

**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  
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**What's Up with Those Wintertime Blues?**

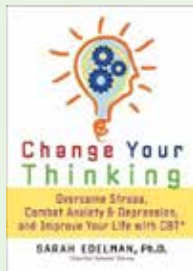
- by Sue Petrofsky, Library Assistant

As we head into the holiday season and the time changes in early November, many people start to stress about gatherings, finances, and having the time to get everything ready. On top of everything, it has been proven in government studies that shorter days lead to feeling sad and depressed, the so called "winter blues" which are often linked to stress or mourning loved ones around the holidays.

Although "winter blues" is a general term, it is usually considered mild, and often clears up in a short time. Another winter malady, Seasonal Affective Disorder (SAD), is a well-defined clinical diagnosis related to the shortening of daylight hours. SAD is more common as one gets farther from the equator; for example, in Florida, 1% of the population develops symptoms, but in Alaska, up to 10% of the population is affected.

It is thought that reduced sunlight in the fall and winter disrupts your body's internal clock, or circadian rhythm.

During the day, your brain sends signals to the body to keep you awake, and at night a gland in the brain produces melatonin, which helps you to sleep. Shorter daylight hours seem to disrupt this cycle in certain people. Seeing a medical professional is important if you think you might have SAD as antidepressants, light therapy, and cognitive behavior therapy (CBT) are all helpful to SAD patients.

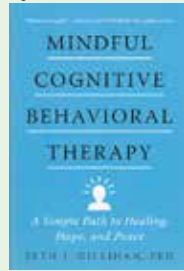
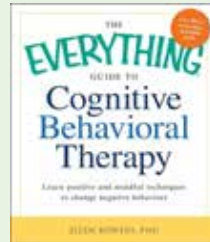


So, what are some ways to beat the stress that comes with the holidays? Self-help includes taking more walks to get as much natural sunlight as possible during the day and sitting near windows when indoors. Take the time to go out with friends or find a volunteer opportunity in the community.

Some recommendations from SAMSA (Substance Abuse and Mental Health Services Administration) include:

- 1: Pay attention to your feelings and accept them.
- 2: Develop a plan for when you're sad, stressed or lonely: call a friend, go to lunch, watch a movie, get outdoors.
- 3: Practice self-care such as deep-breathing, meditation, mindfulness, and getting enough sleep.
- 4: Connect with community, through clubs, support groups, faith groups, or activities at your local library or senior center.
- 5: Support others: Sometimes just helping a neighbor or friend can improve your own happiness and well-being.

Don't forget that the Library has activities to keep you engaged over the holidays. Check out our programs on page one, and classes and activities on page two of the newsletter, and keep yourself occupied and moving!



**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.



**Library News**

Grossmont Healthcare District's  
Health & Wellness Library

October - December 2024

Volume 22, Issue 4

**"Time After Time" Art Exhibit for Fall**

By featured Family Health Centers of San Diego (FHCS) PACE artists



"Time After Time" is a celebration of paintings, mixed media, and assemblage art created through art education sessions taught by the Recreation Therapist and staff at FHCS PACE. These works are created by the participants at the FHCS PACE Day Center. These works are expressions interpreted from the artists they studied. Enjoy these colorful and vibrant pieces that are curated and displayed. PACE stands for Program of All-Inclusive Care for the Elderly.



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

**Mastering Your Medicine Cabinet: Expert Advice from a Sharp Pharmacist**  
October 23rd, 10:00 a.m.  
Speaker: Ali Zaniel, PharmD, MHA  
Pharmacy Director, Sharp Grossmont Hospital

Ali Zaniel will discuss medication management for adults. This will include safe storage and how to take medications properly. Discover how prescription medicine interacts with over-the-counter medications and herbal supplements. Learn about expired medications and how to properly dispose of them.

**Feature Film: Inside Out 2, 11:30 a.m.**

**It's a Wonderful Wednesday!**  
December 18th, 10:00 a.m.

Join us for holiday treats, bingo, & Queen Latifah's film *Last Holiday*. Film begins at 10:45. RSVP for this special holiday event at 619-825-5010 or [library@grossmonthealthcare.org](mailto:library@grossmonthealthcare.org).

**Feature Film: Last Holiday, 11:30 a.m.**



**You Only Die Once: Navigating Options at the End of Life**  
\*All talks are at 10:00 a.m. in the GHD auditorium.

<p>Hospice, Palliative Care, Death Doulas, and More <b>October 2nd</b></p> <p>Speaker: Jessica Empeño, MSW Compassion &amp; Choices</p> <p>This talk is an overview of palliative and death care resources, how to access them, and their benefits. Includes finding support for the grieving and bereaved. Explores the efforts of Compassion &amp; Choices to address options for the end of life.</p> <p><b>Feature Film: Evening, 11:30 a.m.</b></p>	<p>Understanding Your Legal End of Life Options <b>October 9th</b></p> <p>Speaker: Dr. Bob Uslander, MD Medical Director, Empowered Endings</p> <p>Topics covered will include information on end of life medical support options. Dr. Uslander will discuss physician-led Medical Aid in Dying (MAiD) and voluntary Stopping Eating and Drinking (VSED).</p> <p><b>Feature Film: Bucket List, 11:30 a.m.</b></p>	<p>Decision-Making and Advance Care Planning <b>October 16th</b></p> <p>Speaker: John Tastad, SCC Sharp Healthcare</p> <p>Mr. Tastad has served as a chaplain at Sharp HospiceCare for many years. He will discuss essential planning documents, and the role of a hospital bioethics committee. Learn how to get started with a plan to ensure your wishes are met.</p> <p><b>Feature Film: Living, 11:30 a.m.</b></p>
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## NEW! VIRTUAL REALITY ADVENTURES AT THE LIBRARY



30-minute sessions to use the VR headsets are available on the first and third Fridays from 10 a.m. - 1 p.m. RSVP required.

Go on a Virtual Reality Adventure at the Library! Using Virtual Reality (VR) technology, transport yourself to a variety of visually stunning & mentally stimulating environments. Take a walk along the beach, explore an art museum, or travel around the world, without leaving the comfort of the Library. VR technology is used as a tool to cue memories, stimulate the brain, and provide positive experiences to support overall mental health.

Participants will put on a VR headset, which completely covers the eyes and immerses the wearer in a 360-degree digital reality to be seen through the lenses of the headset. The headset detects head movement, allowing the user to be fully immersed in the experience. Simply move the head left or right to discover the surroundings! Headphones may be worn for an audio experience as well.

## Check out a blood pressure kit and treat your heart with care!

The Library, in conjunction with a generous donation of the American Heart Association, is offering patrons the opportunity for self-monitoring of blood pressure at home.

We have four Blood pressure monitoring kits available for 3-week checkouts with your library card. Come in to the Library and we'll set you up!



**Libraries with Heart**  
Resources for Self-Measured Blood Pressure Monitoring



## What's New in Books

### Diet and Exercise

10-Minute Strength Training Exercises for Seniors  
Bright Cooking: Recipes for the Modern Palate  
Culinary Medicine from Clinic to Kitchen: A Hands-on Guide to Transforming Nutrition Guidelines into Cooking Skills  
Dash Diet Meal Prep: 100 Healthy Recipes and 6 Weekly Plans  
Everyday Mediterranean: A Complete Guide to the Mediterranean Diet with 90+ Simple, Nourishing Recipes  
Food to Grow On: The Ultimate Guide to Childhood Nutrition from Pregnancy to Packed Lunches  
More Please: On Food, Fat, Bingeing, Longing, and the Lust for "Enough"  
Move Better: A Two-Step Guide to Efficient Posture and Increased Mobility  
Peaceful Kitchen: More than 100 Cozy Plant-Based Recipes to Comfort the Body and Nourish the Soul

### General Health

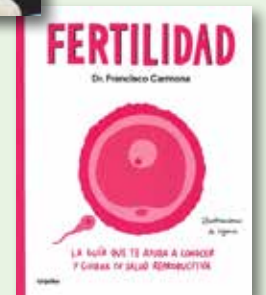
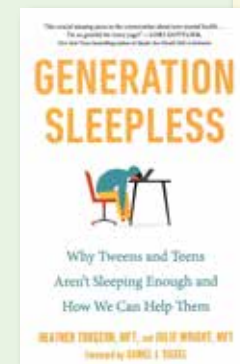
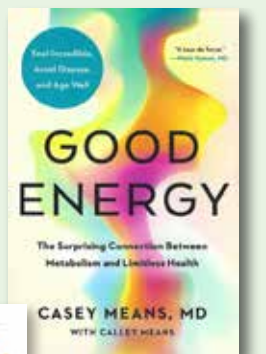
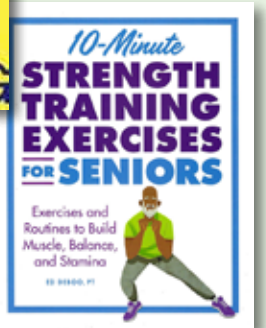
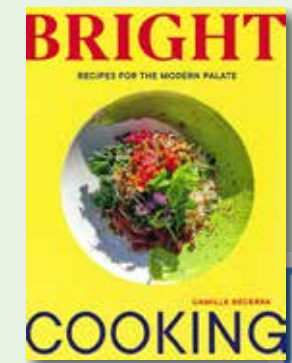
Anything for My Child: Making Medically Impossible Decisions for Medically Complex Children  
Beating Melanoma: The Ultimate Patient Resource  
By the Bedside of the Patient: Lessons for the Twenty-First-Century Physician  
Dietary Supplements: Fact Versus Fiction  
Everyday Miracles: Curing Multiple Sclerosis, Scleroderma, and Autoimmune Diseases by Hematopoietic Stem Cell Transplant  
Facing Scleroderma: A Guide for Patients and Their Families  
Generation Sleepless: Why Tweens and Teens Aren't Sleeping Enough and How We Can Help Them  
Good Energy: The Surprising Connection Between Metabolism and Limitless Health  
Gray Matters: A Biography of Brain Surgery  
Human 2.0: A Celebration of Human Bionics (Childrens)  
In Case You Get Hit By a Bus: How to Organize Your Life Now for When You're Not Around Later  
Kids Thrive at Every Size: How to Nourish Your Big, Small, or In-Between Child for a Lifetime of Health and Happiness  
Letter to a Young Female Physician: Thoughts on Life and Work (Memoir)  
Live Your Life with COPD: 52 Weeks of Health, Happiness, and Hope  
Living Well with Type 2 Diabetes: A Whole Person Understanding and Approach  
Mayo Clinic Guide to a Healthy Pregnancy  
Osteoporosis Sourcebook  
Supporting the Transition from Breastfeeding: A Guide to Weaning for Professionals, Supporters and Parents  
Take Control of Your IBS: The Step-by-Step Guide that Actually Works  
The Ultimate College Student Health Handbook: Your Guide to Everything from Hangovers to Homesickness

### The Mind and the Brain

7 1/2 Lessons About the Brain  
A Body Made of Glass: A Cultural History of Hypochondria  
Autism & Adolescence: The Way I See It - What Teens and Adults Need to Know  
Access Your Drive and Enjoy the Ride: A Guide on Achieving Your Dreams From a Person with a Disability  
Briefly Perfectly Human: Making an Authentic Life by Getting Real About the End  
Every Brain Needs Music: The Neuroscience of Making and Listening to Music  
Grace: A Model for Grieving: A Five-Step Guide for Healing After Loss  
Guy Stuff Feelings: Everything You Need to Know About Your Emotions (Teen)  
The Healing Trauma Workbook for Asian Americans: Heal from Racism, Build Resilience & Find Strength in Your Identity  
Lucid Dying: The New Science Revolutionizing How We Understand Life and Death  
The Power of Friendship How to Create, Maintain and Deepen Relationships

### Spanish

Fertilidad: La Guía Que te Ayuda a Conocer y Cuidar tu Salud Reproductiva  
Educa Tu Cerebro: Aprende Cómo Funciona y Cómo Optimizarlo para Disfrutar de Una Vida Más Plena  
Enfermeros (Ninos)  
Pilates: Mejora Tu Técnica, Evita Lesiones, Perfecciona Tu Entrenamiento



## Library Classes & Activities

\*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. 2nd, Nov. 6th, Dec. 4th

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

### Fitness Forever Club



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

Oct. 3rd & 17th, Nov. 7th & 21st,  
Dec. 5th & 19th

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

### Memory Cafe

(1st & 3rd Thursday each month)

Oct. 3rd & 17th, Nov. 7th & 21st,  
Dec. 5th & 19th



10:30 a.m. - 12:00 p.m.  
Library Meeting Room

### Virtual Reality Program

(1st & 3rd Friday each month)



10:00 a.m. - 1:00 p.m.  
1-30 minute session per day  
Library Conference Room

### Crafternoon Mondays

(2nd Monday each month)



Oct. 14th - Button Art.  
Nov. 4th (1st Monday) - Wood Slice Ornaments.  
Dec. 9th - Yarn Flowers.  
1:00 p.m. - 2:00 p.m. Library Meeting Room

### Memory Screenings

FREE HEALTH SCREENINGS 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 Oct. 14, Nov. 25, and Dec. 9, between the hours of 11:00 a.m. and 2:00 p.m. RSVP at 619-825-5010 or library@grossmonthealth-care.org.

### Walk With a Doc!

October 24th  
November 14th  
December 12th



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

### Easy Does It Chair Yoga

(2nd Wednesday each month)  
Oct. 9th, Nov. 13th, Dec. 11th

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

Library Meeting Room



### Children's Music Storytime

New day!

(3rd Tuesday each month)  
Oct. 15th, Nov. 19th, Dec. 17th



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

### Knitting and Crochet Club

(3rd Monday each month)  
Oct. 21st, Nov. 18th, Dec. 16th



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

### ArtReach Art Program

(3rd Wednesday each month)

Oct. 16th  
Nov. 20th  
Dec. 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  
Thursdays, Sept. 5th thru Nov. 21st.



3:00 p.m. - 4:00 p.m. Library Meeting Room