancers
100 Questions & Answers About Ovarian Cancer
Antibiotics: What Everyone Needs to Know®
Bad Advice: Or Why Celebrities, Politicians, and Activists Aren't Your Best Source of Health Information
Birth Control: What Everyone Needs to Know®
Breast Cancer: The Facts
Caregiving with Love and Joy: An Expert's Guide to Providing the Best Alzheimer's Disease and Dementia Home Care
The Caregiver's Guide to Diabetes: Practical Advice for Caring for You and Your Loved One
CBD: What Does the Science Say?
Everything Happens for a Reason: And Other Lies I've Loved
Gender: What Everyone Needs to Know®
High-Octane Brain: 5 Science-Based Steps to Sharpen Your Memory and Reduce Your Risk of Alzheimer's
I'm Glad My Mom Died
Insulin - The Crooked Timber: A History from Thick Brown Muck to Wall Street Gold
Living Well with Dystonia: A Patient Guide
Mayo Clinic on Prostate Health
Nature Meets Nurture: Science-Based Strategies for Raising Resilient Kids
Older Survivors of Cancer
Optimal Men's Health (Dr Weils Healthy Living Guides)
The Pain Management Workbook
Six Steps to Managing Alzheimer's Disease and Dementia: A Guide for Families
Skin conditions in Young People: A Practical Guide on How to be Comfortable in your Skin
The Spirit Catches You and You Fall Down: A Hmong Child, Her American Doctors, and the Collision of Two Cultures
Toward a Better World: The Social Significance of Nursing
Through the Shadowlands: A Science Writer's Odyssey into an Illness Science Doesn't Understand
Viruses: The Invisible Enemy



The Mind and the Brain
Being Sober: A Step-by-Step Guide to Getting To, Getting Through, and Living in Recovery
The Brain Health Book
Essentials of Managing Stress During Times of Pandemic: A Primer
Guide to the Comatose Patient: Expert Advice for Families and Caregivers
How to Live Well with Chronic Pain and Illness: A Mindful Guide
Integrative Sleep Medicine
Navigating Life with Chronic Pain
Navigating Life with Dementia
Overcoming Suicidal Thoughts for Teens
Practical Mindfulness: A Physician's No-Nonsense Guide to Meditation for Beginners
Pursuing a Career in Mental Health: A Comprehensive Guide for Aspiring Professionals

