

**Grossmont Healthcare District's Health & Wellness Library**

9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: [www.ghdhealthlibrary.org](http://www.ghdhealthlibrary.org) | Email: [library@grossmonthealthcare.org](mailto:library@grossmonthealthcare.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



**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

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.

**Drums Alive Music Therapy for Seniors**

(1st Wednesday each month)  
 Oct. 4th, Nov. 1st, Dec. 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)



Oct. 5th & 19th, Nov. 16th & 30th,  
 Dec. 7th & 21st

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

**Crafternoon Mondays**

(2nd Monday each month)



Oct. 9th - Can Ring Bracelets.  
 Nov. 13th - Creating Holiday Cards.  
 Dec. 11th - Luminaries.

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

**Easy Does It Chair Yoga**

(2nd Wednesday each month)  
 Oct. 11th, Nov. 8th, Dec. 13th



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

**Walk With a Doc!**

October 26th,  
 December 28th



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

**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 October 9, November 13, and December 11, between the hours of 11:00 a.m. and 2:00 p.m. RSVP at 619-825-5010 or [library@grossmonthealthcare.org](mailto:library@grossmonthealthcare.org).

**Mindful Movement & Sound Meditation**

(2nd Thursday each month)  
 Oct. 12th, Nov. 9th, Dec. 14th



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

**Children's Music Storytime**

Fridays, Oct. 13th, Nov. 3rd, Dec. 8th



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

**Knitting and Crochet Club**

(3rd Monday each month)  
 Oct. 16th, Nov. 20th, Dec. 18th



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

**New StARTs Art Oil Painting**

(3rd Wednesday each month)  
 Oct. 18th, Nov. 15th, Dec. 20th



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

**Songbirds Music Family Class**

(Children ages 0 - 6 and parent/caregiver)  
 Friday, Oct. 20th  
 (No class in Nov. or Dec.)



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

**Library News**

**Grossmont Healthcare District's Health & Wellness Library**

October - December 2023

Volume 21, Issue 4

**FREE Special Event!**

**East County Health & Community Resource Fair**

Friday October 13th | 1 - 3 p.m.

Library Courtyard - 9001 Wakarusa Street

Join us for Health Literacy Day at the Grossmont Healthcare District! Learn how you can prioritize your health and well-being by taking advantage of the resources available at your local East County community-based organizations. This free resource fair is open to the public of all ages.

**SD BLOOD BANK BLOODMOBILE (12-5:30 PM) \* RAFFLE PRIZE GIVEAWAY**



It's Socktober! Get a limited-edition pair of Day of the Dead Socks when you donate blood in October. Visit [bit.ly/ghdblooddrive](http://bit.ly/ghdblooddrive) to schedule your blood donation appointment. Walk-ins will also be available.

**Mental Health in the Emotional & Creative Space - Fall Art Exhibit**

Students at Grossmont College have created individual works with the theme of Mental Health that explore the impact of stress, the use of mental health strategies and healing for stress management which can decrease symptoms of anxiety, depression, chronic stress, and help regulate the nervous system.



These students have explored these ideas and concepts of mental wellness through works of drawing, painting, ceramics, digital art, printmaking, photography, and sculpture. Visit this special exhibition at the Library from October 2023 through January 31, 2024.

Watch for a future announcement of an artists' meet & greet.



**Healthy Halloween at The Garden**

Join us on Thursday October 26th, when admission to East County's beautiful Water Conservation Garden will be free for everyone, courtesy of the Grossmont Healthcare District! There will be fun activities for all ages and abilities: garden tours, a Miss Smarty Plants™ story time, meditation in the garden, a Tortoise Talk, and treats along the Trick or Treat Trail. The Garden will be open from 9 a.m. - 6 p.m., and is located at 12122 Cuyamaca College Drive West, El Cajon CA. No registration is required. For more information, please visit: [www.thegarden.org](http://www.thegarden.org).

**Wellness Wednesday**

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

**Understanding Breast Cancer – Risk, Prevention, and Screening Education for Everyone**

October 25th, 10:00 a.m.

Speakers: Resident Physicians from the UCSD-SDSU Preventive Medicine Residency

During this talk, preventive medicine physicians will review breast cancer risk factors, prevention strategies, and current screening guidelines. They will also highlight local resources that are available for breast cancer education and screening.



Feature Film: *Knives Out*, 11:30 a.m.

**The Truth About Sugar**

November 29th, 10:00 a.m.

Speaker: Nadin Benrey, MA, Health & Wellness Coach Presented in conjunction with San Diego Oasis

During this class, students will learn about the difference between added sugars and naturally occurring sugars. You will become familiar with the maximum recommended daily intake of sugar and how a high sugar diet affects your body.



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

**It's a Wonderful Wednesday**

December 20th, 10:00 a.m. to 1:00 p.m.

Join us for holiday treats, bingo, & Dolly Parton's film *Christmas of Many Colors*. Film begins at 10:45. RSVP for this special holiday event at 619-825-5010 or [library@grossmonthealthcare.org](mailto:library@grossmonthealthcare.org).





## Connecting to Community!



We have so many ways for you to connect with your community here at the Health & Wellness Library, everything from Knit & Crochet classes and Wellness Wednesday health education lectures to free special events like our East County Health & Community Resource Fair and Grossmont Healthcare District's Day at the Water Conservation Garden. Community is important to us, and we love being able to offer you quality health information, resources, and events that bring us all together. We look forward to seeing you at the Grossmont Healthcare District's Health & Wellness Library soon!

— Be Well, Holland Kessinger

### Looking for comprehensive information in a single book? Our Health Reference Series Sourcebooks are just what you need!

- Arthritis (online resource)
- Breast Cancer
- Cardiovascular Disorders
- Childhood Diseases and Disorders
- Connective Tissue Diseases
- Disease Management
- Endocrine and Metabolic Disorders
- Gastrointestinal Diseases and Disorders
- Medical Tests
- Respiratory Disorders
- Stroke
- Surgery



### New Childrens & Young Adult

- Bathtime and Bedtime
- Coping With Parental Death: Insight and Tips for Teenagers
- Dealing With Stress: Insights and Tips for Teenagers
- Dinnertime for ZAZA
- Eyewitness: Human Body
- Good Morning Yoga: A Pose-by-Pose Wake Up Story
- Good Night Body: Finding Calm from Head to Toe
- I Am Hungry
- I Want to be a Nurse When I Grow Up
- Just Try One Bite
- Nurses and What They Do
- Priscilla Puppy is Afraid of Everything
- Sophia Swan is Afraid of Water
- The Spaces in Between
- Super Gross: What's in Your Body
- X-ray Me!
- Your Brain is Amazing: How the Human Mind Works



## Caregiving and the Family Dynamic

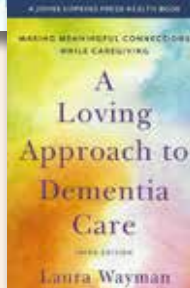
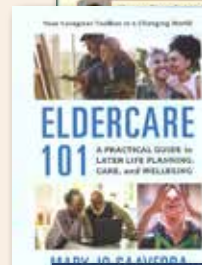
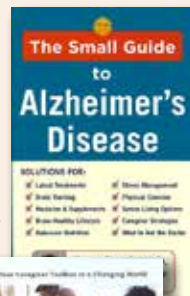
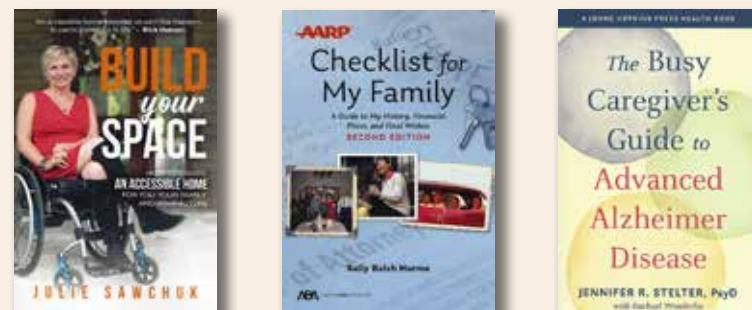
— Sue Petrofsky, Library Assistant

Just in time for the holidays, November brings National Family Caregivers Month. As we look forward to Thanksgiving and family gatherings, we should all take a moment to think of and thank those who are family caregivers. More than 65 million Americans, more than 29% of the population, provide care and medical assistance to aging parents and relatives who are ill or have disabilities. Many caregivers work and attempt to care for a family member, experiencing emotional and physical conflicts between their competing responsibilities.

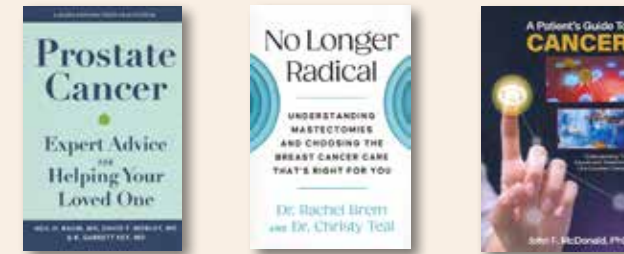
On a national scale, the value of the free services family caregivers provide is about \$375 billion a year. This is almost two times as much as is spent on nursing home services and homecare combined (about \$158 billion). Approximately 66% of family caregivers are women, people of color, and immigrants. More than 37% have children or grandchildren under 18 years old living with them. Women who are family caregivers are 2.5 times more likely than non-caregivers to live in poverty and five times more likely to receive Supplemental Security Income (SSI).

The stress of family caregiving for persons with dementia has been shown to impact a caregiver's immune system for up to three years after their caregiving ends thus increasing their chances of developing a chronic illness themselves. On top of that, many caregivers meet the diagnostic criteria for major depression. Of clients of California's Caregiver Resource Centers, nearly 60% show clinical signs of depression.

The library has more than 300 titles related to caregiving, from information specific to Alzheimer's, ALS, Parkinson's and cancer, to how to help you with caregiver burnout. We have information on aspects of caregiving such as aging in place, assisted living, and hospice, to help you in making decisions about your loved one. We also host caregiving groups and meetings by organizations such as the Alzheimer's Association and Sharp. The library also has several programs that may help alleviate stress for caregivers, such as Mindful Meditation or Chair Yoga. Call or stop by the library for more information.



## New Books & Media

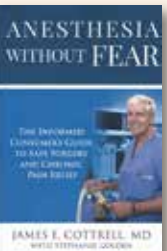
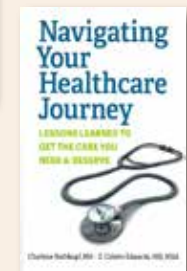
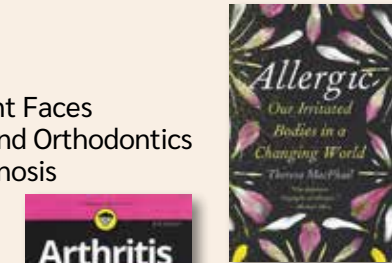


### Cancer

- A Patient's Guide to Cancer: Understanding the Causes and Treatments of a Complex Disease
- Bone Cancer: 2023 NCCN Guidelines for Patients
- No Longer Radical: Understanding Mastectomies and Choosing the Breast Cancer Care That's Right for You
- Pancreatic Cancer: 2023 NCCN Guidelines for Patients
- Prostate Cancer: Expert Advice for Helping Your Loved One

### General Health

- Allergic: Our Irritated Bodies in a Changing World
- Anesthesia Without Fear: The Informed Consumer's Guide to Safe Surgery and Chronic Pain Relief
- Arthritis for Dummies
- Ask the Family Doctor: Practical Answers for Medical Situations Every Parent Faces
- Breathe. Sleep. Live. Smile: Integrative Treatments for TMJ, Sleep Apnea, and Orthodontics
- Eat Your Rice Cakes: Discovering Empowerment After a Life-Changing Diagnosis
- Health and Fitness Professionals: A Practical Career Guide
- Iwigara: The Kinship of Plants and People
- Learning to Quit: How to Stop Smoking and Live Free of Nicotine Addiction
- Live Your Life not Your Diagnosis: How to Manage Stress and Live Well with Your New Health Condition
- Long Illness: A Practical Guide to Surviving, Healing, and Thriving
- Managing IBS
- Navigating Your Healthcare Journey: Lessons Learned to Get the Care You Need & Deserve
- Period: The Real Story of Menstruation
- The Plant Hunter: A Scientist's Quest for Nature's Next Medicines
- Pregnant While Black: Advancing Justice for Maternal Health in America
- Rehab Science: How to Overcome Pain and Heal From Injury
- Understanding the NICU: What Parents of Premies and Other Hospitalized Newborns Need to Know



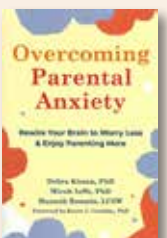
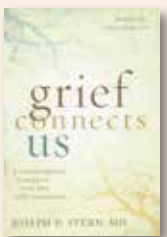
### Diet and Exercise



- Color Cookbook: A Rainbow of 100 Recipes
- The Big Book of True Recovery from Food Addiction and Beyond
- The Everything Easy Anti-Inflammatory Cookbook
- Foodwise: A Fresh Approach to Nutrition with 100 Delicious Recipes
- Keto Cookbook for Dummies
- Mind Over Batter: 75 Recipes for Baking as Therapy
- The Plant-Powered Plan to Beat Diabetes: A Guide for Prevention and Management
- The Royal Marsden Cancer Cookbook: Nutritious Recipes for During and After Cancer Treatment

### The Mind and the Brain

- A Perfect Night's Sleep: Eliminate Restless Legs Syndrome so You Can Have More Energy, Improve Your Mood, Lose Weight, and Have a Perfect Night's Sleep
- Anatomy of a Breakthrough: How to Get Unstuck When It Matters Most
- Bizarre: The Most Peculiar Cases of Human Behavior and What They Tell Us about How the Brain Works
- Grief Connects Us: A Neurosurgeon's Lessons on Love, Loss, and Compassion
- Heartbreak: A Personal and Scientific Journey
- I Hate You - Don't Leave Me: Understanding the Borderline Personality
- If Your Adolescent Has Bipolar Disorder: An Essential Resource for Parents
- If Your Adolescent Has Depression: An Essential Resource for Parents
- I'm Right Here: 10 Ways to Get Help for Hoarding and Chronic Disorganization
- Insomnia Doc's Guide to Restful Sleep
- Overcoming Health Anxiety: A Self-Help Guide Using Cognitive Behavioural Techniques
- Overcoming Parental Anxiety: Rewire Your Brain to Worry Less & Enjoy Parenting More
- Reclaim Your Life from Hoarding: Practical Strategies for Decluttering Your Home, Organizing Your Space, and Freeing Yourself



**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.