

9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: www.ghdhealthlibrary.org | Email: 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

Please let us know if you have moved or changed your phone number.

Grossmont Healthcare District
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Blood – for the Good of Us All...

- by Sue Petrofsky, Library Assistant

January rings in the New Year and brings National Blood Donor Month into focus, as blood banks around the country replenish blood stocks that were depleted over the holidays.

So, what is blood? Your blood is comprised of liquid and solids. Plasma, the liquid part, is made of water, salts, and protein. The solid part of your blood contains red blood cells, white blood cells, and platelets. Red blood cells (RBC) are round and contain hemoglobin, a protein that delivers oxygen from your lungs to your tissues and organs. As RBC travel through the lungs, the oxygen turns them bright red. White blood cells (WBC), or leukocytes, fight infection and are part of your immune system. Different kinds of WBC fight germs, such as bacteria and viruses. WBC are formed in bone marrow, the spleen, thymus, and lymph nodes. They are colorless and can change shape. Lastly, the platelets, or thrombocytes, are tiny oval-shaped cells that help in the clotting process.

When a blood vessel breaks, platelets move to the area and help seal off the leak. Blood cells constantly die, and your bone marrow is constantly making new ones. A red blood cell lives about 120 days, a platelet about 6 days, and some white blood cells less than a day, although they can live much longer.

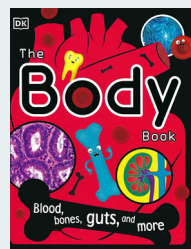
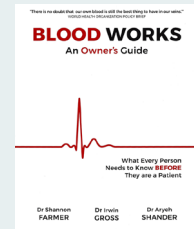
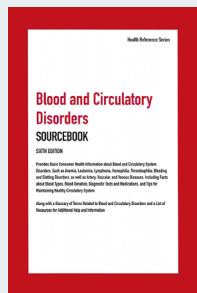
Your blood carries oxygen and nutrients to keep your body working. Arteries and veins link your heart to the rest of the circulatory system. Veins bring blood to your heart;

arteries take blood away from your heart. Blood carries carbon dioxide and other waste materials to the lungs, kidneys, and digestive system to be removed. Plasma is a part of your blood that has proteins, hormones, and waste products.

Categorizing blood into types helps prevent reactions when someone gets a blood transfusion. Red blood cells have markers called antigens which our bodies use to identify that the blood cells belong to us. There are two main blood groups, ABO and Rh. The ABO blood system has four main types: A, B, AB, and O. From there, blood is classified as Rh positive or Rh negative, with eight possible blood types that are determined by your genetics.

All of this becomes very important if you ever need a blood transfusion. To receive blood safely, your immune system must recognize the donor blood cells as a match, or the cells will be rejected. If a patient gets the wrong blood type, their antibodies will immediately set out to destroy the invading cells. This whole-body response can cause fever, chills, and low blood pressure. It could also cause vital body systems like breathing or the kidneys to fail.

Blood transfusions are one of the most frequent lifesaving procedures that hospitals do. More than 14 million units of blood were transfused in the United States in 2021. About one in seven people entering a hospital needed blood. Blood donors are always needed. Consider contributing during Blood Donor Month.



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.

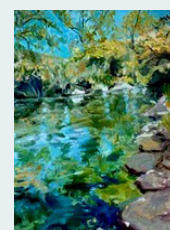


January - March 2025

Volume 23, Issue 1

"River: Mountain to Sea" Winter Art Exhibit

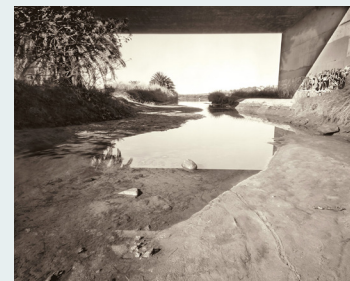
San Diego River Artists' Alliance



The San Diego River Artists' Alliance (SDRAA) is a collective of visual and 3D artists who are creating artwork about the San Diego River and its ecosystems. SDRAA is working alongside the San Diego River Park Foundation (SDRPF)



to support its work and long-term vision for the river. They began in 2021 and since then have participated in several SDRPF events such as RiverFest, the Annual Anniversary celebrations at the new Discovery Center and sponsored hikes.



Wellness Wednesday

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

**Healthy Habits, Healthy Hobbies:
The Benefits of Active Leisure
January 22nd**

Speakers: A panel presentation by four local recreation & activity experts

Thinking about healthy changes for the new year? Don't forget the power of recreation! Find a new hobby, or pick up an old one as we explore the health benefits of time in nature, arts and crafts, volunteering, and more.



Feature Film: Thelma, 11:30 a.m.

**Walk More, Stress Less:
Heart Health One Step at a Time
February 26th**

Speaker: Dr. Richard Armenta, PhD
Social Epidemiologist

Dr. Armenta will talk about the stress-relieving and heart-boosting benefits of walking. Gain practical tips about the biomechanics of walking and how it benefits one's overall cardiac fitness. Learn to incorporate walking into your daily routine for a healthier, happier life!

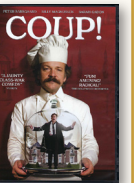


Feature Film: Sight, 11:30 a.m.

**The Immunity-Boosting Power of Food:
Exploring the Link Between Immune
Health & What You Eat
March 26th**

Speaker: SABRINA A. FALQUIER, MD,
CCMS, DipABLM

Join us as Dr. Falquier returns to talk about the part eating plays in our immune system and why. She will break down nutrition in a way that is clearly understood so that you will leave knowing what changes you can make in what you eat and drink to begin to improve your immune system.



Feature Film: Coups!, 11:30 a.m.

Upcoming Events



Blood Drive!

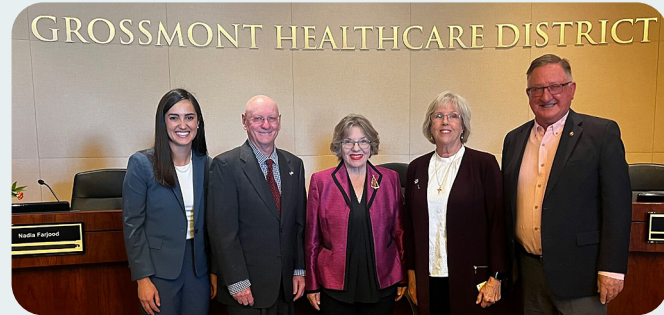
We are partnering with the San Diego Blood Bank and will be hosting a blood drive on Thursday, January 16th from 10 a.m. to 3:30 p.m. Schedule your appointment by scanning the QR code, calling 619-400-8251 or visiting www.SanDiegoBloodbank.org/donate.

**Artists' Meet & Greet Reception
"River: Mountain to Sea"**

San Diego River Artists' Alliance
January 22, 2025 6 p.m. - 7 p.m.
GHD Health & Wellness Library. RSVP at:
619-825-5010 or library@grossmonthealthcare.org

Make your voice heard!

The Library is a resource of the Grossmont Healthcare District, a public agency that supports the health and wellness of the residents of East County. GHD is governed by a five-member publicly elected Board of Directors who set strategic priorities for the District, including the operations of the Library. If you have questions or would like to provide feedback about the work of the District, the services provided by the Library, or other local community health concerns, the Board wants to hear from you! Meetings are open to the public and held twice monthly, on the first Tuesday and third Thursday. Please check the district website for an up-to-date schedule: grossmonthealthcare.org/board-calendar.



GHD Board L to R: Nadia Farjood, Robert Ayres, Gloria Chadwick, Virginia Hall, Randy Lenac

New from Massachusetts General Hospital, Facing...

We've just added a new book series geared to answering your questions about 21 different health issues. Visit our catalog to see all the available titles. These new books ask the questions you want to know about and then answers them in a concise, understandable format.



What's New in Books

Diet and Exercise

The Complete Food Counter
The Complete Gout Management & Nutrition Guide: Empowering Strategies for Better Health
Feeding Little Lunches: 75+ No-Stress Lunches Everyone Will Love
Food for Menopause: Recipes and Nutritional Advice for Perimenopause, Menopause and Beyond
Food Wise: A Whole Systems Guide to Sustainable and Delicious Food Choices
So Good: Food You Want to Eat, Designed by a Nutritionist

General Health

A Little Less Broken: How an Autism Diagnosis Finally Made Me Whole
Banish Bedtime Battles: The Ultimate Six-Week Plan to Help Your School-Aged Child Sleep Independently
The Body Alone: A Lyrical Articulation of Chronic Pain
Diagnosed: An Insider's Guide for Your Healthcare Journey
Eat Sleep Tantrum Repeat: How to Parent Like a Pediatrician and Keep Your Toddler Happy and Healthy
El Libro de La Medicina
e-Patients Live Longer: Managing Healthcare Using Technology
Estrogen Matters: Why Taking Hormones in Menopause Can Improve and Lengthen Women's Lives - Without Raising the Risk of Breast Cancer
Front Line Nursing Stories: An Anthology from the 1940s to the COVID-19 Pandemic
Getting Started with Advance Directives
Healing Healthcare: Evidence-Based Strategies to Mend Our Broken System
Hear & Beyond: Live Skillfully with Hearing Loss
The Hidden Zoo Inside You: An Illustrated Guide to Pesky Organisms and Pandemics
Just Diagnosed Breast Cancer: A Candid Collection of Information You Can Use on Your Journey to Healing
Let's Talk About It: The Teen's Guide to Sex, Relationships, and Being a Human
Living Well with Ortho Static Intolerance: A Guide to Diagnosis and Treatment
Modern Masculinity: A Compassionate Guidebook to Men's Mental Health
The Mumbo Jumbo Fix: A Survival Guide for Effective Doctor-Patient-Nurse Communication
Qué Puedes Esperar en el Primer Año
Return to You: A Postpartum Plan for New Moms
The Science of Beauty: Debunk the Myths and Discover What Goes into Your Beauty Routine
The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond
Skip the Waiting Room: How Telehealth Will Transform Medicine for Patients and Doctors
Uncharted: How Scientists Navigate Their Own Health, Research, and Experience of Bias
Vaccines and Your Family: Separating Fact from Fiction
Your Brain on Pregnancy: A Guide to Understanding and Protecting Your Mental Health During Pregnancy and Beyond

The Mind and the Brain

Before Dementia: 20 Questions You Need to Ask About Preventing Preparing Coping
Constructing Health: How the Built Environment Enhances Your Mind's Health
The Doctor Who Fooled the World: Science, Deception, and the War on Vaccines
Extraordinary Doctor: How Emotional Intelligence Drives a Physician's Success
It Won't Ever Be the Same: A Teen's Guide to Grief and Grieving
The Joy of Connections: 100 Ways to Beat Loneliness and Live a Happier and More Meaningful Life
Just One Heart: A Cardiologist's Guide to Healing, Health, and Happiness
Nature Walking with Cancer: Reuniting the Human Spirit With the Soul of Nature
Sociopath: A Memoir, Patric Gagne PHD
Traces of Madness: A Graphic Memoir
You Don't Have to Quit: 20 Science-Backed Strategies to Help Your Loved One Drink Less

Childrens

I Am Deaf
I Feel... ALLERGIC
It's Called Dyslexia
Liam's Lonely Day
Me Vida con Abuela con Enfermedad de Alzheimer
My Friend with ADHD



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)
(No Jan. Class), Feb. 5th, Mar. 5th
10:00 a.m. - 11:00 a.m. GHD Courtyard

Fitness Forever Club

(class is for older adults and seniors)
(1st & 3rd Thursday each month)
Jan. 2nd & 16th, Feb. 6th & 20th,
Mar. 6th & 20th
9:00 a.m. - 9:45 a.m. GHD Courtyard

Memory Café

(1st & 3rd Thursday each month)
Jan. 2nd & 16th, Feb. 6th & 20th,
Mar. 6th & 20th
10:30 a.m. - 12:00 p.m.
Library Meeting Room

Virtual Reality Program

(1st & 3rd Friday each month)
Jan. 3rd & 17th, Feb. 7th & 21st,
Mar. 7th & 21st
10:00 a.m. - 1:00 p.m.
1-30 minute session per day
Library Conference Room

Crafternoon Mondays

(2nd Monday each month)
Jan. 13th - Paint Brush Art.
Feb. 10th - Painting Mason Jars.
Mar. 10th - Lady Bug Rock Art.
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 Jan. 13, Feb. 10, and Mar. 10, between the hours of 11:00 a.m. and 2:00 p.m. RSVP at 619-825-5010 or library@grossmonthealthcare.org.

Walk With a Doc!

January 9th
February 13th
March 13th



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

Easy Does It Chair Yoga

(2nd Wednesday each month)
Jan. 8th, Feb. 12th, Mar. 12th
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)
Jan. 21st, Feb. 18th, Mar. 18th



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

Knitting and Crochet Club

Jan. 27th, Feb. 24th, Mar. 17th



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

Community. Access. Connection. Art Workshops

(3rd Wednesday each month)
Jan. 15th
Feb. 19th
Mar. 19th



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, Jan. 23rd thru April 10th
3:00 p.m. - 4:00 p.m. Library Meeting Room

