



Grossmont Healthcare District's
Health & Wellness Library

An East County community resource

9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: www.ghdhealthlibrary.org | Email: library@grossmonthealthcare.org



FOLLOW US!

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

Grossmont Healthcare District

Board of Directors:

Robert Ayres
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Nadia Farjood, JD
Virginia Hall, RN
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Aaron Byzak, Interim CEO
Amy Abrams,
Chief Community Health Officer
Holland Kessinger,
Head Librarian

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

We're Rolling...Your Way!

- by Sue Petrofsky & Caitlyn Shaffer

The Library is proud to announce that, as of May, we are out-and-about and serving our East County community, wherever you may be! After our official launch in April and getting our feet wet with a couple of local health fairs and events, the Mobile Outreach Library (MOL) is now fully operational and making regularly scheduled stops throughout the East County region including locations in El Cajon, Santee, Campo, Lakeside, Spring Valley, Lemon Grove, Alpine, Mountain Empire, and more. The purpose of the MOL is to visit areas of East County that may not know about our Health & Wellness Library or do not have access to it. Instead of waiting for the community to come to our main Library in La Mesa, we're bringing the Mobile Outreach Library to the community!



The Mobile Outreach Library will carry a variety of reliable and authoritative health information on-board. Ranging from general health information like exercise, diet, and nutrition to specific topics such as blood pressure, sleep, mental health, parenting, Alzheimer's and dementia, and more, the Mobile Outreach Library will provide reliable health information from credible and vetted sources. In addition, the Mobile Outreach Library will provide Library cards to qualified GHD residents, will grant access to the Library's catalog, e-books, e-magazines, and online

resources, will supply blood pressure monitors for free self-checks, and more.

The MOL is driven by our Library Outreach Assistant, Caitlyn. Having lived in Lakeside, Santee, El Cajon, and Alpine, she knows and appreciates what East County has to offer. Caitlyn earned her BA in English from the University of Portland in 2019 then her Master's of Library and Information Sciences from the University of Wisconsin-Milwaukee in 2023. Fueled by a desire to serve her home community, Caitlyn is excited to provide health and wellness information and services to East County residents.

You can visit our Library website and social media pages for regular updates regarding the Mobile Outreach Library and the route schedule. If your community or organization is located within the Grossmont Healthcare District and is interested in being added to our regular stop schedule, please fill out the request form on our website at www.grossmonthealthcare.org/mobile-outreach-library/ to be considered. The MOL is also available for one-time special events such as health fairs, local parades, and outreach events. For general Mobile Outreach Library inquiries, contact us at mobilelibrary@grossmonthealthcare.org.

Look for us at a location near you!



Library News

Grossmont Healthcare District's
Health & Wellness Library

July - September 2025

Volume 23, Issue 3

The World on Hold: Sketches from a Traveler in Waiting

Summer Art Exhibit: July 1 -September 30

When the COVID-19 pandemic prevented Joey Herring from pursuing his favorite hobby—traveling to experience new states, countries and cultures—he revisited his collection of personal travel photography. In an effort to relive the treasured memories of his past, Herring reimagined these photos as a series of digital illustrations. Each work features urban architecture from cities throughout Europe and the United States that celebrate the rich history and diversity of the built environment.

Joey Herring is a curator and public art administrator. He works with national and international artists and arts organizations. Currently, Herring is the Policy and Project Manager for The Strauss, a soon-to-open art museum at UCSD.

A free Artist Meet & Greet reception will be held in the Library on July 30th, at 6 p.m. RSVP at 619-825-5010 or library@grossmonthealthcare.org.



NEW! Community Health Clinic

Representatives from the University of California, San Diego, Skaggs School of Pharmacy and Pharmaceutical Sciences, and the County of San Diego Health and Human Services Medical Care Services-Pharmacy team will provide free health screenings (blood pressure, blood glucose), vaccinations (COVID-19 and Hepatitis A), and other resources from 10 a.m. to 1 p.m. every first Thursday of the month. Information on general San Diego County resources will also be available. No RSVP is needed.

First Thursday monthly, beginning on August 7th
10 a.m. to 1 p.m. in the Library

UC San Diego
SKAGGS SCHOOL OF PHARMACY
AND PHARMACEUTICAL SCIENCES



Wellness Wednesday

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

Acupuncture: Ancient Healing for Modern Pain Management
July 23rd

Speaker: Tracy Strong, DACM, LAC.
SimplyStrong Acupuncture & Integrative Medicine

This talk explores the history, principles, and benefits of acupuncture, highlighting its evidence-based applications in effectively managing chronic and acute pain. Learn how this ancient practice complements modern healthcare to promote wellness and relief.



Feature Film: *White Bird*, 11:30 a.m.

Diabetes & Your Heart

August 27th

Speaker: Sarah MacGuire, MBA, RN, CDCES
Certified Diabetes Care & Education Specialist
Sharp HealthCare

Learn about the connections between diabetes and heart health, and how to lower your risk of diabetes, reduce your risk of heart disease if you are diagnosed with diabetes, and ultimately protect your heart so that you may live a longer, healthier life.



Feature Film: *The Unbreakable Boy*, 11:30 a.m.

Hearing Loss and Cognition

September 24th

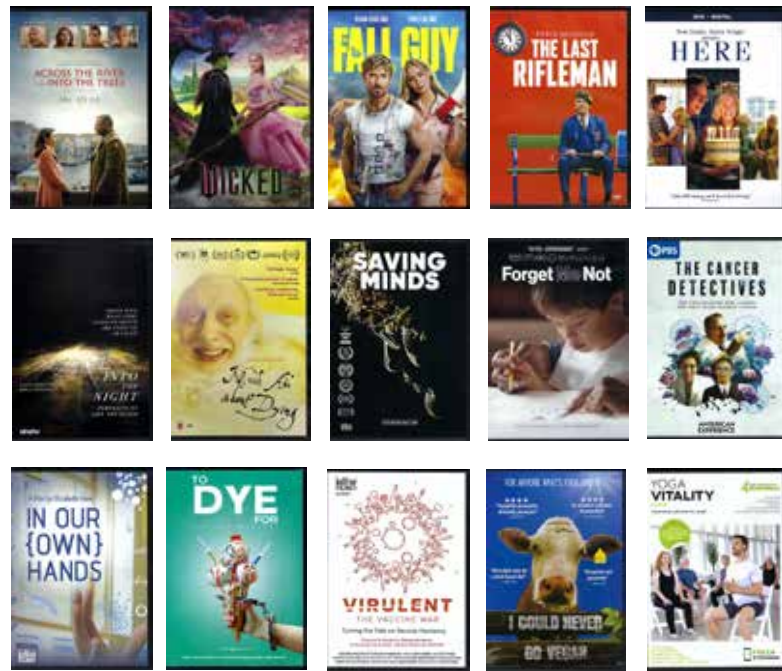
Speaker: Laura Coco, AuD, PhD, CCC-A
Clinical Audiologist and Assistant Professor at San Diego State University

This presentation will explore the potential connection between hearing loss and cognitive decline and how hearing aid use helps improve social connectedness. We will also discuss hearing healthcare access and offer practical strategies for prevention, screening, and early intervention.



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

WHAT'S NEW IN DVDS AND DOCUMENTARIES



Library Programs & 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)

July 3rd & 17th, August 7th & 21st,
Sept. 4th & 18th

9:00 a.m. - 9:45 a.m. GHD Courtyard

Memory Café

(1st & 3rd Thursday each month)

July 3rd & 17th, August 7th & 21st,
Sept. 4th & 18th

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

Virtual Reality Program

(1st & 3rd Friday each month)

July 18th, August 1st & 15th, Sept. 5th & 19th
No class (holiday) July 4th

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

Crafternoon Mondays

(2nd Monday each month)

July 14th – Yarn/Driftwood Craft
August 11th – Rainmaker Project
Sept. 8th – Seashell Wreaths

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

Walk With a Doc!

July 10th
August 14th
September 11th



Every 2nd Thursday a
Sharp-affiliated doctor
leads the group on a
one-mile stroll through
Briercrest Park in La
Mesa, offering health tips
and answering questions
along the way.

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

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, in person or via Zoom, on the first Tuesday and third Thursday. Please check the district website for an up-to-date schedule, including Zoom web access: [grossmonthealthcare.org/board-calendar](https://www.grossmonthealthcare.org/board-calendar).



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

Drums Alive Music Therapy for Seniors

(1st Wednesday each month)
July 2nd, August 6th, Sept. 3rd

10:00 a.m. - 11:00 a.m. GHD Courtyard

Easy Does It Chair Yoga

(2nd Wednesday each month)
July 9th, August 13th, Sept. 10th

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)
July 15th, August 19th, Sept. 16th

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

Knitting and Crochet Club

July 21st, August 18th, Sept. 15th

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

Community. Access. Connection. Art Workshops

(3rd Wednesday each month)
July 16th, August 20th, Sept. 17th

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

The Latest in Reading

Diet and Exercise

Big Veg Energy: Plant-based Just Got Better

Birding for Boomers: And Everyone Else Brave Enough to Embrace the World's Most Rewarding and Frustrating Activity

Chair Yoga for Seniors: Stretches and Poses That You Can Do Sitting Down at Home

Eat Better, Sleep Better: 75 Recipes that Unlock the Food-Sleep Connection

The Fermentation Kitchen: Recipes and Techniques for Kimchi, Kombucha, Koji, and More

Gluten Free for Life: Celiac Disease, Medical Recognition, and the Food Industry

Live Nourished: Make Peace with Food, Banish Shame, and Reclaim Joy

The Microbiome Connection: Your Guide to IBS, SIBO, and Low-Fermentation Eating

The New American Heart Association Cookbook: 800 Heart-Healthy Recipes

Nutrivore: The Radical New Science for Getting the Nutrients You Need from the Food You Eat

The Rainbow Diet: A Guidebook to the Science and Art of Colorful Foods for Health and Well-Being

Reconcili ate con la Comida: C mo Influyen las Emociones, los Pensamientos y la Mente en tu Alimentaci n

Super Simple Recipes for Weight-Loss Surgery Recovery

Yoga Fix: Functional Movement for a Pain-Free Body

General Health

Achieving a Good Death: A Practical Guide to the End of Life

Allergy for Dummies

Are You There, God? It's Me, in Menopause: An Unfiltered, Honest Guide to Midlife Hormones, Health, and Happiness

Blind Spots: When Medicine Gets It Wrong, and What It Means for Our Health

Brook Shields is Not Allowed to Get Old: Thoughts on Aging as a Woman

Coping with Psoriasis: Understanding and Navigating the Emotional Challenges

Disaster Survival 101: The Essential Guide to Preparing for-and Surviving-Any Emergency Scenario

Empire of the Scalpel: The History of Surgery

The Forgotten Sense: The New Science of Smell and the Extraordinary Power of the Nose

Good Nature: Why Seeing, Smelling, Hearing, and Touching Plants is Good for Our Health

Healing in Advance: Your Prehabilitation Handbook

Kidney Failure to Kidney Transplantation: A Patient Guide

Living Without Itch: Proven Strategies and Treatments for Relief

The Ozempic Revolution: A Doctor's Proven Plan for Success to Help You

Saved by the Mouth: Be Healthier, Save Money, and Live Longer by Improving Your Oral Health

The Mind and the Brain

Being Kind: How to Add More Meaning to Your Moments

Beyond Anxiety: Curiosity, Creativity, and Finding Your Life's Purpose

Brain Health for Dummies

Breaking Trauma Bonds with Narcissists and Psychopaths

Choosing Light: Transforming Grief through the Practice of Mindful Photography and Self-Reflection

Cuando Llega El Alzheimer: Hacia la Comprensi n y Aceptaci n de las Demencias en las Familias

Empowering Your Sober Self: The LifeRing Approach to Addiction Recovery

Living Well with Bipolar Disorder: Practical Strategies for Improving Your Daily Life

Malady of the Mind: Schizophrenia and the Path to Prevention

Sleep: A User's Guide

Parenting

A Parent's Guide to Tics and Tourette's Disorder

A Space in the Heart: A Survival Guide for Grieving Parents

Afraid of the Doctor: Every Parent's Guide to Preventing and Managing Medical Trauma

Baby Brain: The Surprising Neuroscience of How Pregnancy and Motherhood Sculpt Our Brains and Change Our Minds (for the Better)

Booster Shots: The Urgent Lessons of Measles and the Uncertain Future of Children's Health

Born into Loss: Shadows of Deceased Siblings and Family Journeys of Grief

Caring for Your Baby and Young Children: Birth to Age 5

Happy Families: How to Protect and Support Your Child's Mental Health

The Kids' Medical Care Handbook

The Way of Play: Using Little Moments of Big Connection to Raise Calm and Confident Kids

