



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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Robert Ayres
Nadia Farjood, JD
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GET OUT AND GET SOCIAL!

- by Sue Petrofsky

The holidays are the time to appreciate and utilize connections and social bonds as part of the human lifestyle. Among other benefits, socializing has been shown to increase lifespan and promote mental health. In a recent study of the social activity of more than 28,000 people with an average age of 89, it was found that the more people socialized, the longer they lived, with people who socialized daily living the longest. (Journal of Epidemiology and Community Health)

In May of 2023, U.S. Surgeon General Dr. Vivek Murthy issued a national call to action, warning that loneliness poses the same health risks as smoking up to 15 cigarettes per day. He noted that a lack of social connection increases the risk of heart disease, stroke, dementia, and premature death. There is a physiological component to this, as we all produce a hormone called oxytocin. This hormone, called the bonding hormone, is produced in the nerve cell bodies of the hypothalamus and then released into the bloodstream from the pituitary. Early in our lives, this serves as a signal for the mother to bond with her child and causes milk to be let down for breastfeeding. There is evidence oxytocin is released by holding hands, hugging, massaging, and sexual intimacy. Researchers have learned that simply petting an animal can cause the release of oxytocin, and pleasant feelings result.

How can you keep socially involved and active? Research has shown that people having three to five close friends have the



Crafternoon participants having fun!

lowest levels of loneliness, anxiety, depression, and other adverse health conditions. Kiffer G. Card, Ph.D., scientific director of the Institute for Social Connection, recommends the following: Try to get one to three hours of social interaction per day, or between seven and 21 hours of social interaction per week. Prioritize spending time with those closest to you but also keep diversity in your social network by talking to neighbors and making friends at work. Recognize the risks of living alone, particularly for men, who tend to have worse mental issues when alone. Renewing old friendships is another way to keep in touch.

According to the medical journal *The Lancet*, depression has an especially serious impact on seniors with ongoing medical issues. Depression has been shown to raise mortality rates, increase chronic illness and worsen disabilities.

So, what can you do to promote an active social life? Join an exercise or walking group, enjoy a group outing, maintain phone contact with friends who might not be able to get out much, participate in bingo or card games, take classes geared for seniors, go to your local library and read books and participate in activities offered there. There are also many volunteer opportunities available, from working at food banks to helping at a local animal rescue.

The Library offers several programs including a Memory Café, Fitness for Seniors, Chair Yoga, a Virtual Reality Experience, Crafternoon and a Knit & Crochet class to encourage you to meet new people. We are also hosting a special Older Adult Social Hour on Tuesday, October 28th, and Tinsel Tuesday, on December 9th, to help you get that holiday spirit! RSVP today!

Library News

Grossmont Healthcare District's Health & Wellness Library

October - December 2025

Volume 23, Issue 4

Older Adult Social Hour



Tuesday October 28th
GHD Courtyard
10 am to 12 pm
RSVP requested

Did you know that social connection is as essential to your good health as regular exercise and a nutritious diet? Research shows that regularly engaging with others decreases the risk of heart disease, stroke, mental illness, and dementia, and it strengthens our immune system. As older adults, it can be difficult to form new friendships and find others for social activities, but we're here to help! Join us to experience the joy of play with games, craft activities, music, and healthy refreshments that are sure to put a smile on your face. Bring a friend – or come and make a new one!

call: 619-825-5010 or email:
library@grossmonthealthcare.org to reserve your spot

Surrealism and Cityscapes

Fall Art Exhibit: October 3 - January 5



Cecilia Anastos is a self-taught painter. She is a Board Member at the San Diego Museum of Art Artist Guild, and participates in national and international exhibitions.

An Artist Meet & Greet will be held
November 5th, from 6 - 7 p.m. in the
Library. Please RSVP to attend.
call: 619-825-5010 or email:
library@grossmonthealthcare.org
to reserve your spot.



Wellness Wednesday

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

What it Means to Participate in a Clinical Trial:
A Look into Cancer Research

Wednesday, October 22nd

Speakers: Danica Griffin, MS, CCRC & Michael Lowry, CCRC

There are often many questions about clinical trials, such as when and where one might be an option. Join us for a chance to explore clinical trials and how they can be a treatment option for some patients with cancer.



Feature Film: *The Last Rifleman*, 11:30 a.m.

Wellness Wednesday

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

Behind the Smoke: The Real Impact of
Tobacco Use on Youth

Wednesday, November 19th

Speakers: Hao Howie Tran, MD, FACC, FHFS & Louise Brandy, MBA

Tobacco use among youth is evolving rapidly—and so must our response. Join us to discuss the issue of youth tobacco and vaping. Whether you're concerned about a loved one, curious about the latest trends, or ready to take action, this conversation is a space to learn, connect, and empower change.



Feature Film: *The Art of Racing in the Rain*, 11:30 a.m.

Tinsel Tuesday

10:00 a.m. in the GHD Conference Center
Tuesday, December 9th

Join us for holiday treats, Bingo, & a screening of the film *One Christmas Eve*. (Bingo begins at 10:30am; Film will start at 11:30am) GHD Conference Center. Please RSVP as space is limited. (Our monthly Wellness Wednesday education program will resume in January).




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.



GHD Board L to R: Robert Ayres, Maggie Watkins, Virginia Hall, Nadia Farjood, Randy Lenac

AudAbility™ Music Therapy for People Living with Parkinson's Disease

 **This 8-week program meets on consecutive Thursdays, October 23rd thru December 18th (no class on Thanksgiving)**

The program is available to 10 people living with Parkinson's Disease and their care partners.



3:00 p.m. - 4:30 p.m. Library Meeting Room
RSVP @ 619-825-5010 or
email: library@grossmonthealthcare.org

New Books

Diet and Exercise

A Grain, A Green, A Bean: One Simple Formula, Countless Meatless Meals
Achieving a Good Death: A Practical Guide to the End of Life
Despídete Del Dolor: Descubre la Alimentación Antiinflamatoria Basada en Vegetales para Superar el Dolor Crónico
Gluten-Free: 5 Books All-In-One for Dummies
Hatha Yoga: A Comprehensive Guide
I Know I Should Exercise But... 44 Reasons We Don't Move & How to Get Over Them
Managing Type 2 Diabetes
So Easy So Good: Delicious Recipes and Expert Tips for Balanced Eating
The Anti-Inflammatory Recipe Book: Relieve Symptoms of Gut Disorders, Chronic Pain and Autoimmune Diseases with Over 100 Fresh and Nutritious Recipes
The Cortisol Fix Recipe Book: Reduce Stress and Bring Your Body Back into Balance with Over 100 Nourishing Recipes
The Daily Boost: A Nutritionist's Guide to Over 180 Healthy Juice and Smoothie Recipes
The Diabetes Counter: Manage Diabetes and Live Life to the Fullest
The Healing Promise of Qi: Creating Extraordinary Wellness Through Qigong and Tai Chi
The Official Pocket Guide to Diabetes Food Choices

General Health

Aging Well with Diabetes: A 10-Point Action Plan for Older Adults
Bird Watching for Dummies
Doc or Quack? Science and Anti-Science in Modern Medicine
Dying to Save You and Rebuild Our American Healthcare System
Enfermedad de Alzheimer y Otros Formas De Demencia - Clinica Mayo
Gone: A Memoir of Love, Body, and Taking Back My Life
How to Lose Your Mother: A Daughter's Memory - Molly Jong-Fast
How We Age: The Science of Longevity
Human Body: A Visual Encyclopedia
La Solución Para La Inflamación
LGBTQ+ Concerns Sourcebook
Mommy, Can Boys Also Be Doctors? A Message to Young Scientists and Other Humans
Rising to the Challenge of Life after Cancer: Expert Advice for Finding Wellness
See Me Rolling: On Disability, Equality & Ten-Point Turns
Super Agers: An Evidence-Based Approach to Longevity
The AFIB Cure: Get Off Your Medications, Take Control of Your Health, and Add Years to Your Life
The Longevity Key
The Secret to a Healthy Spine: A User's Guide to Overcoming Back Pain

The Mind and the Brain


Addressing the Rising Mental Health Needs of an Aging Population - Proceeding of a Workshop
The Balanced Brain: The Science of Mental Health
Before I Lose My Own Mind: Navigating Life as a Dementia Caregiver
Coping on Campus: Mental Health and the University Student
Elusive Cures: Why Neuroscience Hasn't Solved Brain Disorders - And How We Can Change That
Epilepsy: Understanding and Managing the Condition - A Practical Guide for Families
How to Live Well with Dementia: Expert Help for People Living with Dementia and their Family, Friends, and Care Partners
Is It Alzheimer's? 101 Answers to Your Most Pressing Questions About Memory Loss and Dementia
Learning to Play Again: Rediscovering Our Early Selves to Become Better Adults
The Nervous System: Peate's Body Systems Vol.5
The Upward Spiral: Using Neuroscience to Reverse the Course of Depression, One Small Change at a Time
Unbreakable You: Create, Revise, Repair Your Life

Parenting

Helping Your Teenager Beat an Eating Disorder
How to Talk to Your Child About Drugs
Qué Hacer Cuando Su Niño Se Enferma
Unfit Parent: A Disabled Mother Challenges an Inaccessible World
Your Neurodiverse Child: How to Help Kids with Learning, Attention, and Neurocognitive Challenges Thrive
What to Do When Your Child Gets Sick: Easy-to-Read, Easy-to-Use Advice for 50+ Common Childhood Illnesses, Injuries, and Health Problems (Available in English, Spanish & Arabic)

Library Programs & Activities

Space is limited. Make sure to call: 619-825-5010 or email: library@grossmonthealthcare.org to reserve your spot.
*Beginning January 1, 2026 all program participants must have a GHD Health & Wellness Library card to register for a program

 **Fitness Forever Club**
(class is for older adults and seniors)
(1st & 3rd Thursday each month)
Oct. 16th, Nov. 6th & 20th,
Dec. 4th & 18th

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

Memory Café

(1st & 3rd Thursday each month)
Oct. 2nd & 16th, Nov. 6th & 20th,
Dec. 4th & 18th



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

Virtual Reality Program

(1st & 3rd Friday each month)

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



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

Crafternoon Mondays

(2nd Monday each month)



Oct. 13th - Spooky Halloween Cones
Nov. 10th - Holiday Paper Strip Cards
Dec. 8th - Beaded Snowflakes

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

Community Health Clinic

No clinic in October
November 6th
December 4th

The UCSD Skaggs School of Pharmacy and the San Diego County HHS combine to provide free health screenings (blood pressure and blood glucose) and vaccinations based on availability (COVID-19 & Hep. A).

10:00 a.m. - 1:00 p.m. - No RSVP needed

Memory Screenings are back!

Next screening is Nov. 4th

The Library is offering 30-minute memory screening appointments for people 55+. Screenings are provided on a quarterly basis by staff of the Sharp Neurocognitive Research Center. Appointments are between the hours of 9:00 a.m. and 2:00 p.m.

Walk With a Doc!

Oct. 9th, Nov. 13th, Dec. 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

Drums Alive Music Therapy for Seniors

(1st Wednesday each month)
Oct. 1st, Nov. 5th, Dec. 3rd

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



Easy Does It Chair Yoga

(2nd Wednesday each month)
Oct. 8th, Nov. 12th, Dec. 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)
Oct. 21st, Nov. 18th, Dec. 16th

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



Knitting and Crochet Club

Oct. 20th, Nov. 17th, Dec. 15th

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



Community. Access. Connection. Art Workshops

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

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



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.

