

**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  
Nadia Farjood, JD  
Virginia Hall, RN  
Randy Lenac  
.....  
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Amy Abrams,  
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Holland Kessinger,  
Head Librarian

## Music and Your Mental Health

- by Sue Petrofsky, Library Assistant

Music is entwined with most of our lives. It can impact our moods and aid in processing a wide range of emotions. Music acts on many parts of the brain, including cognition, sensory, and movement. Music therapy for mental health has become recognized in treating a wide range of physical and mental conditions, including anxiety, depression, and hypertension.

Doctors and clinicians noticed the positive effects of music when touring ensembles such as the USO traveled and performed for service members during both World Wars. After the wars, they began to urge VA hospitals to employ professional musicians, which lead to the development of special training partnering music therapy and mental health. Patients that had access to music seemed to recover faster both physically and emotionally, which encouraged hospitals to bring in more music professionals.

Over time, the training of music professionals became more specialized. Today, music therapists must pass a national board certification. Music therapists use both active: singing, instrument playing, dance and more, and receptive: listening, guided imagery with music, to improve overall mental well-being.

Music has also been found to improve physical well-being, as studies done on burn patients found their pain levels decreased during dressing changes if they participated in music therapy before and during dressing changes. Measurements of stress hormones, heart rates and respiration, and patient's assessments of pain levels all improved with music therapy. Serotonin (feel-good hormones) levels increased,



and cortisol levels (stress hormones) decreased. Patients in palliative care also had decreased pain, and some Alzheimer's patients can become more cognitive when listening to music.

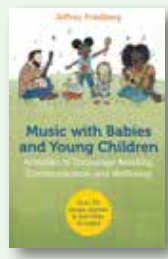
So how can music help you when things get stressed? Music can help you find motivation to exercise with upbeat dance music, release tension and aid self-expression of emotion by singing, transition to sleep with a soothing playlist, and connect with others socially by attending live music events.

Some recommended music therapy tools include:

- *Listening:* Use music either as intentional focus or background to quiet the mind. Match music to your current energy or mood and then change the feel and tempo to help your mood shift.
- *Learn to play an instrument:* Active music creation engages your entire brain. This has the most potential for distraction, pain reduction, creative expression. Even a simple instrument such as the ukelele or drum enables your cognitive brain.
- *Singing:* Physical benefits of singing include improved lung function and lyrics can match your mental feelings or provide community connections if you sing in a group or choir.

Music has no perfect genre to make the hard things in life easier, but it does have the capacity to make things better in your world for a little while, and sometimes that is all you need to reset in the moment.

The Library has some great reads about music therapy, as well as monthly classes such as *Drums Alive* or *Musical Storytime* for kids to help you learn more about how music can help your life.



# Library News

Grossmont Healthcare District's  
Health & Wellness Library

April - June 2025

Volume 23, Issue 2

## Care & Custody: Past Responses to Mental Health

A Special Traveling Exhibit Presented by  
The National Library of Medicine

The Library is proud to be hosting a traveling banner exhibition from the National Library of Medicine from May 5 - June 10, 2025. This exhibit explores the treatment of people with mental health conditions throughout history, especially in the United States, bringing to light the tension that has existed between care and custody. Physicians, advocates, families, and government agencies have all contributed to the shaping of mental health policies. *Care & Custody* examines this history to understand how the country has moved away from custodial forms of treatment, toward more inclusive approaches, and worked to protect the rights of people with mental health conditions.



The National Library of Medicine produced this exhibition and companion website.

## Upcoming Event! East County Health: A Community Conversation

Make your voice heard! If you live, work, go to school, or access health care services in East County, the Grossmont Healthcare District invites you to a community conversation about the health needs in our region. Join us to learn about the results of the 2025 Community Health Needs Assessment, ask questions, share your concerns, and help influence the District's strategic priorities. This will be a hybrid in-person and online event, and we hope you'll join us to help shape the future of community health in East County!

Tuesday, April 29th | 5:30-7:30 PM  
In person at the Grossmont Healthcare District OR via Zoom  
9001 Wakarusa Street, La Mesa, CA 91942  
Welcome reception: 5:30-6 PM — Program begins: 6 PM

Live translation available:  
Traducción en vivo y subtitulada al español disponible  
تتوفر ترجمة حية مع ترجمة نصية باللغة العربية

For more information visit:  
<https://bit.ly/GHDCCommunityEvent>. RSVPs are requested.  
If you will join us in person, please email [events@grossmonthealthcare.com](mailto:events@grossmonthealthcare.com)  
If you will join us via Zoom, please pre-register here:  
<https://bit.ly/4bxLJUx>



Program Information

## Wellness Wednesday

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

### Public Health Approaches to Address Social Determinants of Health and Build Resilient Communities

April 23rd

Speaker: Adrienne Anderson, MPH  
Program Coordinator at the County of San Diego Department of Public Health

Social determinants of health, such as neighborhood conditions and economic stability, influence overall health and well-being. Learn how the County of San Diego addresses social determinants of health to benefit the community.

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

### Depression in Older Adults

May 28th

Speaker: Omar Ghosn, MD  
Senior Behavioral Health Unit, UCSD

Depression is common in older adults, but it is not a normal part of aging. Join us for an informative and supportive discussion on how to recognize the signs of depression, understand its causes, and explore ways to improve mental well-being.

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

### Mind Matters: Navigating Brain, Spine, and Neurological Health

June 25th

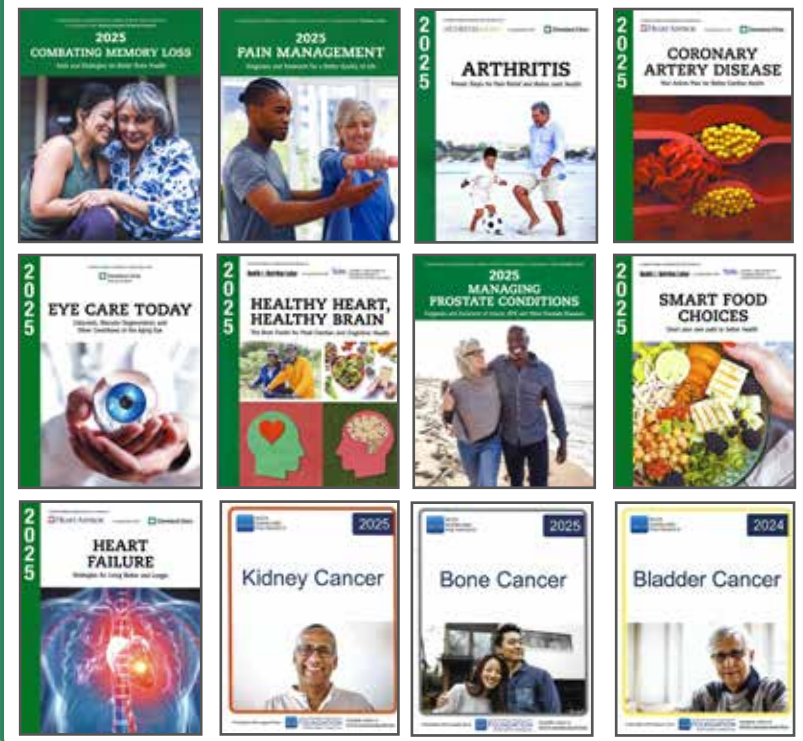
Speaker: Megan Kennelly, DNP, MBA,  
AGACNP-BC, RN

Join us for a comprehensive presentation designed to enhance understanding and awareness of neurological health, including the intricate connections between the brain and spine and delving into various neurological disorders.

Feature Film: *Fall Guy*, 11:30 a.m.



## 2025 Annual Special Reports Have Arrived!



## 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](http://grossmonthealthcare.org/board-calendar).



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

## Library Classes & Activities

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

**Fitness Forever Club**  
(class is for older adults and seniors)  
(1st & 3rd Thursday each month)  
April 3rd & 17th, May 15th, May 29th, June 5th  
No class on May 1st or June 19th  
9:00 a.m. - 9:45 a.m. GHD Courtyard

**Memory Café**  
(1st & 3rd Thursday each month)  
April 3rd & 17th, May 1st & 15th, June 5th  
No class on June 19th  
10:30 a.m. - 12:00 p.m.  
Library Meeting Room

**Virtual Reality Program**  
(1st & 3rd Friday each month)  
April 4th & 18th, May 2nd & 16th, June 6th & 20th  
10:00 a.m. - 1:00 p.m.  
1-30 minute session per day  
Library Conference Room

**Crafternoon Mondays**  
(2nd Monday each month)  
April 14th – Macrame Keychains  
May 12th – Candle Painting  
June 9th – Dahlia Book Page Wreaths  
1:00 p.m. - 2:00 p.m. Library Meeting Room

**Walk With a Doc!**  
April 10th  
May 8th  
June 12th  
9:00 a.m. - 9:45 a.m.  
Briercrest Park

**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 April 14, May 12, and June 9, 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).

**Drums Alive Music Therapy for Seniors**  
(1st Wednesday each month)  
April 2nd, May 7th, June 4th

10:00 a.m. - 11:00 a.m. GHD Courtyard  
**Easy Does It Chair Yoga**  
(2nd Wednesday each month)  
April 9th, June 11th  
No class on May 14  
10:00 a.m. - 11:00 a.m. or 2:00 p.m. - 3:00 p.m.  
Library Meeting Room

**Children's Music Storytime**  
(3rd Tuesday each month)  
April 15th, May 20th, June 17th

10:00 a.m. - 11:00 a.m. Library Meeting Room  
**Knitting and Crochet Club**  
April 21st, May 19th, June 16th  
1:00 p.m. - 2:00 p.m. Library Meeting Room

**Community. Access. Connection. Art Workshops**  
(3rd Wednesday each month)  
April 16th, May 21st, June 18th  
10:00 a.m. - 12:00 p.m. Library Meeting Room

## What's New in Books

### Diet and Exercise

5 Ingredients Mediterranean: Simple Incredible Food  
All You Need is Rhythm and Grit: Running Guru + Fitness Trainer  
The Complete Book of Pickleball: The Ultimate Training Guide for Passionate Players of All Levels  
Crip Up the Kitchen: Tools, Tips and Recipes for the Disabled Cook  
Diabetes & Carb Counting for Dummies  
The Complete Type 2 Diabetes Cookbook for Beginners: 150 Easy and Heart-Healthy Recipes  
The Healthy Bones Plant-Based Nutrition Plan and Cookbook  
The Heart Healthy Plant-Based Cookbook: Over 100 Recipes for Lowering Blood Pressure, Reversing Heart Disease & Cardiac Recovery  
Mediterranean Diet for Dummies  
Misunderstood Vegetables: How to Fall in Love with Sunchoke, Rutabaga, Eggplant and More  
The Postpartum Nutrition Cookbook: 100+ Nourishing Recipes for New Moms  
The 30-Minute Prediabetes Cookbook: 100 Easy Recipes to Improve and Manage Your Health through Diet  
Walking Well: A New Approach for Comfort, Vitality, and Inspiration in Every Step  
What Every Woman Needs to Know About Her Skin and Hair: How the Hormones on Your Inside Affect You on the Outside

### General Health

A Concise Guide to Clinical Trials  
AAOS First Aid, CPR, and AED Standard  
Aging or Alzheimer's? A Doctor's Personal Guide to Memory Loss, Cognitive Decline, and Dementia  
Deaf Utopia: A Memoir - and a Love Letter  
Disability Pride: Dispatches from a Post-ADA World  
The Elements of Marie Curie: How the Glow of Radium Lit a Path for Women in Science  
Empowered Sleep Apnea: A Handbook for Patients and the People Who Care About Them  
From One Cell: A Journey into Life's Origins and the Future of Medicine  
Gender: A New Understanding of Identity in a Gender Creative World  
Heal Your Gut, Save Your Brain  
How to Beat Insomnia and Sleep Problems: A Brief, Evidence-based Self-help Treatment  
How to Help Your Doctor Help You: A Guide for Men and Women to Manage Health Proactively  
Keep Looking Up: Your Guide to the Powerful Healing of Birdwatching  
Living with Rheumatoid Arthritis  
Mayo Clinic Guide to Holistic Health: Unlock Your Body's Natural Healing Power  
Navigating Life with Restless Legs Syndrome  
No Bad Kids: Toddler Discipline Without Shame  
Parents in Recovery: Navigating a Sober Family Lifestyle  
The Pregnancy Encyclopedia: All Your Questions Answered  
Prostate Cancer Now What? A Practical Guide to Diagnosis, Treatment, and Recovery  
Rethinking Diabetes: What Science Reveals About Diet, Insulin, and Successful Treatments

### The Mind and the Brain

Anxiety Culture: The New Global State of Human Affairs  
Anxiety Rx: A Revolutionary New Prescription for Anxiety Relief - From the Doctor Who Created It  
Broken Heart, Shared Heart, Healing Heart: Navigating the Loss of Your Pet  
The Chair and the Valley: A Memoir of Trauma, Healing, and the Outdoors  
Everything Anxiety Ever Told You is a Lie (Well, Almost Everything)  
How Do You Feel? One Doctor's Search for Humanity in Medicine  
How to Beat Agoraphobia One Step at a Time  
I Heard There Was a Secret Chord: Music as Medicine  
Mayo Clinic Guide to Better Sleep  
Nothing to Fear: Demystifying Death to Live More Fully  
The Upside of OCD: Flip the Script to Reclaim Your Life

### Childrens

1, 2, 3, Exercise with Me! Fun Exercises with Elmo  
Hospital Heroes Save the Day!  
How to Tantrum Like a Champion: Ten Small Ways to Temper Big Feelings  
I'm a Facility Dog: Health Heroes  
Maisy Goes to the Eye Doctor  
What We Wear When We Take Care

