



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

Grossmont Healthcare District
Board of Directors:
Robert Ayres
Nadia Farjood, JD
Virginia Hall, RN
Randy Lenac
Maggie Watkins
Staff:
James Sly, CEO
Amy Abrams,
Chief Community Health Officer
Holland Kessinger,
Head Librarian

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



Get Those Resolutions Moving...

- by Sue Petrofsky

When the New Year begins, we are all full of ideas and resolutions to improve our health. As a Consumer Health Library, our collection is dedicated to helping you find your best path.



The Library staff have been working hard updating the collection and diversifying ways to help improve our patrons' health. Did you know that we have over 550 titles related to some form of exercise? We have books to strengthen your knees, shoulders, back, and almost every other part of your body. There are also over 100 DVDs available, providing instruction in things like Pilates, Yoga, kettle balls, weight training, and Tai-Chi.

After you complete your workout, we're ready to help you eat healthily, with over 300 cookbooks containing nutritional recipes to suit any palate from carnivore to vegetarian. Want to make your own smoothies? We have a book for that. Need to eat less salt? We have the Dash diet. Want to learn about the Mediterranean diet? We have 31 cookbooks to choose from. Want vegetarian Mexican recipes? We have that too!

The Library also has a variety of exercise programs available, from drum classes to chair yoga, and even

something as simple as our Knit & Crochet class can help improve your mental health and get you out and into a positive social setting. See page two of this newsletter to see what's available.

We have finally completed a brand-new section for our Wellness Kits! You will find them near the Children's section, next to the magazines. We have kits for brain health, hiking, birdwatching, Pilates, kettle ball, hand exercises, resistance bands and tai-chi balls, among others. For patrons concerned about their blood pressure, we have three blood pressure kits that can be checked out for a three-week period. Let us know if you need help finding a kit for your particular interests.

As always, our monthly Wellness Wednesday lectures hope to give you new ideas on how to improve your health or to learn about some aspect of a health condition you might not be familiar with. So, get your Library card out and make a resolution to visit us often in the New Year!



Library News

Grossmont Healthcare District's Health & Wellness Library

January - March 2026

Volume 24, Issue 1

Survivor Voices: The Art of Moving Forward

Winter Art Exhibit: January - March

The Center for Community Solutions (CCS) presents a powerful collection of artwork created by survivors of relationship violence and sexual assault, along with the allies who stand beside them. Displayed in three segments, these pieces share stories of survival and hope, reminding us that survivors are all around us. From pencil sketches to mixed media, each piece offers a glimpse into the courage, creativity, and resilience found within every survivor and every community.

Center for Community Solutions (CCS) is a regional leader of the intervention and prevention of relationship violence and sexual assault. They operate four domestic violence shelter programs and one of the largest Rape Crisis Centers in California. Their wraparound services include counseling, legal assistance, client advocacy, and basic needs support. All services are provided free of charge.



Wellness Wednesday

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

Sleep Across a Life Cycle

January 28th

Speaker: Pamela DeYoung, RPSGT/BA
Clinical Research Supervisor II

Join us as we explore the important topic of sleep! Discover how sleep changes as we age and which sleep disorders become more common. Explore practical tips for improving sleep quality and learn more about the current research underway at the UCSD School of Medicine Sleep Research Lab.



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

Understanding Stroke: Know the Causes, Recognize the Risks, and Act Fast!

February 25th

Speaker: Alain L. Raymond, MMS, PA-C
Sharp Grossmont Hospital's
Cardiovascular and Cardiothoracic Surgery

Alain L. Raymond, from Sharp Grossmont Hospital's Cardiovascular and Cardiothoracic Surgery will be discussing stroke, explaining the causes, myths and perceptions, risk factors, and how to respond in an emergency.



Feature Film: *F1*, 11:30 a.m.

All About Fats


March 25th

Speaker: Nadin Benrey M.A. NBC-HWC, CPT
National Board Certified Health and Wellness Coach




Learn about healthy fats, unhealthy fats, and the impact fat has on our health! Recognize that fats and oils are essential to overall good health while identifying the health risks associated with the overconsumption of fats, particularly trans and saturated fats.



Feature Film: *Abby's List: A Documentary*, 11:30 a.m.




BLOOD DRIVE


Grossmont Healthcare DistrictSan Diego Blood Bank75 YEARS

YETI OR NOT MAKE A DIFFERENCE

Join our blood drive! Donate, save lives, and receive an exclusive "Yeti" T-Shirt!



Thursday, January 15, 2026, 9:30 am to 3 pm
GHD Parking Lot at 9001 Wakarusa St.
Schedule an Appointment: sandiegobloodbank.org/donate, call 619-400-8251 or scan the QR code. Photo ID required.
Walk-ins Welcome!



Don't Forget to Bring Your Library Card!

The Grossmont Healthcare District's Health & Wellness Library programs are provided as a benefit to East County community members who have a GHD Library card, which is available to those who live, work, attend school, or access health care services within District boundaries. Library cardholders have registration priority; others may participate in programs when space is available.



Find your Library Card Number here

Registration and Waitlists:
Library cardholders can register for a program in-person or by calling or emailing the Library. The physical Library card or card number must be presented at the time of registration. If a program is full, the member will be added to the waitlist.

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

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)
Jan. 15th, Feb. 5th & 19th, Mar. 5th

Class A: 9:00 a.m. - 9:45 a.m.
NEW! Class B: 10:15 a.m. - 11:00 a.m.
GHD Courtyard

Memory Café

(1st & 3rd Thursday each month)
Jan. 15th, Feb. 5th & 19th,
Mar. 5th & 19th

Class A: 10:30 a.m. - 12:00 p.m.
NEW! Class B: 1:00 p.m. - 2:30 p.m.
Library Meeting Room

Virtual Reality Program

(1st & 3rd Friday each month)
Jan. 2nd & 16th, Feb. 6th & 20th,
Mar. 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)
***NEW!** Class A: 10:00 - 11:00 a.m.
Class B: 1:00 - 2:00 p.m.
Jan. 12th - No-Sew Hand Warmer
Feb. 9th - Pom-Pom Garland
Mar. 9th - CD & Rope Coasters
Library Meeting Room

Community Health Clinic

January - No Clinic
February 5th
March 5th

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

Quarterly Memory Screenings

Next screening is Feb. 3rd
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.
*Screenings in Spanish available

Walk With a Doc!

Jan. 8th, Feb. 12th, Mar. 12th



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)
Jan. 7th, Feb. 4th, Mar. 4th

Class A: 10:00 a.m. - 11:00 a.m.
NEW! Class B: 11:15 a.m. - 12:15 p.m.
GHD Courtyard

Easy Does It Chair Yoga

(2nd Wednesday each month)
Jan. 14th, Feb. 11th, Mar. 11th

Class A: 10:00 a.m. - 11:00 a.m.
Class B: 2:00 p.m. - 3:00 p.m.

Library Meeting Room

Children's Music Storytime

(3rd Tuesday each month)
Jan. 20th, Feb. 17th, Mar. 17th

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

Knitting and Crochet Club

Mar. 16th

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

Community. Access. Connection. Art Workshops

(3rd Wednesday each month)
Jan. 21st, Feb. 18th, Mar. 18th

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

What's New in Books

Diet and Exercise

Adaptive Tai Chi: An Accessible Practice for Empowering Body and Mind
Basic Illustrated Wilderness First Aid
Boustany: A Celebration of Vegetables From My Palestine
Cooking as Therapy: How to Improve Mental Health Through Cooking
Cooking for Dysphagia and Other Swallowing Symptoms
Food Intelligence: The Science of How Food Both Nourishes and Harms Us
The Galveston Diet: The Doctor-Developed, Patient-Proven Plan to Burn Fat and Tame Your Hormonal Symptoms
Healing Smoothies for Cancer: Nutrition Support for Prevention and Recovery
Make the Pool Your Gym: No-Impact Water Workouts for Getting Fit, Rebuilding Strength, and Rehabbing from Injury
Move for Life: A Practical Guide to Building Everyday Strength, Balance, and Confidence for Thriving After 65
Science of Strength Training: Understand the Anatomy and Physiology to Transform Your Body

General Health

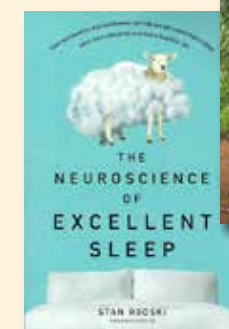
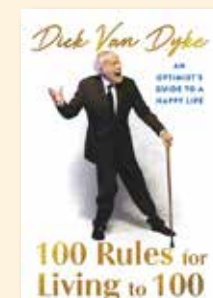
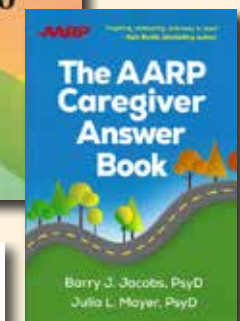
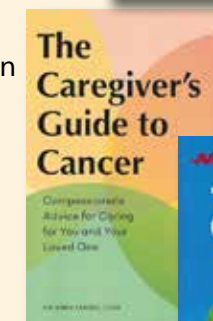
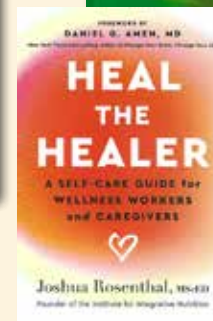
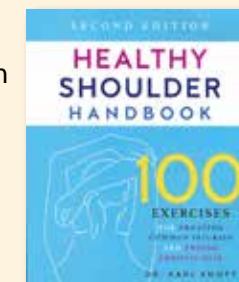
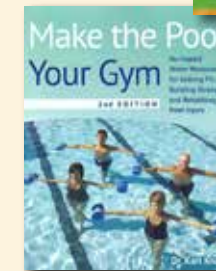
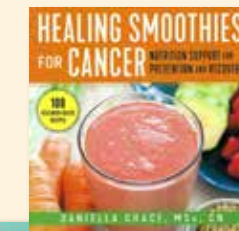
A Man's Guide to Healthy Aging: Staying Smart, Strong, and Active
Ageless Aging: A Woman's Guide to Increasing Healthspan, Brainspan, and Lifespan
The AARP Caregiver Answer Book
Bodypedia: A Brief Compendium of Human Anatomical Curiosities
Cancer is Complicated and Other Unexpected Lessons I've Learned
Cancer with Hope: Facing Illness, Embracing Life, and Finding Purpose
The Caregiver's Guide to Cancer: Compassionate Advice for Caring for You and Your Loved One
Celiac Disease: A Hidden Epidemic
ChatGPT MD: How AI-Empowered Patients & Doctors Can Take Back Control of American Medicine
Common Sense Labs: A Practical Guide to Decoding Your Blood Work and Taking Control of Your Health
Dr. Bot: Why Doctors Can Fail Us - and How AI Could Save Lives
The Future of Seeing: How Imaging is Changing Our World
Heal the Healer: A Self-Care Guide for Wellness Workers and Caregivers
Healthy Shoulder Handbook: 100 Exercises for Treating Common Injuries and Ending Chronic Pain
Idiopathic Scoliosis: Understanding and Managing the Condition - A Practical Guide
It Doesn't Have to Hurt: Your Smart Guide to a Pain-Free Life for Families
Living with Pancreatic Cancer: A Patient and Family Guide
Nobody's Girl: A Memoir of Surviving Abuse and Fighting for Justice
No Woman Left Behind: A Journey of Hope to Heal Every Woman Injured in Childbirth
The Parkinson's Plan: A New Path to Prevention and Treatment
Replaceable You: Adventures in Human Anatomy
Surviving Your Doctor: A Roadmap When Cancer, Heart Disease or Other Serious Illness Strikes
Things I Wish I'd Known: Cancer Caregivers Speak Out
Understanding Cancer
Understanding DNA Ancestry
Understanding How Science Explains the World
Vitamins & Supplements for Dummies

The Mind and the Brain

Are You Mad at Me? How to Stop Focusing on What Others Think and Start Living for You
The Biology of Trauma: How the Body Holds Fear, Pain, and Overwhelm, and How to Heal It
Dick Van Dyke: An Optimist's Guide to a Happy Life - 100 Rules for Living to 100
Digital Exhaustion: Simple Rules for Reclaiming Your Life
The Evolution of Imperfection: The Science of Why We Aren't and Can't Be Perfect
Living Well with Social Anxiety: Practical Strategies for Improving Your Daily Life
Managing Your Depression: Strategies to Help You Feel Better
Mayo Clinic on Alzheimer's Disease and Other Dementias
Music Between Your Ears: How Musical Engagement Powers the Human Brain
The Neuroscience of Excellent Sleep
Why Brains Need Friends: The Neuroscience of Social Connection

Parenting

Grandparenting: On Love and Relationships Across Generations
May Contain Anxiety: Managing the Overwhelm of Parenting Children with Food Allergies
Using Literature to Support Children's Mental Health



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.