

**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 of Directors:  
Robert Ayres  
Gloria A. Chadwick, RN  
Michael A. Emerson, RDO  
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Randy Lenac  
.....  
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Christian Wallis, CEO  
Amy Abrams,  
Chief Community Health Officer  
Holland Kessinger,  
Head Librarian

## What's Up with Library Classes & Events

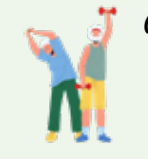
\*Space is limited. Make sure to call or email early to reserve your spot.

### Drums Alive Music Therapy for Seniors



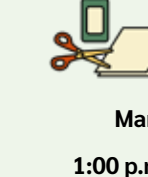
(1st Wednesday each month)  
Jan. 3rd, Feb. 7th, Mar. 6th  
10:00 a.m. - 11:00 a.m. Briercrest Park

### Fitness Forever Club




(class is for older adults and seniors)  
(1st & 3rd Thursday each month)  
Jan. 4th & 18th, Feb. 1st & 15th,  
Mar. 7th & 21st  
9:00 a.m. - 9:45 a.m. Briercrest Park

### Crafternoon Mondays



(2nd Monday each month)  
Jan. 8th – Paper ornaments.  
Feb. 12th – Paper heart wreath.  
Mar. 11th – Spring-themed rock painting.  
1:00 p.m. - 2:00 p.m. Library Meeting Room

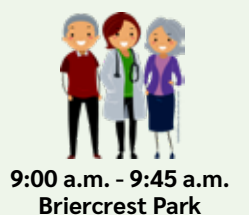
### Easy Does It Chair Yoga



(2nd Wednesday each month)  
Jan. 10th, Feb. 14th, Mar. 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!

January 25th  
February 22nd  
March 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 January 8, February 12, and March 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)  
Jan. 11th, Feb. 8th, Mar. 14th  
11:00 a.m. - 12:00 p.m. Library Meeting Room

### Children's Music Storytime




Fridays  
Jan. 12th, Feb. 9th, Mar. 8th  
10:00 a.m. - 11:00 a.m. Library Meeting Room

### Knitting and Crochet Club



Mondays  
Jan. 22th, Feb. 26th, Mar. 18th  
1:00 p.m. - 2:00 p.m. Library Meeting Room

### NEW! ArtReach Art Program



(3rd Wednesday each month)  
Jan. 17th (Art Journaling 101),  
Feb. 21th (Art Journaling 101),  
Mar. 20th (Acrylic Painting)  
10:00 a.m. - 12:00 p.m. Library Meeting Room



# Library News

## Grossmont Healthcare District's Health & Wellness Library

January - March 2024

Volume 22, Issue 1

### Happy New Year!



Wishing you all a happy, healthy, and wonderful New Year! We're looking forward to a fantastic 2024 here at the Library with lots of fun new programs, engaging lectures, inspiring art, and reliable health information to support the health and wellbeing of our East County community. Come check out what your Health & Wellness Library has to offer, and let's make 2024 your healthiest and best year yet!

— Be Well, Holland Kessinger

### New Art Coming in February!



Robin Harris, a San Diego native, was born and raised in a bustling household as the youngest of five. Growing up, her voice often lingered in the background, seeking expression through constant doodling. Her artistic journey commenced with drawing and painting, fueled by a deep love for art history. Armed with a passion for visual storytelling, she earned a BA in Graphic Design from SDSU.

Life, however, took a poignant turn in 2008 when her father passed away from Alzheimer's disease. The profound impact of this experience led her to reach out to Alzheimer's San Diego in 2014. Eager to contribute, she joined as a volunteer, utilizing her photography skills and love for serving her community to shed light on the challenges faced by individuals and families affected by Alzheimer's. Since then, her commitment to Alzheimer's San Diego has been unwavering.

The exhibition is a culmination of years of artistic exploration, a visual narrative that transcends the canvas and captures the true essence of connection through human hands. Robin aims to evoke the universal yearning for understanding and empathy for those suffering from this disease and to also celebrate the human spirit that persists even in the most difficult of times.

There will be an Artist Meet & Greet with Robin on Wednesday, March 13th, at 6 p.m. RSVP through the Library.



### Special Lecture Event: Food & Longevity

Monday, March 11th, 10 a.m. in the GHD Conference Center

Dr. Sabrina A. Falquier, MD, will lead us through a fantastic conversation linking food and longevity - helping us understand steps we can take right away to optimize our health through food at any age.

### Wellness Wednesday

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

#### The Role of Music for Wellness, Vitality & Quality of Life

January 24th, 10:00 a.m.

Speaker: Annela Flores, MT-BC  
Senior Program Director for MusicWorx Inc.

During this presentation, you will learn and experience how music plays an important role in living better. Explore why music makes us feel better, and how we can use it as a tool for our everyday wellness.



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

#### Your Heart & You

February 28th, 10:00 a.m.

Speakers: Peter Hogan, MBA, RCIS  
Grossmont Hospital Director of Cardiac Services  
Colleen Austel Nadeau, RN, Cardiac Nurse

Learn about preventive heart health and cutting-edge medical solutions being used at Sharp Grossmont Hospital to treat existing heart problems. Blood pressure screenings will be available 30 minutes before and after the program.



Feature Film: *The Fabelmans*, 11:30 a.m.

#### The Truth About Sugar

March 27th, 10:00 a.m.

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

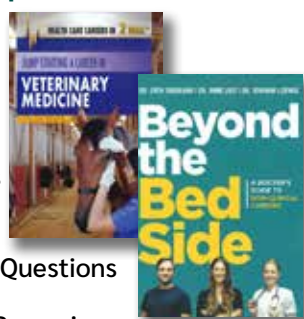
Students will learn about the difference between added sugars and naturally occurring sugars. You will become familiar with the maximum recommended daily intake of sugar and how a high sugar diet affects your body.



Feature Film: *Are You There God? It's Me, Margaret*, 11:30 a.m.

**Looking for information about the healthcare field?**  
 Visit our **new medical careers section** to learn about exciting opportunities!

- Becoming a Midwife
- Becoming a Neurosurgeon
- Becoming a Nurse
- Becoming a Social Worker
- Becoming a Veterinarian
- Beyond the Bed Side: A Doctor's Guide to Non-Clinical Careers
- Careers in Healthcare and Beyond: Tools, Resources, and Questions or What's Next
- Choosing a Healthcare Career: Becoming a Healthcare Professional
- EMT and Paramedics: Careers in Healthcare
- Exploring Medical Language: A Student Directed Approach
- Healthcare Heroes: The Medical Careers Guide
- How to Develop Your Career in Dental Nursing
- Introduction to Health Care & Careers
- Job Readiness For Health Professionals: Soft Skills Strategies for Success
- Jump-Starting a Career in Radiology
- Making a Difference: Careers in Health Informatics
- Medical Terminology for Beginners: The Ultimate Study Guide to Memorize and Understand Medical Terms for a Brilliant Health Care Career
- Mental Health Counselor: A Career Guide
- Mosbys Anatomy & Physiology: Study and Review Cards
- Nursing Professionals: A Practical Career Guide
- So You Want to be a Brain Surgeon
- Social Worker: A Career Guide
- Your White Coat is Waiting: Vital Advice for Pre-Meds
- Vet School Preparation, Application, Admission: Your Journey, Your Future



## When Counting Sheep Doesn't Work

- Sue Petrofsky, Library Assistant

Later this spring, March will bring us Daylight Savings Time and National Sleep Awareness Month. If you're like me, this means a month of adapting to losing an hour of sleep and hearing that pesky alarm going off an hour earlier.

So what is sleep? While you sleep, you are unconscious, yet the body and brain are still active. They are still churning in your subconscious mind to help you stay healthy. When you don't get enough quality sleep, or your normal sleep pattern gets disrupted, it can affect both your physical and mental health and daily life.

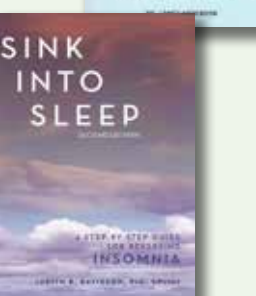
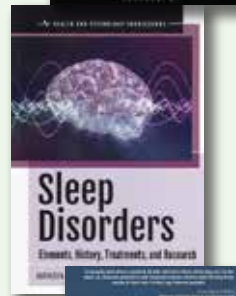
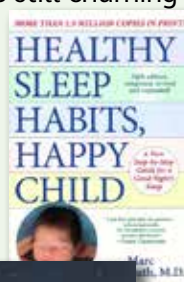
Sleep disorders are conditions that disturb normal sleep patterns. There are more than 80 different sleep disorders, including insomnia, sleep apnea, hypersomnia, parasomnia, restless leg syndrome, and circadian rhythm disorders. Sometimes feeling sleepy during the day is related to not getting enough sleep at night. Most adults need 7-8 hours of sleep each night.

Signs that you have a sleep disorder may include taking more than 30 minutes to fall asleep, snoring, jerking arms or legs, muscle weakness, or vivid, dreamlike experiences while falling asleep. Other factors that can contribute to keeping you awake include an irregular schedule such as working the night shift, drinking caffeinated products too close to bedtime, medicines, genetics, mental illnesses, and even some diseases such as nerve disorders, heart disease, and lung disorders. Even aging can affect sleep, as older people often spend less time in deep, restful sleep.

Your health care provider should be consulted if you are having sleep issues. They will use your medical history, sleep history, and a physical exam to try to determine the problem. They may also refer you for a sleep study (polysomnogram), to monitor and record data about your body during a full night of sleep. This data includes brain wave changes, eye movements, breathing rate, blood pressure, and heart rate and electrical activity of your muscles.

Treating sleep disorders may include adapting healthier sleep habits, cognitive behavior therapy, CPAP (continuous positive airway pressure) machine for sleep apnea, medicines, or natural products such as melatonin.

The library has over 40 titles relating to sleep for babies, teens, and adults. Stop in and we'll help you get started in finding a restful night.



## New Books & Media

### Diet and Exercise

- Bodyweight Training Over 40: Build Strength, Balance, and Flexibility with Zero Equipment
- Chair Yoga for Seniors: Stretches for Pain Relief and Joint Health
- Eat Everything: How to Ditch Additives and Emulsifiers, Heal Your Body, and Reclaim the Joy of Food
- Healthy, Quick & Easy Juicing: 100 No-Fuss Recipes Under 300 Calories You Can Make with 5 Ingredients or Less
- How to Eat More Plants: Transform Your Health with 30 Plant-Based Foods per Week
- Plant-Based on a Budget: Quick and Easy
- Plantpure Comfort Food: Over 100 Plant-Based and Mostly Gluten-Free Recipes to Nourish Your Body and Soothe Your Soul
- Skinnytaste Simple: Easy, Healthy Recipes with 7 Ingredients or Fewer
- Stretching for a Pain-Free Life: Simple At-Home Exercises to Solve the Root Cause of Low Back, Neck, Knee, Shoulder and Ankle Tension for Good
- The Complete Guide to Healthy Drinks

### General Health

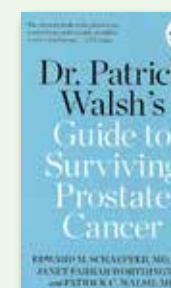
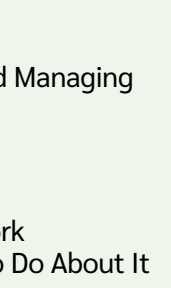
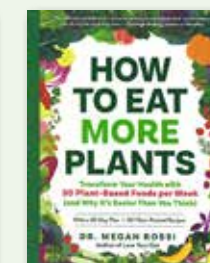
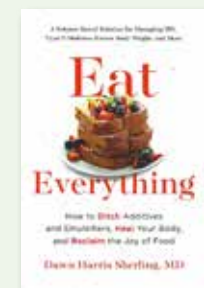
- A Gift of Time: Continuing Your Pregnancy When Your Baby's Life Is Expected to Be Brief
- Becoming Dr. Q: My Journey from Migrant Farm Worker to Brain Surgeon
- Fertility Rules: The Definitive Guide to Male and Female Reproductive Health
- Future Care: Sensors, Artificial Intelligence, and the Reinvention of Medicare
- My Body Belongs to Me - A Parents Guide
- Native American Ethnobotany
- Patients Matter Most: How Healthcare is Becoming Personal Again
- Period: The Quick Guide to Every Uterus
- The 5-Minute Clinical Consult 2024
- The Blue Zones: Secrets for Living Longer: Lessons from the Healthiest Places on Earth
- The End of Food Allergy: The Science-Based Plan That Turns Food into Medicine
- The Lupus Encyclopedia (2nd Edition)
- The Masters of Medicine: Our Greatest Triumphs in the Race to Cure Humanity's Deadliest Diseases
- The New Rules of Menopause: A Mayo Clinic Guide to Perimenopause and Beyond
- The Origins of You: How Childhood Shapes Later Life
- The Sleep Lady's Gentle Newborn Sleep Guide

### The Mind and the Brain

- Angry Kids, Angry Parents: Understanding and Working with Anger in Your Family
- Back on track: A Practical Guide to Help Kids of All Ages Thrive
- Build the Life You Want: The Art and Science of Getting Happier
- From Strength to Strength: Finding Success, Happiness, and Deep Purpose in the Second Half of Life
- Healthy Sleep: Your Questions Answered
- Healthy Sleep Habits, Happy Child: A New Step-by-Step Guide for a Good Night's Sleep
- How to Help Your Child Clean Up Their Mental Mess: A Guide to Building Resilience and Managing Mental Health
- How to Meditate: A Practical Guide to Making Friends with Your Mind
- The Mindful Body: Thinking Our Way to Chronic Health
- Positive Caregiving: Caring for Older Loved Ones Using the Power of Positive Emotions
- Raising Kids with Big Baffling Behaviors: Brain-Body-Sensory Strategies That Really Work
- Seven Steps to Managing Your Aging Memory: What's Normal, What's Not, and What to Do About It
- Ten Trips: The New Reality of Psychedelics
- The In-Between: Unforgettable Encounters During Life's Final Moments
- While You Were Out: An Intimate Family Portrait of Mental Illness in an Era of Silence
- Why We Meditate: The Science and Practice of Clarity and Compassion

### Cancer

- Dr. Patrick Walsh's Guide to Surviving Prostate Cancer
- The Breast Cancer Survival Manual: A Step-By-Step Guide for Women With Newly Diagnosed Breast Cancer
- The Complete Guide to Breast Reconstruction: Choosing the Best Options after Your Mastectomy
- Moving Through Cancer: An Exercise and Strength-Training Program for the Fight of Your Life



## New Childrens & Young Adult

- Cricket Gives Comfort: Exploring Epilepsy
- Cricket Helps Out: Understanding Appendicitis
- Dash and the Cancer Center: Learning About Leukemia
- Dash Can Do It: Taking on Diabetes
- Edge of Medicine: Medical Artificial Intelligence Breakthroughs
- Edge of Medicine: Transplant Breakthroughs
- How Do Your Muscles Move?
- Kimiko Does Cancer: A Graphic Memoir
- Lumos Helps with Healing: Battling Broken Bones
- Lumos Keeps Calm: Dealing with Cuts & Stitches
- Migraine and Mia
- Mi Vida con Syndrome de Tourette
- My Life with Tourette Syndrome
- Stargazing
- Vaccine Breakthroughs



**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.