

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
Randy Lenac
.....
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)
July *no class, Aug. 7th, Sept. 4th
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 18th, Aug. 15th & 29th,
Sept. 5th & 19th
9:00 a.m. - 9:45 a.m. Briercrest Park

Crafternoon Mondays

(2nd Monday each month)
July 8th – Sand Art in a Jar.
Aug. 12th – Create a yarn-wrapped wreath.
Sept. 9th – Bead a bracelet.
1:00 p.m. - 2:00 p.m. Library Meeting Room

Easy Does It Chair Yoga

(2nd Wednesday each month)
July *no class, Aug. 14th, Sept. 11th
10:00 a.m. - 11:00 a.m. or
2:00 p.m. - 3:00 p.m.
Library Meeting Room



Walk With a Doc!

July 25th
August 22nd
September 26th



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 July 22, Aug. 12, and Sept. 9, between the hours of 11:00 a.m. and 2:00 p.m. RSVP at 619-825-5010 or library@grossmonthealthcare.org.

Mindful Movement & Sound Meditation

(2nd Thursday each month)
July *no class, Aug. 8th, Sept. 12th



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

Children's Music Storytime

(2nd Friday each month)
July 12th, Aug. 9th, Sept. 13th



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

Knitting and Crochet Club

(3rd Monday each month)
July 15th, Aug. 19th, Sept. 16th



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

ArtReach Art Program

(3rd Wednesday each month)

July 17th (Batik)
August 21st
September 18th



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

Live Life Out Loud

Music Therapy for People
Living with Parkinson's Disease
July 1st, 8th, 15th, 22nd, 29th



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

Library News

Grossmont Healthcare District's Health & Wellness Library

July - September 2024

Volume 22, Issue 3

IMPACT! Art Exhibit for Summer

In the winter and spring of 2024, ArtReach San Diego produced a series of free art workshops in collaboration with the Southern California American Indian Resource Center, Inc. (SCAIR), to create opportunities for the Native community to learn from artists and mentors within their community. Kathy Willcuts Garcia, Steven Garcia and Taté Garcia led meaningful visual art workshops that focused on traditional and contemporary practices. To celebrate all the artists who participated, "Impact" highlights the community and showcases the diverse artistic practices of the teaching artists.



Meet & Greet Artist's Reception, July 10, 2024, 6-7pm, in the GHD Health & Wellness Library. RSVP required. Free to the community, all are invited!

Living Your Best Life: A Health & Wellness Series

Presented by the Salvation Army's Kroc Center.

- July 25: *Developing Happy, Healthy Eating Habits* (Sonia Cervantes, Certified Health Coach)
- August 29: *Stepping Out of Your Comfort Zone* (Michael & Melissa Harlow, Adventure Travelers)
- September 26: *Living in the Now* (Dr. Chad McKinney, Psychologist)

These interactive talks will take place from 11:30AM to 1:00PM in the GHD auditorium. Attend one, or all three!

New program! Memory Cafe

1st & 3rd Thursday of the month, starts July 18th, 10:30 a.m. - 12:00 p.m. RSVP required.

We are partnering with the George G. Glenner Alzheimer's Family Centers, Inc. to become a certified Memory Café site. A Memory Café is designed to engage attendees in cognitive activities to perk up memory. The program is open to older adults with or without memory concerns.

Wellness Wednesday

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

The Nuts and Bolts of Your Eyes

July 24th, 10:00 a.m.

Speaker: Eric White, O.D.

Join us for a detailed discussion about your eyes and what happens to them as we age. All your questions will be answered about floaters, cataracts, glaucoma, macular degeneration and a lot more. Come with questions and then sit back and enjoy the education about our eyes.



Feature Film: *Arthur the King*, 11:30 a.m.

Oral Health and its Implications for Overall Health from Pregnancy to Geriatrics

August 28th, 10:00 a.m.

Speaker: Fadra Whyte, DMD, MPH
Chief Dental Officer, County of San Diego Health & Human Services

Dr. Whyte will discuss oral health and its effects on overall health including pregnancy outcomes, children's development, heart disease, diabetes, and dementia. The presentation will review how cavities and gum disease develop and ways to prevent these two common oral diseases.



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

Creating an Empowered End of Life Experience

September 25th, 10:00 a.m.

Speaker: Dr. Bob Uslander
Medical Director, Empowered Endings

Dr. Bob Uslander will cover gaps in the current healthcare system for people with complex and terminal illnesses, discuss an overview of current options, and explain how to engage in productive conversations about the end of life journey. Part 1 of a 4 part series.



Feature Film: *Ordinary Angels*, 11:30 a.m.

Additional dates and topics:

October 2: Hospice, Palliative Care, Death Doulas, and More

October 9: Understanding Your Legal End of Life Options

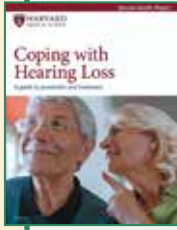
October 16: Decision-Making and Advance Care Planning

*All talks are at 10:00 a.m. in the GHD auditorium.

What's New in Medical Special Reports

Harvard Medical School

- A Guide to Healthy Eating: Strategies, Tips, and Recipes to Help You Make Better Food Choices
- A Guide to Men's Health: Fifty and Forward
- Cardio Exercise: 7 Workouts to Boost Energy, Fight Disease, and Help You Live Longer
- Coping with Hearing Loss: A Guide to Prevention and Treatment
- Guide to Prostate Diseases 2024-2025



- Healing Shoulder Pain: A Troubleshooting Guide for Common Shoulder Problems
- Healthy Eating for Type 2 Diabetes
- Pain Relief Without Drugs or Surgery
- Starting to Exercise: 10 Easy Workouts to Help You Get Fit, Firm, and Flexible
- Understanding Depression: The Many Faces of Depression and How to Find Relief

Cleveland & Tufts Clinic

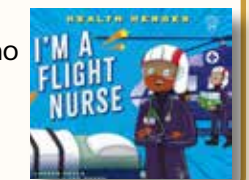
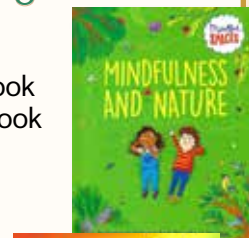


- Arthritis: Proven Steps for Pain Relief and Better Joint Health
- Brain Power and Nutrition: Dietary and Lifestyle Choices for Peak Brain Health
- Change Your Diet, Change Your Life: Living a Better Life with Healthier Food Choices
- Coronary Artery Disease: Your Action Plan for Better Cardiac Health

- Eye Care Today: Cataracts, Macular Degeneration & Other Conditions of the Aging Eye
- Heart Failure: Strategies for Living Better and Longer
- Heart-Brain Diet: Essential Nutrition for Boosting Wellness
- Managing Prostate Conditions: Diagnosis and Treatment of Cancer, BPH and Other Prostate Diseases
- Pain Management: Diagnosis and Treatment for a Better Quality of Life

New Childrens & Young Adult

- Anesthesiology for Kids
- Dentists and What They Do
- Feelings: A Question-and-Answer Book
- Getting Ear Tubes: A Toddler Prep Book
- Goodnight, Little Doctor
- Hooray, I See the Doctor Today
- I Love to Brush My Teeth
- I'm A Flight Nurse
- Infectious Disease for Kids
- Little Doctors: Cardiology for Babies
- Mindfulness and Nature
- Neurodivergent Ninja
- Nurses and What They Do
- Ophthalmology for Kids
- Physical Medicine & Rehabilitation for Kids
- Radiology for Kids
- Thank You Dr Salk: The Scientist Who Beat Polio and Healed the World
- This is How we Stay Safe
- Wash Day
- What Does A Dentist Do?



Oral Health & the Senior Set

- Sue Petrofsky, Library Assistant

Nearly one in ten Americans aged 65 or older experiences severe dental problems. As the U.S. population ages and more older adults retain more teeth, they become susceptible to periodontitis (gum disease) and its effects. In addition to the local effects on the mouth, the potential effect on general health becomes another important consideration. Among older adults affected by periodontitis, men, minorities, and low income persons have high incidence, with smokers having the greatest problems, with 4 of 5 smokers having some form of gum disease.

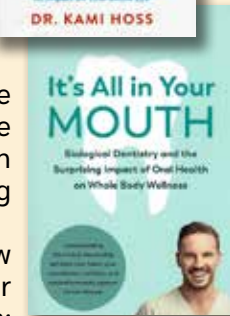
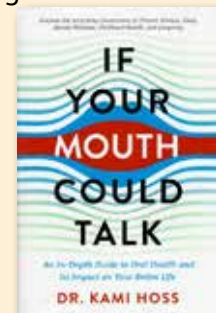
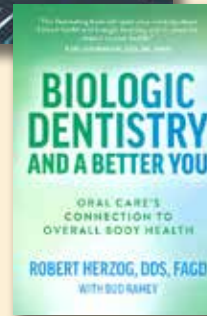
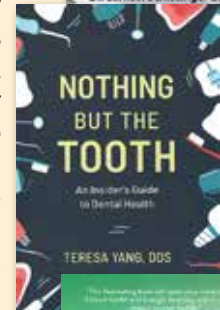
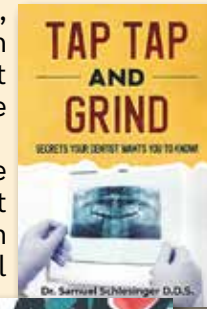
Oral diseases are one of the most expensive groups to treat, and often have the greatest out-of-pocket costs. This is a particular problem for seniors, who often lose what little dental insurance they might have had when they retire. Medicare currently only provides very limited services usually tied to surgical need or during cancer treatment. Lower income seniors in California may find some assistance through MediCAL.

The World Dental Federation in 2016 adapted its definition of oral health to include "the ability to speak, smile, smell, taste, touch, chew, swallow, and convey a range of emotions through facial expressions with confidence and without pain or discomfort." Poor oral health, including broken or missing teeth or ill-fitting dentures, can cause oral pain and infections that have major consequences on quality of life.

The associations between tooth loss, cognition, diet, nutrient intake, and proper nutrition can become complex. An individual might not even realize they are making changes to their diet by choosing softer, less varied, and less nutritional foods that can affect their health. Medical studies show that proper oral care may reduce cardiovascular disease and stroke.

About 1 in 10 deaths among residents 65 and older and living in nursing homes are preventable by improving oral hygiene practices. Even something as small as being aware that wearing dentures overnight can double the risk of aspiration pneumonia is something seniors and caregivers should be made aware of. The nursing home can become a challenge all on its own, in that seniors in residential care often have difficulty in accessing dental care.

Come learn more about oral health and how to improve your dental health by attending our August 28th Wellness Wednesday, *Oral Health: Implications for Overall Health from Pregnancy to Geriatrics* featuring Fadra Whyte, DMD, MPH, Chief Dental Officer, County of San Diego.



New Books & Media

Diet and Exercise

- Better Stretching: 9 Minutes a Day to Greater Flexibility, Less Pain, and Enhanced Performance, the JoeTherapy Way
- Better Than Beef: The Plant-based Meat Comfort Food Cookbook
- Cool Beans: The Ultimate Guide to Cooking with the World's Most Versatile Plant-Based protein, with 125 Recipes
- Core Strength for 50+: A Customized Program for Safely Toning Ab, Back & Oblique Muscles
- Exercises for Parkinson's Disease: The Complete Fitness Guide to Improve Mobility, Strength and Balance
- Healthy Gut Diet Guide and Cookbook: More than 175 Healing Recipes to Improve Your Digestive Health
- Healthy Raw Food Cookbook: Plant-Based Meals to Help You Feel Revitalized and Recharged

General Health

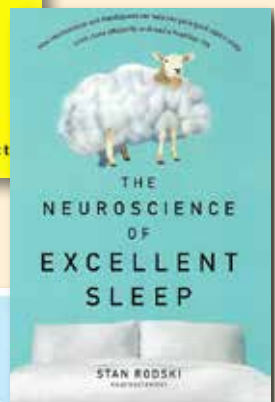
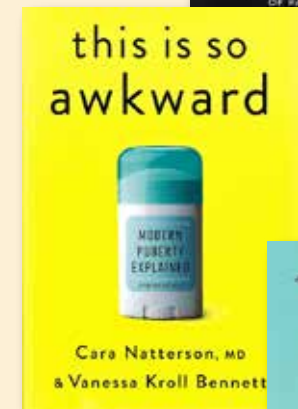
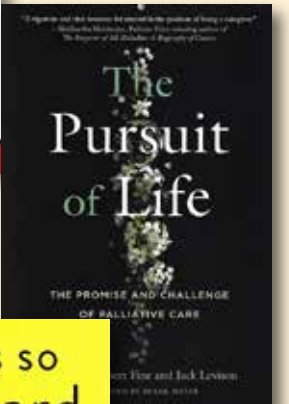
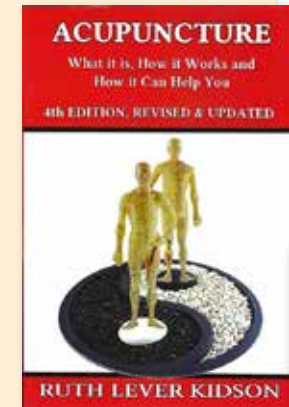
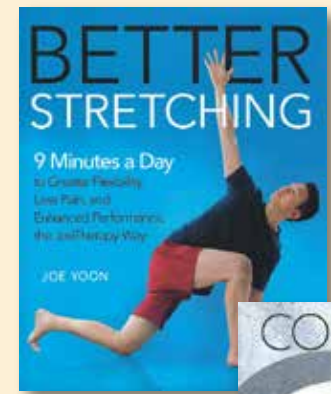
- Acupuncture: What it Is, How it Works, and How it Can Help You
- Be Heart Smart: Understand, Treat, and Prevent Coronary Heart Disease
- The Foot Book: The Complete Guide to Caring for Your Feet and Ankles
- Eve: How the Female Body Drove 200 Million Years of Human Evolution
- Genetics for Dummies
- Glaucoma: What Every Patient Should Know
- Goodbye, Dry Eye: Expert Advice on Remedies and Relief for Dry Eyes
- How to Have Incredible Conversations with Your Child
- How We Age: The Science of Longevity
- Legacy: A Black Physician Reckons with Racism in Medicine
- Living with Kidney Stones: The Complete Guide to Risk Factors, Symptoms & Treatment Options
- The Medical Checkup Book: Understand the Tests You Need to Keep Your Body and Mind Healthy
- The Price We Pay: What Broke American Health Care - and How to Fix It
- The Pursuit of Life: The Promise and Challenge of Palliative Care
- True Wellness for your Gut: Combine the Best of Western and Eastern Medicine for Optimal Digestive and Metabolic Health
- The Truth About Dietary Supplements: An Evidence Based Guide to a Safe Medicine Cabinet
- This is So Awkward: Modern Puberty Explained
- True Wellness for your Gut: Combine the Best of Western and Eastern Medicine for Optimal Digestive and Metabolic Health
- True Wellness for Your Heart: Combine the Best of Western and Eastern Medicine for Optimal Heart Health
- The View from Down Here: Life as a Young Disabled Woman
- Where I Belong Healing: Trauma and Embracing Asian American Identity
- You Can Stop Humming Now: A Doctor's Stories of Life, Death, and In Between

The Mind and the Brain

- An Introduction to Coping with Brain Injuries: Just the Facts
- Calm Your Mind with Food: A Revolutionary Guide to Controlling Your Anxiety
- Controlling Mental Chaos: Harnessing the Power of the Creative Mind
- The Emotional Life of Teenagers: Raising Connected, Capable, and Compassionate Adolescents
- Fully Present: The Science, Art, and Practice of Mindfulness
- Gaslighting Recovery for Women: The Complete Guide to Recognizing Manipulation and Achieving Freedom from Emotional Abuse
- Fight Right: How Successful Couples Turn Conflict into Connection
- Making Meaning of Difficult Experiences: A Self-Guided Program
- Mayo Clinic Guide to Fertility and Conception
- The Neuroscience of Excellent Sleep
- The Nocebo Effect: When Words Make You Sick
- The Science of the Good Samaritan: Thinking Bigger About Loving Our Neighbors

Spanish

- Anatomía del Yoga: Un Estudio Fisiológico Postura a Postura
- El Mito de la Normalidad: Trauma, Enfermedad Y Curación en Una Cultura Tóxica
- La Vida Bien Vivida: Los seis secretos sobre la salud y felicidad de la doctora con más de 102 años



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.