



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



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
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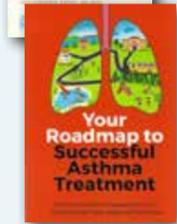
Asthma and You

- by Sue Petrofsky

April showers may bring May flowers, but it also brings May's Asthma Awareness Month and an uptake in asthma. Nearly 25 million people in the United States have asthma, including 8.8% of California's population. The same airborne substances that trigger hay fever may also cause asthma symptoms.

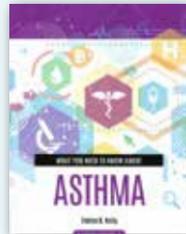


Asthma is a chronic lung disease that causes the airways to become narrow and inflamed. Symptoms can include chest tightness, shortness of breath, coughing and wheezing. There is no cure for asthma, and the causes are often unknown. Common triggers for asthma include pollen, dust mites, pet dander, air pollution, exercise, stress, and tobacco smoke. Many people have more than one asthma trigger. A family history of allergies is a major risk factor for allergic asthma.



Asthma is a condition that requires the medical supervision of a health care provider. If your asthma is caused by allergens, your doctor may identify the source through your medical history or by performing allergy testing. For diagnosing asthma, you may be asked to get an x-ray and take several lung function tests that mostly involve breathing through a mouthpiece. These devices measure how much air your lungs can hold, how well you move air in and out of your lungs when you breathe, and how well your lungs absorb oxygen from the air and move it into your blood. There are also walking tests on a treadmill to measure how well your lungs work while moving and exercising.

Once your type of asthma has been diagnosed, medication is usually prescribed. There are two types of prescription medications, quick-relief and long-term control. Quick-relief, or rescue medicines, control the symptoms at the beginning or during an asthma attack, an example being albuterol. Long-term medicines help you have fewer and milder attacks, although they are not designed to help during an asthma attack. These treatments can include inhaled corticosteroids and biologicals (e.g. monoclonal antibodies), that when taken regularly help improve lung function and prevent symptoms and flare-ups, reducing the need for rescue medications. Not managing asthma can lead to life-threatening asthma attacks that may require emergency care or hospitalization.



The Mayo Clinic recommends several dietary changes to help alleviate asthma symptoms; be sure you are getting enough vitamin D, eat plenty of fruits and vegetables that contain antioxidants as they can help reduce inflammation, and avoid allergy triggering foods, especially those containing sulfites, like wine, dried fruits, pickles, fresh and frozen shrimp, and some nuts.

The Library has over 100 books and videos relating to asthma, allergies, foods to eat, and improving your breathing techniques to help you on your asthma journey. We also host the American Lung Association's Better Breathers Club the last Thursday of the month at 1:00 p.m. in the Meeting Room. Contact La Mesa Rehab at 619-466-6077 or email BBCLaMesaRehab@gmail.com for more information.

Library News

Grossmont Healthcare District's
Health & Wellness Library

April - June 2026

Volume 24, Issue 2

Special Program

Know the Signs: Preventing Teen Relationship Violence and Human Trafficking

Presented by experts from the Bilateral Safety Corridor Coalition, Center for Community Solutions, and the San Diego County Sheriff's Office with support from the Grossmont Healthcare District.

Thursday April 16
5:00 - 6:30 p.m.

Grossmont Healthcare District Auditorium
9001 Wakarusa Street, La Mesa CA 91942
RSVP requested: (619) 825-5010
or library@grossmonthealthcare.org

Sexual assault and exploitation can be prevented when teens, families, and communities work together. Join us to learn from local law enforcement and human services agencies about how to identify risk factors, encourage safe and healthy relationship behaviors, and respond to survivors in need of support and assistance.

Hearing Screenings
April 28th

Regular hearing tests can help catch hearing loss early! We're offering free 15-minute appointments for adults (ages 18+) from 10 AM - 12 PM, provided by SDSU students under the supervision of a licensed audiologist from CERCA (Community-Engaged Research for Communication Access) Lab in the SDSU Speech Language Clinic. Appointments should be booked ahead by contacting the Library, however walk-ins will be accommodated if space is available. Evaluaciones disponibles en español.

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Wellness Wednesday

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

<p>Medi-Cal Update: State & Federal Policies Changes & Resources for Help</p> <p>April 22nd</p> <p>Speaker: Jack Dailey Director of Health Policy at the Legal Aid Society of San Diego, Inc.</p> <p>Do you have questions about the changes being discussed in the news regarding your health coverage? From work requirements to co-pays and 6-month renewals to asset tests, come hear from an experienced consumer health lawyer how these changes to state and federal law may impact you.</p> <p>Feature Film: Coda, 11:30 a.m.</p>	<p>Therapy for Your Lungs</p> <p>May 27th</p> <p>Speaker: Daryl Bibbs Clinical Instructor, La Mesa Rehab and Better Breathers Club Facilitator</p> <p>Therapy for Your Lungs explains the basics of lung health and how pulmonary rehabilitation helps you breathe easier, move better, and improve your daily function. Learn how structured exercise, breathing techniques, and education can reduce shortness of breath, and increase endurance.</p> <p>Feature Film: Hamnet, 11:30 a.m.</p>	<p>Senior Scams: How to Spot Them & Where to Report</p> <p>June 24th</p> <p>Speaker: Dylan Willis San Diego Market President for Senior Tech Connect</p> <p>Join Senior Tech Connect for a program covering the eight most common scams targeting seniors today. Learn about recent scamming tactics and how AI is making scammers more convincing. Find out what to do if you or someone you know gets scammed.</p> <p>Feature Film: Freakier Friday, 11:30 a.m.</p>
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New Monthly Program!

**Healthcare Legal Help Clinic:
Provided by Legal Aid Society of
San Diego**

Meet with an experienced consumer health advocate from the Legal Aid Society of San Diego to get assistance with the following:



- Medi-Cal
- Medicare
- Other healthcare legal concerns such as accessing needed care or medications, appeals, obtaining denied services, and illegal billing

30-minute appointments are available between the hours of 10 a.m. – 2 p.m. on April 24, May 22, and June 26. Walk-ins are not always available but will be accommodated if space/time permits. Call or email the Library to register.

RSVP: (619) 825-5010
or library@grossmonthhealthcare.org

**AudAbility™ Music Therapy for People
Living with Parkinson's Disease**
This 12-week program meets on consecutive
Thursdays, April 9th - June 25th

3:00 p.m. - 4:30 p.m. Library Meeting Room

The program is available to 10 participants living with Parkinson's Disease and their care partners. Call or email the Library to register.

RSVP: (619) 825-5010
or library@grossmonthhealthcare.org



Community Health Clinic and Resource Fair
Thursday, June 4th

10:00 a.m. - 1:00 p.m. in the GHD courtyard

Free blood pressure and blood glucose screenings provided by UCSD Pharmacy staff, and vaccinations from the County of San Diego. Bring your prescriptions and medications with you on this day and review them with a pharmacist to learn about safety, proper use, and storage. The Live Well San Diego bus will also be here with information on general public benefits and resources. No RSVP is needed to participate.



What's New in Books

Diet and Exercise

- 5-Minute Yoga Fix with Peggy Cappy (DVD)
- Aging with Agility: How Elite Athletes and Ordinary Folks Embrace Exercise with Age
- Better Back Yoga: Gentle Yoga for Back Care (DVD)
- Celiac Disease Cookbook for the Newly Diagnosed: Guidance and Recipes for an Easy Transition to the Gluten-Free Diet
- Complete Balance Workout Series: Senior Fitness with Meredith (DVD)
- Complete Cardio Workout Series: Senior Fitness with Meredith (DVD)
- Complete Seated Workout Series: Senior Fitness with Meredith (DVD)
- Complete Strength Training with Dumbbells Series: Senior Fitness with Meredith (DVD)
- Gentle Yoga Fix for Absolute Beginners (DVD)
- Relaxation & Breathing for Meditation: Gentle Yoga Postures and Breathing Techniques for a More Peaceful Life (DVD)
- Water Wonder Works Two... Exercise in the Comfort of Your Pool to Increase Your Range of Motion and Improve Overall Health

General Health

- A Taste for Poison: Eleven Deadly Molecules and the Killers Who Used Them
- Critical Condition: Health in Black America (DVD)
- Information Sick: How Journalism's Decline & Misinformation's Rise Are Harming Our Health & What We Can Do About It
- The Curious History of the Heart: A Cultural and Scientific Journey
- Diabetes Care: Standards of Care in Diabetes 2026
- The Healthy Kidney Handbook: A Comprehensive Guide to Manage Hypertension, Control Stress, and Prevent Renal Failure, Kidney Disease, and More
- Living Well Through the Menopause
- The Making of a Doctor: The Hidden Realities of Medicine
- My House is Killing Me: A Complete Guide to a Healthier Indoor Environment
- Salem Health Cancer: Volumes 1, 2, 3, 4
- The Savvy Woman's Guide to Menopause: Before, During, and Beyond
- The Sensitive Patient's Healing Guide: Top Experts Offer New Insights and Treatments for Environmental Toxins, Lyme Disease, and EMFs
- Understanding High-Risk Pregnancy: A Patient's Guide to Prenatal Complications
- Unfit Parent: A Disabled Mother Challenges an Inaccessible World
- Unseen: How I Lost My Vision But Found My Voice
- What You Need to Know About Asthma
- When Women Get Sick: An Empowering Approach for Getting the Support You Need
- Your Roadmap to Successful Asthma Treatment: A Parent's Guide to Preparing for Your Child's Doctor Visits and Long-Term Care

The Mind and the Brain

- Best Brain Ever: How to Level Up, Be More Focused, and Be Less Stressed
- Creative Care: A Revolutionary Approach to Dementia and Elder Care
- The Crucial Years: The Essential Guide to Mental Health & Modern Puberty in Middle Childhood (Ages 6-12)
- Living Beyond Loss: Questions and Answers about Grief and Bereavement
- Living Well with Psychosis: Practical Strategies for Improving Your Daily Life
- The Mental Health Contagion™: Navigating Yourself Through a Loved One's Mental Decline
- The Unexpected Journey: Finding Strength, Hope, and Yourself on the Caregiving Path
- The Mind Electric: A Neurologist on the Strangeness and Wonder of Our Brains
- The Period Brain: The New Science of Why We PMS and How to Fix It

Children

- Bessie's Bees
- First Visit to the Doctor with Elmo
- Is It Asleep?
- Best Brain Ever
- Marnie's Medical Mysteries: The Measles Files
- Marnie's Medical Mysteries: The Plague Files
- Marnie's Medical Mysteries: The Polio Files
- Marnie's Medical Mysteries: The Typhoid Files
- Mi Amiga Julia
- Thunder and the Noise Storms



Library Programs & Activities

Space is limited. Make sure to call: 619-825-5010 or email: library@grossmonthhealthcare.org to reserve your spot. 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)
Apr. 2nd & 16th, May 7th & 21st,
Jun. 4th & 18th
Class A: 9:00 a.m. - 9:45 a.m.
Class B: 10:15 a.m. - 11:00 a.m.
GHD Courtyard



Memory Café

(1st & 3rd Thursday each month)
Apr. 2nd & 16th, May 7th & 21st,
Jun. 4th & 18th
Class A: 10:30 a.m. - 12:00 p.m.
Class B: 1:00 p.m. - 2:30 p.m.
Library Meeting Room



Virtual Reality Program

(1st & 3rd Friday each month)
Apr. 3rd & 17th, May 1st & 15th,
Jun. 5th
10:00 a.m. - 1:00 p.m.
1-30 minute session per day
Library Conference Room



Crafternoon Mondays

(2nd Monday each month)
Class A: 10:00 - 11:00 a.m.
Class B: 1:00 - 2:00 p.m.
Apr. 13th -- Refrigerator Magnets
May 11th -- Origami Butterflies
Jun. 8th -- Pressed Flower Bookmarks
Library Meeting Room



Community Health Clinic

April 2nd, May 7th, June 4th
10:00 a.m. - 1:00 p.m. - No RSVP needed

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).

Quarterly Memory Screenings
Next screening is May 5th

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. Evaluaciones disponibles en español.



Drums Alive Music Therapy for Seniors

(1st Wednesday each month)
Apr. 1st, May 6th, Jun. 3rd
Class A: 10:00 a.m. - 11:00 a.m.
Class B: 11:15 a.m. - 12:15 p.m.
GHD Courtyard



Easy Does It Chair Yoga

(2nd Wednesday each month)
Apr. 8th, May 13th, Jun. 10th
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)
Apr. 21st, May 19th, Jun. 16th
10:00 a.m. - 11:00 a.m.
Library Meeting Room



Knitting and Crochet Club

Apr. 20th, May 18th, Jun. 15th
1:00 p.m. - 2:00 p.m.
Library Meeting Room



**Community. Access. Connection.
Art Workshops**

(3rd Wednesday each month)
Apr. 15th, May 20th, Jun. 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.