

**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  
Virginia Hall, RN  
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.....  
Staff:  
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)  
Apr. 3rd, May 1st, June 5th  
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)  
Apr. 4th & 18th, May 2nd & 16th,  
June 6th & 20th  
9:00 a.m. - 9:45 a.m. Briercrest Park

### Crafternoon Mondays

(2nd Monday each month)  
Apr. 8th – Decorate a flowerpot.  
May 13th – Create a mason jar tealight.  
June 10th – Paint a rainbow woodblock.  
1:00 p.m. - 2:00 p.m. Library Meeting Room

### Easy Does It Chair Yoga

(2nd Wednesday each month)  
Apr. 10th, May 8th, June 12th  
10:00 a.m. - 11:00 a.m. or  
2:00 p.m. - 3:00 p.m.  
Library Meeting Room

### Walk With a Doc!

April 25th  
May 23rd  
June 27th  
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 April 22, May 13, and June 10 (Following the *Dementia, Research & Brain Health* lecture), 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)  
Apr. 11th, May 9th, June 13th  
11:00 a.m. - 12:00 p.m. Library Meeting Room

### Children's Music Storytime

Fridays  
Apr. 12th, May 10th, June 14th  
10:00 a.m. - 11:00 a.m. Library Meeting Room

### Knitting and Crochet Club

Mondays  
Apr. 15th, May 20th, June 17th  
1:00 p.m. - 2:00 p.m. Library Meeting Room

### NEW! ArtReach Art Program

(3rd Wednesday each month)  
Apr. 17th  
May 15th  
No Class in June  
10:00 a.m. - 12:00 p.m. Library Meeting Room



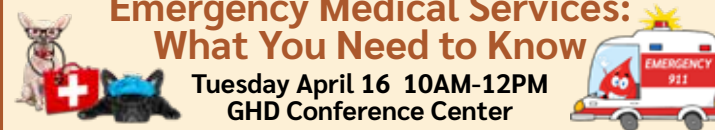
# Library News

Grossmont Healthcare District's  
Health & Wellness Library

April - June 2024

Volume 22, Issue 2

### Emergency Medical Services: What You Need to Know



Tuesday April 16 10AM-12PM  
GHD Conference Center

Join us to learn about San Diego County's emergency medical services (EMS) system, with representatives from Heartland Fire & Rescue, Sharp Grossmont Hospital's Emergency Department, and other critical community services. See how your local system works, with Q&A with the panelists. Learn the differences between emergency and non-emergency situations, what happens when you call 9-1-1, and how the regional EMS system directs first responders during an emergency.

Participation: in person or via Zoom  
RSVP: 619-825-5010 or [library@grossmonthealthcare.org](mailto:library@grossmonthealthcare.org)

### Special Event: Dementia, Research, & Brain Health



Monday, June 10th, 10 a.m.  
GHD Conference Center

Esteban Gonzalez of the Sharp Neurocognitive Research Center will present on current research and tips for maintaining your brain health. The discussion will cover the importance of diversity in clinical trials, and how caregivers are impacted financially and mentally.

### Mindful Photography in April & May!

Professional photographer and current art exhibitor Robin Harris will be facilitating a free, four-week workshop on mindful photography for caregivers. Intentionally reflecting on your images through journaling and sharing in a supportive group encourages meaningful insights and awareness. Please note that this program is intended for caregivers who are currently caring for their loved one living with dementia. A smartphone is required for the program. April 4, 11, 18 & 25. RSVP required to attend.



Additionally, two workshops will be held for anyone interested in mindful photography and who wants to learn how taking photographs can grow our awareness and shift our perceptions, while reducing anxiety, and improving overall well-being. Session 1 will be held May 9 & May 16; Session 2 will be held May 30 & June 6. All classes from 1-2:30pm. A smartphone is required for the program. RSVP required to attend (choose only one session). No photography experience is required.

### Wellness Wednesday

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

#### All About Autism

April 24th, 10:00 a.m.

Speaker: Shirley Fett, NP

Pediatric Mental Health Specialist, Vista Hill Foundation

During this talk, you will learn about the diagnosis of autism, the common symptoms and red flags, current therapies and interventions and ways to support those impacted by autism. Information will be provided about community resources and activities for the autism community.



Feature Film: *The Lost City*, 11:30 a.m.

#### Mental Health and Aging

May 22th, 10:00 a.m.

Speaker: Raisa Yagudayeva, DO

Medical Director of UCSD's Senior Behavioral Health program

Join Dr. Raisa Yagudayeva as she discusses mental health and aging. Raisa Yagudayeva, DO, is a board-certified adult psychiatrist and board-certified geriatric psychiatrist. She has clinical expertise treating older adults with a variety of psychiatric illnesses, from neurobehavioral symptoms of dementia to chronic psychotic disorders.



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

#### Maintaining Brain Health through Socialization

June 26th, 10:00 a.m.

Speaker: Shannon Patel, MSW

Memory Cafe Director and GLENNERCARE™ Social Worker

How do we maintain a healthy brain? During this talk we will discuss what brain health is, the impact social isolation and loneliness can have on dementia risk, and the brain health intervention: Memory Cafes. Memory Cafes combat social isolation and loneliness and provide various other types of stimulation/activity.

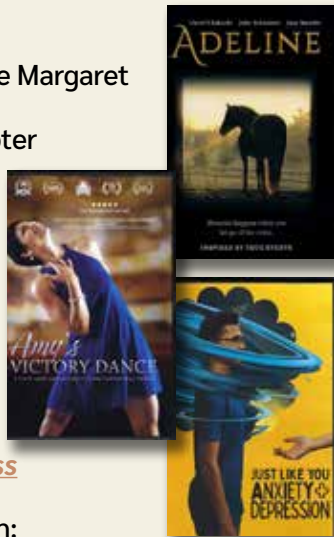


Feature Film: *Book Club: The Next Chapter*, 11:30 a.m.

## What's New in Movies, Documentaries & Fitness

### Hollywood

Adeline  
 Amy's Victory Dance  
 Are You There God? It's Me Margaret  
 Barbie  
 Book Club: The Next Chapter  
 Champions  
 Fool's Paradise  
 Living  
 TAR  
 The Banshees of Inisherin  
 The Fabelmans  
 The Hill  
 The Lost City  
 The Quiet Girl



### Documentaries & Fitness

3 Teaspoons of Sugar  
 Beginner Tai Chi for Health:  
 Mirror-View Exercises  
 Breaking the Silence: A Journey Deep Inside the Mind  
 Classical Stretch by Essentrics: Posture Boost and Back  
 Easy Healing Stretches  
 Easy Yoga for Everything with Peggy Cappy  
 HasFit Senior: Seated and Standing Exercises  
 Just Like You: Anxiety and Depression  
 Managing Stress: The Power of Mindset  
 The Quiet Epidemic: As Close as Your Backyard  
 Sensitive: The Untold Story  
 Simply Seated: Energize Series with Curtis Adams  
 Tai Chi for Beginners (Qi Gong for Beginners)  
 The Science of Sleep and Stress: How they Affect  
 Creativity, Focus and Memory  
 What about Me: 20x the Infection Rate of Aids, with No  
 Cure  
 Your Brain: Perception Deception: Who's In Control?

## Eating, Itching, and Food Allergies

- Sue Petrofsky, Library Assistant

We all have heard horror stories about allergic reactions to foods like peanuts, but what is a food allergy, and why do they happen? A food allergy is an adverse health effect that recurs on exposure to a given food. Food allergens are the parts of food or ingredients within a food, usually proteins, that bind to immune cells. When this happens, a reaction occurs that causes the symptoms of food allergy.

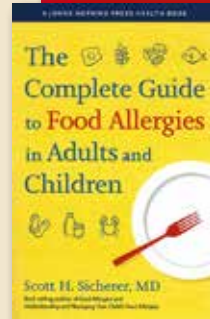
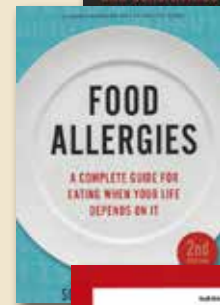
The Center for Disease Control (CDC), estimates food allergies affect 32 million Americans, including 1 in 13 children. For many, even a tiny amount of allergen can trigger a serious, even life-threatening response to the body's immune system. Every 3 minutes, a food allergy reaction sends someone to the emergency room. The prevalence of food allergies has increased by 50 percent since the 1990s, making it a serious public health concern.

The eight major food allergens in the United States are milk, egg, peanut, tree nuts, soy, wheat, fish, and crustacean shellfish, although more than 170 different foods have been found to cause reactions. Most food allergens cause reactions even after they have been cooked or digested. Some allergens, often fruits and vegetables, cause allergic reactions only when eaten raw. The severity of a future reaction cannot be based on the severity of a previous reaction. There are no tests that can predict how severe a reaction will be.

According to researchers, the development of food allergies probably involves a genetic predisposition as well as exposure triggers in the environment. While most food allergies develop in childhood, and some people outgrow them, others have such severe reactions that they must avoid some foods their entire life. While mild allergies can be treated with antihistamine drugs, more severe reactions require the injection of a fast-acting medicine called epinephrine, often carried by allergy sufferers, followed by a visit to an emergency room.

Food allergy symptoms may include coughing, tingling in the mouth, skin reactions like hives or itching, nausea and vomiting, stomach pain, or diarrhea. If having a potentially life-threatening reaction such as trouble breathing, dizziness or fainting, seek immediate medical care by calling 911. If you think you have a food allergy, you should seek the advice of a medical professional.

The library has books to help you understand food allergies, and some cookbooks to help with preparing reaction-free foods. Stop by the front desk for assistance!



## New Books & Media

### Diet and Exercise

Brain Fitness: The Easy Way of Keeping Your Mind Sharp Through Qigong  
 Diabetes Meals for Good Health Cookbook: Lo-Carb Recipes & Swaps for Every Meal  
 Fat Stressed and Sick: MSG, Processed Food, and America's Health Crisis  
 Play Forever: How to Recover from Injury and Thrive  
 The Knee and Shoulder Handbook: The Keys to a Pain-free, active life  
 Resistance Band Workout for Seniors  
 Up Your Veggies: Flexarian Recipes for the Whole Family  
 Wall Pilates for Seniors

### General Health

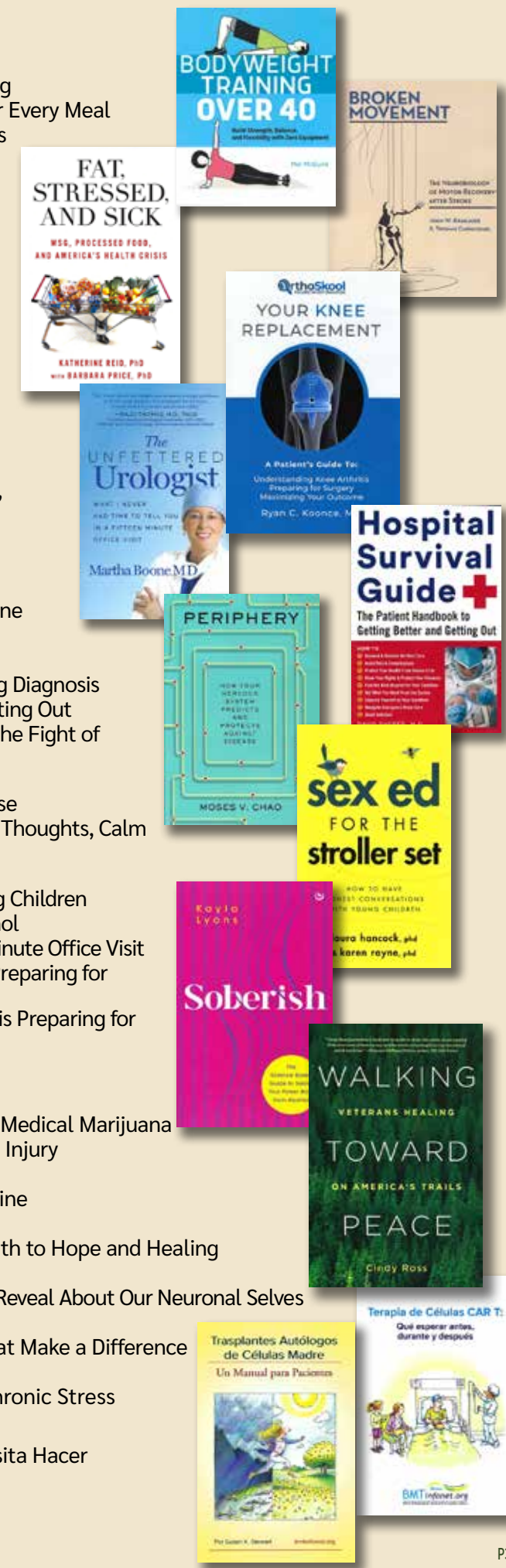
100 Questions & Answers About HIV and AIDS  
 Asthma for Dummies  
 Autologous Stem Cell Transplants: A Handbook for Patients  
 Beyond Breast Cancer: A Mayo Clinic Guide to Healing & Wellness  
 Bone Health Basics: Tips for Preventing and Managing Osteoporosis  
 Broken Movement: The Neurobiology of Motor Recovery After Stroke  
 Car T-Cell Therapy: What to Expect Before, During and After  
 The Complete Eldercare Planner: Where to Start, Which Questions to Ask, and How to Find Help  
 The Definitive Guide to the Perimenopause & Menopause  
 Ending Parkinson's Disease: A Prescription for Action  
 Forever Strong: A New Science-Based Strategy for Aging Well  
 Future Care Sensors, Artificial Intelligence, and the Reinvention of Medicine  
 Graft-versus-Host Disease: What to Know, What to Do  
 Hope After Stroke: For Caregivers and Survivors  
 Hope for the Best, Plan for the Rest: 7 Keys for Navigating a Life-Changing Diagnosis  
 Hospital Survival Guide: The Patient Handbook to Getting Better and Getting Out  
 Moving Through Cancer: An Exercise and Strength-Training Program for the Fight of Your Life  
 Nothing But the Tooth: An Insider's Guide to Dental Health  
 Periphery: How Your Nervous System Predicts and Protects Against Disease  
 The Postpartum Depression Workbook Strategies to Overcome Negative Thoughts, Calm Stress, and Improve Your Mood  
 Preventing Senior Moments: How to Stay Alert into Your 90s and Beyond  
 Sex Ed for the Stroller Set: How to Have Honest Conversations with Young Children  
 Soberish: The Science Based Guide to Taking Your Power Back from Alcohol  
 The Unfettered Urologist: What I Never Had Time to Tell You in a Fifteen Minute Office Visit  
 Your Hip Replacement: A Patient's Guide To Understanding Hip Arthritis Preparing for Surgery: Maximizing Your Outcome  
 Your Knee Replacement: A Patient's Guide to Understanding Knee Arthritis Preparing for Surgery: Maximizing Your Outcome

### The Mind and the Brain

Anxiety & Depression Workbook for Dummies  
 The Brain on Cannabis: What You Should Know about Recreational and Medical Marijuana  
 Concussion Rescue: A Comprehensive Program to Heal Traumatic Brain Injury  
 Good Grief: On Loving Pets, Here and Hereafter  
 How to Prevent Dementia: Understanding and Managing Cognitive Decline  
 Identity Theft: Rediscovering Ourselves After Stroke  
 Living with Depression: Why Biology and Biography Matter along the Path to Hope and Healing  
 Music as Medicine: Particularly in Parkinson's  
 Seeing the Mind: Spectacular Images from Neuroscience, and What They Reveal About Our Neuronal Selves  
 Synesthesia: Experience Explore the World of Intersensory Phenomena  
 Taming the Chaos of Dementia: A Caregiver's Guide to Interventions That Make a Difference  
 Walking Toward Peace: Veterans Healing on America's Trails  
 When Crisis Strikes: 5 Steps to Heal Your Brain, Body, And Life from Chronic Stress

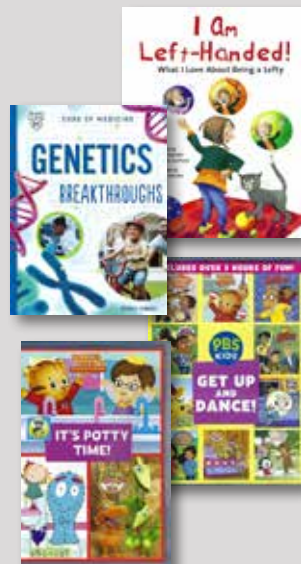
### Spanish

Enfermedad de Injerto contra Huesped: Que Necesita Saber, Que Necesita Hacer  
 Terapia de Celulas Car T: Que Esperar Antes Durante y Despues  
 Transplantes Autologos de Celulas Madre: Un Manual para Pacientes  
 Transplantes de Medula Osea y de Celulas Madre Sanguineas



## New Childrens & Young Adult

Edge of Medicine: Genetic Breakthroughs  
 Feelings: A Question-and-Answer Book  
 I Am Left Handed: What I Love About Being a Lefty  
 I'm a Doctor  
 I'm a Nurse  
 I'm a Paramedic  
 Little Doctors: Cardiology  
 Little Doctors: Cell Biology  
 Little Doctors: Neurology for  
 Mindful Baby: Calm  
 Mindful Baby: Sleepy  
 Mindfulness and My Body  
 Mindfulness and Nature  
 Nails: Brilliant Bodies  
 The Perfect One  
 Tired Ninja  
 What Does A Dentist Do?



**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.