

Grossmont Healthcare District's Health & Wellness Library

9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

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

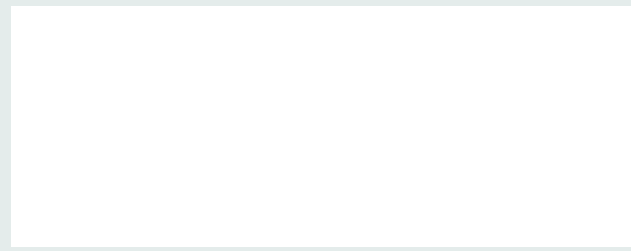


Library Hours:

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



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




Grossmont Healthcare District

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

What's Up with Library Classes & Events

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

Drums Alive Music Therapy for Seniors



(1st Wednesday each month)
 July 5th, August 2nd, Sept. 6th

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

Fitness Forever Club



(class is for older adults and seniors)
 (1st & 3rd Thursday each month)

July 20th, August 3rd & 17th,
 Sept. 7th & 21st

9:00 a.m. - 9:45 a.m. Briercrest Park

Crafternoon Mondays



(2nd Monday each month)

July 10th – Patriotic magnets.

August 14th – Paper Chrysanthemum mosaic.
 September 11th – Paperback book pumpkins.

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

Easy Does It Chair Yoga



(2nd Wednesday each month)
 July 12th, August 9th, Sept. 13th

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

new **Walk With a Doc!**
 July 27th,
 August 24th,
 Sept. 28th



9:00 a.m. - 9:45 a.m.
 Briercrest Park

Mindful Movement & Sound Meditation

(2nd Thursday each month)
 July 13th, August 10th, Sept. 14th

July & September 11:00 a.m. - 12:00 p.m.
 August 2:00 p.m. - 3:00 p.m.
 Library Meeting Room



Children's Music Storytime

(2nd Friday each month)
 July 14th, August 11th, Sept. 8th

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



Knitting and Crochet Club

(3rd Monday each month)
 July 17th, August 21st, Sept. 18th

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



New StARTs Art Oil Painting

(3rd Wednesday each month)
 July 19th, August 16th, Sept. 20th

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



Songbirds Music Family Class

(Children ages 0 - 6 and parent/caregiver)
 (3rd Friday each month)
 August 18th, Sept. 15th

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



Library News

Grossmont Healthcare District's Health & Wellness Library



July - September 2023

Volume 21, Issue 3

Special Lecture Event! Better Brain Health

Thursday, July 6th, 10:30 a.m.

Speaker: Mindy Jo Sloan, Ph.D

School psychologist and Brain Fitness instructor with the San Diego Community College, College of Continuing Education

Interested in improving your memory? Concerned that you do not respond as quickly as you have in the past? Desire to strengthen your ability to focus and pay attention? Better brain health can belong to all of us, and the most recent research provides robust evidence that our brains are capable of so much more than we have been told in the past. Join us to learn about an opportunity to know your brain better, appreciate its resiliency, and consider brain healthy life choices. This free class will help you to appreciate the magical abilities of our brains to learn and improve throughout our entire lives. Bring your questions and thoughts as we learn more about our ability to achieve optimal brain health.

Summer Art Exhibit - Memories



Mary Manusos grew up in San Diego, studied fine arts at SDSU, and went on to the University of Wisconsin, receiving an MFA in Printmaking. She then accepted a position in the Art Department at Ohio University, teaching Printmaking and Papermaking. Through her efforts, the Printmaking department became one of the top five in the country. She also helped to establish a visiting artist program, collaborating on print projects with many recognized artists.

Join us for a free Meet & Greet reception celebrating Mary and her art on September 6th, from 6 - 7 p.m. RSVP to the library at 619-825-5010 or info@herricklibrary.org.



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Wellness Wednesday

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

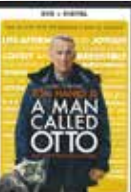
Skin Cancer Detection and Prevention

July 26th, 10:00 a.m.

Speaker: Susan McKim, PA-C

Dermatologist Medical Group of North County

Worried about the sun's effects on your skin? Learn how to safely enjoy our sunny San Diego weather with a presentation on the most common types of skin cancers, what you should look for when checking your own skin, and how to prevent and avoid harmful UV exposure.



Feature Film: *A Man Called Otto*, 11:30 a.m.

Now Hear This! Current and Emerging Options for Mild-Moderate Hearing Loss

August 23rd, 10:00 a.m.

Speaker: Dr. Carol Mackerseie, Ph.D

Professor Emeritus and the former Audiology Program Director in the School of Speech, Language and Hearing Sciences at SDSU

Hearing loss is one of the most common chronic health conditions, but many people do not seek help. Barriers include the high cost of hearing aids and confusion about treatment. Dr. Mackerseie will share tips about what questions to ask and how to navigate the hearing healthcare landscape.



Feature Film: *5000 Blankets*, 11:30 a.m.

Age Friendly Health Care and Elderhood for us All

September 27th, 10:00 a.m.

Speaker: Dr. Lindsey Yourman, MD

Chief Geriatric Officer of San Diego County's Health and Human Services Agency

Meet and greet with Dr. Lindsey Yourman, and discuss her vision for elderhood in San Diego County. She will present an overview of strategies to achieve Age-Friendly Health Care for you and your loved ones.



Feature Film: *Spoiler Alert*, 11:30 a.m.

Summer is here!



Although it's currently gray and drizzly, the calendar keeps assuring me that summer is here! And with its arrival are lots of opportunities to enjoy the outdoors, whether it is relaxing at the beach, hiking in the mountains, or picnicking in one of our many lovely local parks. However you choose to enjoy your San Diego summer, I hope you'll visit us here at the Library to check out all the latest health information (so many new books!), our new summer art exhibit, and the lineup of wonderful programs we offer. Happy Summer!

— Be Well, Holland Kessinger

COOL ZONE

We are a Cool Zone! Cool Zones are designated air-conditioned buildings that provide respite from extreme heat during the summer. The program will operate June 22 to October 15.

MEMORY SCREENINGS
GET A FREE HEALTH SCREENING AT THE LIBRARY

The Library is offering 30-minute memory screening appointments for people 55+. Screenings are provided by staff of the Sharp Neurocognitive Research Center. Appointments will be July 10, August 14, and September 18, between the hours of 11:00 a.m. and 2:00 p.m. RSVP at 619-825-5010 or info@herricklibrary.org.

New Documentary and DVDs!

5000 Blankets
A Man Called Otto
Moonrise
Spoiler Alert
The Whale

Can Psychedelics Cure?
Facing Suicide
Ending HIV in America
Plastic Earth

New Childrens & Young Adult

A Mind Like Mine
Always and Forever
Community Places: Doctor's Office
Going to the Dentist
Important Jobs at Hospitals
Los Doctores
Mi Vida con Asma
My Life with Asthma
My Life with Food Allergy
Mi Vida Con Paralisis Cerebral
Play Therapies for Mindfulness
Runny Nose: Why Does My Body Do That
Scab: Why Does My Body Do That
Sophia Swan is Afraid of Water
Talking About Mental Health

Get Out and Get Moving!

— Sue Petrofsky, Library Assistant

July is National Parks & Recreation Month. Although the health and social benefits of going outdoors are well documented, did you know that more than 100 million people (or 30 percent of the population) lack access to a park or trail within a 10-minute walk of their home? Or that physician-diagnosed depression was 33 percent higher in residential areas with the fewest green spaces? Greenspace exposure has been shown to improve physical health, including decreases in stress, blood pressure, heart rate, and risk of chronic disease such as diabetes, heart disease and cancer. Time spent in nature also positively impacts mental health and cognitive performance, alleviating illnesses such as depression, attention deficit disorders, and Alzheimer's.

The Library is offering several programs that take place in Briercrest Park or the surrounding area, from the *Fitness Forever Club*, to *Drums Alive*, or *Walk with A Doc*, we're helping to get you outside! See our schedule on the back of this newsletter to find an activity that's right for you.

Your Health & Wellness Library has more than 30 books on walking or hiking, some of which focus on hiking with children, as well as the local favorite, *Afoot and Afield: San Diego County: 282 Spectacular Outings Along the Coast, Foothills, Mountains, and Desert*. Ask at the desk and we'll give you a list of titles to help you get outdoors, from the coast to the desert. We also have free National Parks booklets available that you can take with, focusing on several Southwestern parks, including maps, if you're planning a vacation outdoors.

Here is a listing of all parks located in San Diego County, including camping and trail information: www.sdparks.org/content/sdparks or <https://www.getoutsidesandiego.org/>.

If walking or hiking isn't for you, just being out in the backyard and gardening might be your thing. We have books on container gardening, vegetable gardening, vegan barbeque, as well as many children's books on both outdoor activities and learning how to garden. No matter what, visit us and then get outside and enjoy a great Southern California summer!



New Books & Media

Cancer

- 100 Questions & Answers About Mesothelioma
- 100 Questions & Answers About Metastatic Breast Cancer
- 100 Questions & Answers About Triple Negative Breast Cancer
- Cancers of the Head & Neck: From Diagnosis to Treatment
- Your Cancer Roadmap: Navigating Life with Resilience
- Prostate Cancer and the Man You Love

General Health

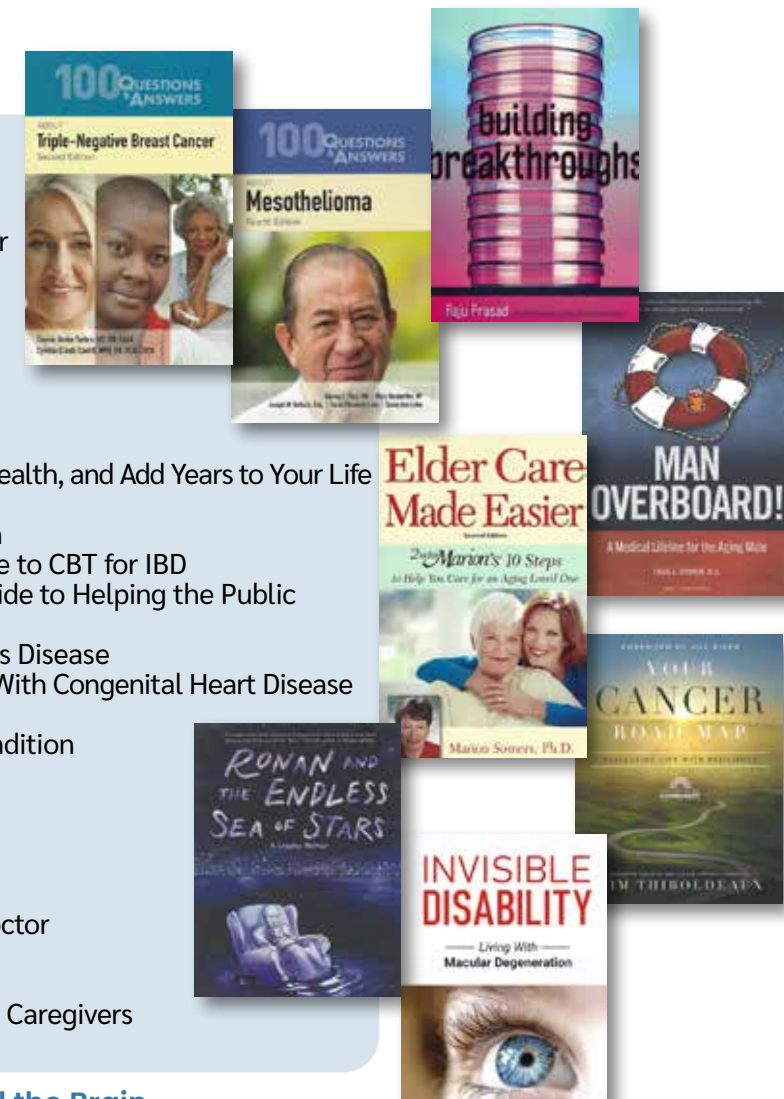
- 101+ Careers in Public Health
- A Silent Fire: The Story of Inflammation, Diet & Disease
- The AFIB Cure: Get Off Your Medications, Take Control of Your Health, and Add Years to Your Life
- Breasts: An Owner's Guide
- Building Breakthroughs On the Frontier of Medical Innovation
- Coping with Chron's and Colitis: A Patient and Clinician's Guide to CBT for IBD
- Combating Online Health Misinformation: A Professional's Guide to Helping the Public
- Elder Care Made Easier
- Everything You Need to Know About Caregiving for Parkinson's Disease
- Healing Hearts and Minds: A Holistic Approach to Coping Well With Congenital Heart Disease
- History of Medicine: A Scandalously Short Introduction
- The Illness Narratives: Suffering, Healing, and the Human Condition
- Invisible Disability: Living with Macular Degeneration
- Man Overboard: A Medical Lifeline for the Aging Male
- Navigating the ICU: A Guide for Patients and Families
- Never Too Late: Your Guide to Sex After 60
- Ronan and the Endless Sea of Stars
- The Soul of Care: The Moral Education of a Husband and a Doctor
- Your Cancer Roadmap: Navigating Life with Resilience
- Your Pregnancy and Childbirth: Month to Month
- Understanding Osteoporosis: An Introduction for Patients and Caregivers
- What You Need To Know About Measles

The Mind and the Brain

- Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain, and Body
- Arts for Health - Music
- The Brain Under Siege: Solving the Mystery of Brain Disease, and How Scientists are Following the Clues to a Cure
- Dementia: A Very Short Introduction
- Dyslexia: A Very Short Introduction
- Emotional Intelligence: Why it Can Matter More Than IQ
- Girls on the Brink: Helping Our Daughters Thrive in an Era of Increased Anxiety, Depression, and Social Media
- Hearing & Brain Health: Startling Links Between Untreated Hearing Loss and Cognitive Decline
- Helping Others with Depression: Words to Say, Things to Do
- Helping Your Anxious Child: A Step-by-Step Guide for Parents
- How Your Brain Works: Neuroscience Experiments for Everyone
- Mindful Cognitive Behavioral Therapy: A Simple Path to Healing, Hope, and Peace
- Sleep Disorders: Elements, History, Treatments, and Research
- When Your Teen Has an Eating Disorder: Practical Strategies to Help Your Teen Recover from Anorexia, Bulimia & Binge Eating
- Why Good Sex Matters Understanding the Neuroscience of Pleasure for a Smarter, Happier, and More Purpose-Filled Life

Diet and Exercise

- Better Broths & Healing Tonics: 75 Bone Broth and Vegetarian Broth-based Recipes for Everyone
- Deliciously Healthy Pregnancy: Nutrition and Recipes for Optimal Health from Conception to Parenthood
- Ketogenic Diet: Therapies for Epilepsy and Other Conditions
- Reclaim Your Life From IBS: A Scientifically Proven CBT Plan for Relief Without Restrictive Diets



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.