

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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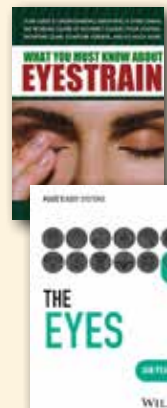
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Seeing is believing

- by Sue Petrofsky

August is National Eye Exam month, so this is a good opportunity to remind you of just how important your eyes are to your overall health. Many of us tend to put off going to the eye doctor due to the expense, but at some point, those “dollar store readers” just don’t see things like they used to.



Beginning with childhood, the American Association of Ophthalmologists (AAO) recommends screening as a newborn, again during the first year of life as part of a well-child exam, then again between 12-36 months to check eye development and to look for problems that might cause amblyopia (lazy eye). Between 3 and 5 years, a child’s vision and eye alignment should be checked again. The AAO advises parents to seek a comprehensive eye exam if their child fails a basic vision screening at school or if a child makes a vision complaint. Children with medical conditions (such as Down syndrome, prematurity, juvenile idiopathic arthritis, neurofibromatosis) or a family history of amblyopia, strabismus, retinoblastoma, congenital cataracts, or glaucoma are at a higher risk for developing pediatric eye problems.

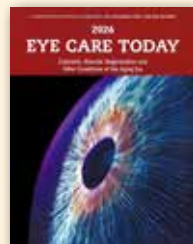
For adults with healthy eyes and good vision, a complete eye exam every 5 to 10 years is sufficient until the age of 40. Early signs of disease or changes in vision may start to appear as you age. If you have diabetes, high blood pressure, or a family history of eye disease, you should be checked more frequently. Your eye doctor should be able to tell you how often you need to continue to be checked. After you reach 65,

your eyes should be checked every year or two. Seniors should be checked for cataracts, diabetic retinopathy, age-related macular degeneration and glaucoma.

There are two types of eye doctors; an optometrist, who provides routine eye and vision care, performs vision tests, and prescribes glasses, and an ophthalmologist who provides advanced eye care and surgery. An optometrist holds a Doctor of Optometry (OD) degree, and an ophthalmologist is a full medical doctor with an MD or DO degree.

A standard eye exam will check your vision and the health of your eyes. The doctor will check your vision with a Snellen eye chart. To see if glasses are needed, the doctor may place several lenses in front of your eyes, one at the time, and ask you when the letters on the Snellen chart become easier to see. This is called a refraction. You will also be tested for 3D vision (stereopsis), and side (peripheral) vision, as well as checking your eye muscles and pupils. The AAO recommends everyone get a dilated eye exam by age 40, and for this exam you’ll be given eye drops to dilate your pupils. The doctor can then use an ophthalmoscope to view the structure of the back of your eye. This is called the fundus, and includes the retina, optic nerve, and nearby blood vessels. They will also use a slit lamp to check the front parts of the eye, including the cornea, sclera, conjunctiva and eyelids.

Getting your eyes checked today may save you from serious eye disease later. The Library has books relating to all kinds of eye issues. Stop in and see what materials might help you.



Library News

Grossmont Healthcare District's
Health & Wellness Library

July - September 2026

Volume 24, Issue 3

Summer Art Exhibit – Paint and Pencil

Gary Dyak and Sharon Meng

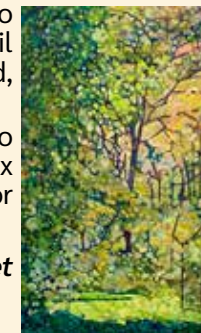


"Paint and Pencil" is a dual exhibition featuring the intricate, vibrant works of Gary Dyak and Sharon Meng. While their final pieces show off masterfully handled traditional mediums, both artists share a remarkably modern behind-the-scenes process: they start with their own original photography, utilize AI technology to seamlessly blend floral imagery with rich, complex textures, and refine their compositions in Photoshop before ever touching a brush or pencil to paper.

- Gary Dyak uses this digital-to-analog synergy to craft mesmerizing, richly layered colored pencil paintings that pull the viewer into deeply saturated, tapestry-like botanical worlds.

- Sharon Meng brings her own signature touch to this innovative workflow, translating these complex digital conceptualizations into luminous watercolor and detailed colored pencil studies.

Join us on Wednesday, July 15th at 6:00 pm for a **Meet & Greet the Artists Reception**. RSVP is requested: 619-825-5010 or library@grossmonthealthcare.org.



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 July 24, August 28, and September 25. 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@grossmonthealthcare.org

Wellness Wednesday

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

Managing Stress and Worry July 22nd

Speakers: Keegan Buch, Sarah Dembling, Ifunanya Ezimora, and Deepa Manjanatha
SDSU/UCSD Joint Doctoral Program in Clinical Psychology

Let’s learn about stress! Join us as we explore stress and why it matters. This talk will help attendees identify personal signs of stress and worry, learn more about the mental and physical health impacts of stress, and most importantly, learn practical strategies to manage stress and anxiety in their daily lives.



Feature Film: *One Life*, 11:30 a.m.

Protecting Aging Populations: Advancing RSV and Shingles Prevention Through Adult Vaccination August 26th

Speaker: Dr. Jacinda Abdul-Mutakabbir,
Associate Professor of Clinical Pharmacy
at UC San Diego

Older adults bear a disproportionate burden of Respiratory Syncytial Virus (RSV) and shingles-related complications. This talk highlights gaps in awareness, access, and uptake of adult vaccines, and reviews current recommendations for RSV and shingles prevention.



Feature Film: *Mrs. Harris Goes to Paris*, 11:30 a.m.

Age Gracefully, Stand Strong: A Guide to Bone Health September 23rd

Speaker: Dr. Khanh N. Huynh,
Clinical Pharmacist with the San Diego
County Health and Human Services Agency

Attendees will gain an understanding of osteoporosis, including risk factors, current treatment options, screening recommendations, and evidence-based strategies for prevention. The session will also address fall prevention and raise awareness of medications that may increase fall risk.



Feature Film: *The Farewell*, 11:30 a.m.

Now Bringing the Library to You!

From Santee, to Descanso, to Campo,
we're now serving all of East County

More than just a library on wheels, the Mobile Outreach Library allows residents of the Grossmont Healthcare District the ability to access our Health & Wellness Library without having to travel to our only physical location in La Mesa. Visitors can sign up for a GHD Health & Wellness Library card to access the collection of e-books, e-magazines, digital databases, and online resources from anywhere. Library staff is available to accept research requests, provide free, reliable health information, offer blood pressure self-checks, and pick up and drop off GHD Health & Wellness Library books! To view a complete calendar of upcoming stops, visit our website at: ghdhealthlibrary.org/mobile-outreach-library/



Community Health Clinic and Resource Fair

Thursday, August 6th

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

This clinic and resource fair will offer 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 on-site providing San Diego County residents access to a variety of FREE health and community services - on the go! Apply for CalFresh, CalWORKS or Medi-Cal, get a health screening and learn about resources and general public benefits. No RSVP is needed to participate.

Library Programs & Activities

Space is limited. Make sure to call: 619-825-5010 or email: library@grossmonthealthcare.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)
Jul. 2nd, Aug. 6th & 20th,
Sept. 3rd & 17th
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)
Jul. 2nd & 16th, Aug. 6th & 20th,
Sept. 3rd & 17th
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)
Jul. 17th, Aug. 7th & 21st,
Sept. 4th & 18th
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.
Jul. 13th - DIY Decoupaged Seashells
Aug. 10th - Rubber Cement Watercolor Resist Art
Sept. 14th - Flower Pot Craft with Sharpie
Library Meeting Room



Community Health Clinic

July 2nd, Aug. 6th

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, blood glucose) and vaccinations based on availability (COVID-19 & Hep. A).



Quarterly Memory Screenings

Next screening is August 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. Evaluaciones disponibles en español.



Drums Alive Music Therapy for Seniors

(1st Wednesday each month)
Jul. 1st, Aug. 5th, Sept. 2nd
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)
Jul. 8th, Aug. 12th, Sept. 9th
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)
Jul. 21st, Aug. 18th
10:00 a.m. - 11:00 a.m.
Library Meeting Room



Knit and Crochet Club

Jul. 20th, Aug. 17th, Sept. 21st
1:00 p.m. - 2:00 p.m.
Library Meeting Room



Community. Access. Connection. Art Workshops

(3rd Wednesday each month)
Jul. 15th, Aug. 19th, Sept. 16th
10:00 a.m. - 12:00 p.m.
Library Meeting Room



WHAT'S NEW IN BOOKS

Diet and Exercise

A Giant Leap: How AI is Transforming Healthcare and What That Means for Our Future
Careers in Sport, Fitness, and Exercise: A Guide to Kinesiology Professions
Cook Smart, Eat Well: Mayo Clinic Recipes and Strategies for Healthy Living
Crave, Cook, Nourish: 80+ Recipes and Expert Guidance for Healthy, Happy Nutrition
How Not to Die: Discover the Foods Scientifically Proven to Prevent and Reverse Disease
Managing Cholesterol for Dummies
Microbiome: The Universe Inside You
Nutrition Essentials for Mental Health: A Complete Guide to the Food-Mood Connection
The Science of Fermentation: Explore the Fascinating Alchemy of Fermented Food and Drink

General Health

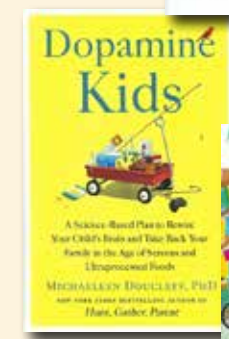
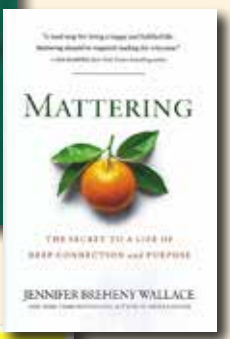
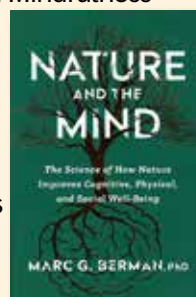
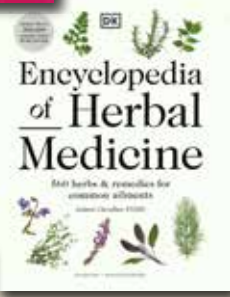
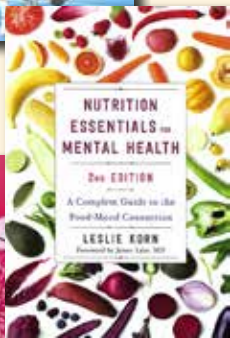
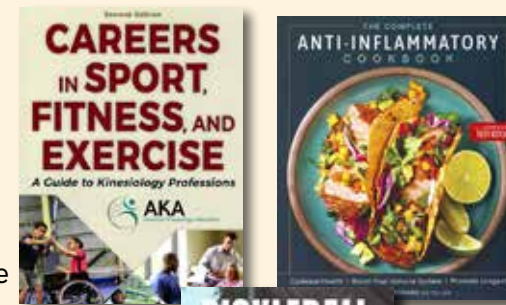
Advice for Future Corpses and Those Who Love Them: A Practical Perspective on Death and Dying
All About Allergies: Everything you need to Know About Asthma, Food Allergies, Hay Fever, and More
Art Cure: The Science of How the Arts Save Lives
Celiac Disease for Dummies
Coping with Cancer in Early Adulthood: From Diagnosis to Treatment to Day-to-Day Life Changes, Navigating Your Cancer Journey
Eat Your Ice Cream: Six Simple Rules for a Long and Healthy Life
Encyclopedia of Herbal Medicine
Enough: Your Health, Your Weight, and What It's Like to Be Free
Epilepsy for Dummies
Fibromyalgia for Dummies
Heading Home with Your Newborn: From Birth to Reality
Healthy to 100: How Strong Social Ties Lead to Long Lives
How to Prevent Breast Cancer: Before and After - A Guide to Taking Back Control of Your Life
I Identify as Blind: A Brazen Celebration of Disability Culture, Identity, and Power
Live to 100 and Love It! An Easy Road Map to Longevity
Mayo Clinic Guide to Arthritis: Managing Joint Pain for an Active Life
Medicare 101: From Your Initial Enrollment to Parts A, B, C, D, an Essential Primer on the Government Healthcare Program
My One-of-a-Kind Body: The Ultimate Guide to Caring for Me
Off the Scales: The Inside Story of Ozempic and the Race to Cure Obesity
PCOS is My Power: Understanding PCOS, Fixing Your Hormones, and Resetting Your Health
Quack Quack: The Threat of Pseudoscience
The TMJ Handbook: A Therapeutic Guide to Relieving Jaw Tension and Pain with Yoga and Mindfulness
White House Secrets: Medical Lies and Cover-ups

The Mind and the Brain

Doctored: Fraud, Arrogance, and Tragedy in the Quest to Cure Alzheimer's
Grief is for People
The Human Brain Book: A Visual Guide to Structure and Function
In Sickness and in Health: Love Stories From the Front Lines of America's Caregiving Crisis
It's Not You, It's the World: A Mental Health Survival Guide for Us All
Mattering: The Secret to a Life of Deep Connection and Purpose
Migraines for Dummies
Nature and the Mind: The Science of How Nature Improves Cognitive, Physical, and Social Well-Being
Train Your Brain to Beat Chronic Pain: How to Harness the Power of the Mind-Body Connection

Children

A Kid's Book About Healthy Habits
Dopamine Kids: A Science-Based Plan to Rewire Your Child's Brain and Take Back Your Family in the Age of Screens and Ultraprocessed Foods
How to Handle More Than You Can Handle: Caring for Yourself While Raising a Disabled Child
I'm So Happy You're Here: A Celebration of Library Joy
The IVF Blueprint: Everything You Need to Know About In Vitro Fertilization, Egg Freezing, and Embryo Transfer
Parenting Dyslexia: A Comprehensive Guide to Helping Kids Develop Confidence, Combat Shame, and Achieve Their True Potential
Twice Before Twelve: A Journey Through Childhood Cancer
Your Kid Belongs Here: An Insider's Guide to Parenting Neurodiverse Children



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.