

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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What's Cooking with Your Diabetes?

- by Sue Petrofsky

November is Diabetes Awareness Month, and sometimes in learning how to maintain your insulin levels and increase exercise, the nutrition part can get overlooked. Did you know the Library has over 50 different cookbooks that can help you eat better with diabetes and improve your blood sugar and cholesterol numbers?



The Library collection begins by covering pre-diabetes, which means you have a higher-than-normal blood sugar level, but it is not high enough to be considered type 2 diabetes yet. By making lifestyle changes at this time, you have the chance to reverse course and avoid developing diabetes. To help you with this, we have the *Everything Easy Pre-Diabetes Cookbook*, *The Prediabetes Action Plan and Cookbook: A Simple Guide to Getting Healthy and Reversing Prediabetes*, *Simple Meal Solutions for Insulin Resistance*, *The 30-minute Prediabetes Cookbook*, and *The What Do I Cook Now? Cookbook: Recipes and Action Plan for People with Diabetes or Prediabetes*.

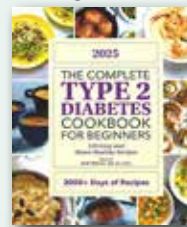
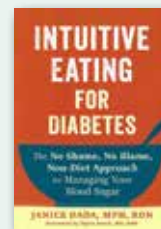
If you have been diagnosed with Type 2 Diabetes, you can begin with *The Complete Type 2 Diabetes Cookbook for Beginners 2025: 150 Easy and Heart Healthy Recipes*, *The Mayo Clinic Diabetes Diet*, or if cooking is not your thing, try the *30-Minute Type 2 Diabetes Cookbook: 75 Fuss-Free Recipes for Healthy Eating* or *The Easy Diabetes Cookbook: Simple, Delicious Recipes to Help You*

Balance Your Blood Sugars. If you're seeking a healthy, vegetarian approach, *The American Diabetes Association Vegetarian Cookbook* or *The Plant-Powered Plan to Beat Diabetes: A Guide for Prevention and Management* would be a good starting point.

Where high blood pressure and cholesterol are combined with diabetes, the DASH diet is a healthy-eating plan designed to help lower high blood pressure, also called hypertension. The DASH diet focuses on vegetables, fruits and whole grains. The diet limits foods that are high in salt. It also limits added sugar and saturated fat, which is important in controlling diabetes. Here we feature *The DASH Diet Mediterranean Solution*, *DASH Diet for Dummies*, and *Dash Diet for Two: 125 Heart Healthy Recipes to Lower Your Blood Pressure Together*.

To keep some variety and spice in your diabetes diet, we also offer *Tex-Mex Diabetes Cooking: More Than 140 Authentic Southwestern Favorites*, *Indian Cuisine Diabetes Cookbook: Savory Spices and Bold Flavors from South Asia*, and *The Italian Diabetes Cookbook: Delicious and Healthful Dishes from Venice to Sicily and Beyond*. We also have several diabetes cookbooks in Spanish. For a complete listing of our cookbooks visit our online catalog.

Stop by the front desk if you need help finding materials, and Bon Appétit!



Library News

Grossmont Healthcare District's Health & Wellness Library

October - December 2026

Volume 24, Issue 4

Fall Art Exhibit – Portraits in Caregiving



Presented by Southern Caregiver Resource Center, "Portraits in Caregiving" is a photo series depicting the varying emotions experienced by caregivers selflessly tending to their loved ones living with chronic and disabling conditions like Alzheimer's Disease, stroke, traumatic brain injury, Parkinson's disease, and other neurocognitive disorders. The series aims to honor caregivers by capturing the essence of family and unconditional love through intimate and tender moments found in the everyday routine of caregiving.

Established in 1987 as a non-profit 501(c)3, Southern Caregiver Resource Center (SCRC) is the leading provider of free caregiver support services for families caring for frail older adults and adults living with Alzheimer's disease and related disorders in San Diego and Imperial Counties.



Join us on Wednesday, November 4th at 6:00 p.m. for a Meet & Greet Reception. RSVP is requested: 619-825-5010 or library@grossmonthealthcare.org.

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

Thursday, December 3rd
3:00 p.m. - 4:30 p.m. GHD Auditorium

AudAbility® is a music therapy program designed to help people with Parkinson's live life out loud. Using proven music interventions—such as singing, movement, and instrument play, AudAbility® helps participants improve and maintain critical functions such as speech, swallowing, breath capacity, fine & gross motor skills, and cognition. Interested individuals with Parkinson's and care partners, community members, and past AudAbility® members welcome.

Community Health Clinic & Resource Fair Thursday, December 3rd

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.



Wellness Wednesday

*All talks are at 10:00 a.m. in the GHD Conference Center (No talk in November)

Building Brain-Healthy Habits

October 28th at 10 a.m.

Speaker: Agnes Zsigovics, MSW
Community Engagement Manager for the Alzheimer's Association, San Diego/Imperial Chapter

Research shows that simple, everyday habits can help protect your memory and reduce the risk of cognitive decline. Building Brain-Healthy Habits is an educational program that provides guidance on maintaining brain health and taking proactive steps to protect your brain at every age. Now is the perfect time to invest in your brain health. Join us to discover practical steps you can take today to support your well-being, enhance your quality of life, and help protect your memory and thinking skills for years to come.

Feature Film: *Project Hail Mary*, 11:30 a.m.



It's A Merry Monday!

Monday, December 7th

Join us for holiday treats starting at 10 a.m., Bingo, & a screening of the film *Prancer*. (Bingo 10:30am-11am; Film will start at 11:30am) GHD Conference Center.

Please RSVP as space is limited.

Phone: 619-825-5010

or library@grossmonthealthcare.org



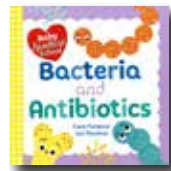
Feature Film: *Prancer*, 11:30 a.m.

NEW Saturday Storytime for Kids!!!

Join us for a new musical storytime adventure on Saturdays! Ms. Marae will host the second Saturday of each month beginning November 14th at 10:30 a.m. in the Library Meeting Room. Open to children from ages 0 to 5. See you there!



What's New in The Children's Section



A Hero's Guide to Summer Vacation
Baby Medical School: Bacteria and Antibiotics
Crumble and Grumble: Coping Cookies
Fungi as Medicine: Fungi Power
Gross-Out Guide to the Sticky Smelly Human Body

How Are You Feeling? Explore All of Your Emotions
Milo and Twig
Sign Language Around Town
Sign Language at School
What Does My Body Say? Abby's First-Day Butterflies
Worst Surprise Ever



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

This 8-week program meets on consecutive Thursdays, October 1st - November 19th

3:00 p.m. - 4:30 p.m. GHD Auditorium

The program is available to 15 participants living with Parkinson's Disease and their care partners. Call or email the Library to register.

RSVP: (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 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 Oct. 23, Nov. 20, and Dec. 18. Walk-ins are not always available but will be accommodated if space/time permits. Call or email the Library to register.



What's New in Books

Diet and Exercise

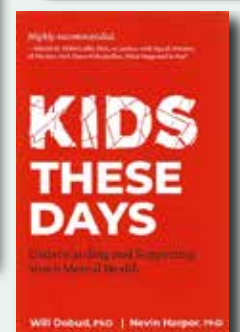
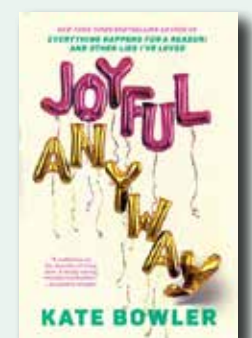
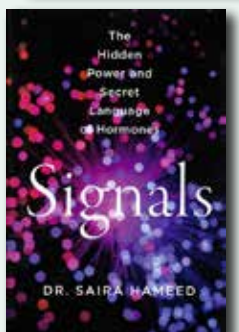
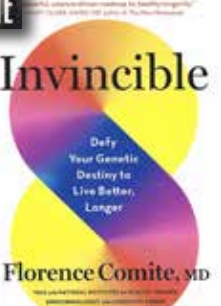
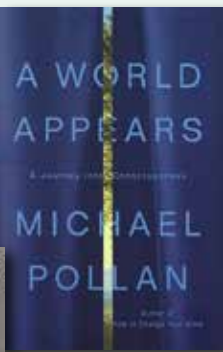
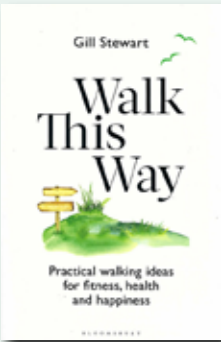
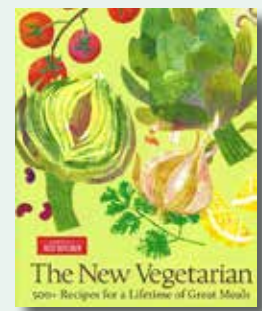
Eat to Thrive During Menopause: Managing Your Symptoms with Nourishing Foods
The How Not to Age Cookbook: 100+ Recipes for Getting Healthier and Living Longer
Make Movement Your Medicine: Gentle Exercises to Soothe and Revive Your Upper Back, Neck, and Shoulders
Mix It Up: The Culinary Medicine Cookbook for Big Flavor
Navigating Food Allergies: A Parent's Guide to Care, Coverage, and Confidence
Plantyou: 140+ Ridiculously Easy, Amazingly Delicious, Plant-Based, Oil-Free Recipes
Plantyou: Scrappy Cooking: 140+ Plant-Based Zero Waste Recipes That Are Good for You, Your Wallet, and the Planet
The Power of Protein: 150+ Recipes for Everyday Strength, Energy and Wellness
Simple Solutions for High Blood Pressure: 75 Recipes to Lower Blood Pressure and Support a Healthy Heart
The New Vegetarian: 500+ Recipes for a Lifetime of Great Meals

General Health

A World Appears: A Journey into Consciousness
After Shock: Learning to Reinhabit My Body After Illness
The Birth Book: An OB-GYN's Guide to Demystifying Labor and Delivery
Body Electric: The Hidden Health Costs of the Digital Age and New Science to Reclaim Your Well-Being
Breathe Happy: Optimize Your Sleep, Looks, and Health
The Doctor Will See You Now: Recognizing and Treating Endometriosis
EMDR for Anxiety: Powerful Self-Guided Tools for Overcoming Panic, Fear, Stress, and Worry
Estrogen, Interrupted: A Guide to Surviving and Thriving in Perimenopause
Invincible: Defy Your Genetic Destiny to Live Better, Longer
Joyful Anyway
Living with Parkinson's Disease: A Complete Guide for Patients and Caregivers
Managing Back Pain for Dummies
Maximize Your Medicare: Qualify for Benefits, Protect Your Health, and Minimize Your Costs
Mayo Clinic Guide to a Healthy, Happy Heart
Mayo Clinic Guide to Gut Health: Restore Your Microbiome, Enhance Digestion, and Improve Your Health From the Inside Out
The Meaning of Your Life: Finding Purpose in an Age of Emptiness
Medicine, Meaning, and Identity: Essays from Early-Career Physicians
The Microbiome: What Everyone Needs to Know
Mosby's Medical Dictionary: 12th Edition
Neurodiversity: A Very Short Introduction
No-Nonsense Skincare: An Expert Guide to Healthier Skin
One Hand Clapping: Unraveling the Mystery of the Human Mind
PCOS for Dummies
Principles of Health: Whole Body Wellness
Prediabetes for Dummies
Signals: The Hidden Power and Secret Language of Hormones
You with the Sad Eyes: A Memoir - Christina Applegate
Zen Caregiving: How to Take Care of Yourself While Caring for Others

Parenting and Family

Born Lucky: A Dedicated Father, a Grateful Son, and My Journey with Autism
Consent Comics: An Engaging, Approachable Guide to Peer Pressure, Dating, and Real Life Boundaries
How to Raise an Emotionally Mature Child: Your Blueprint to a Lifetime of Happiness and Success for Your Child
If Your Adolescent Has Autism: An Essential Resource for Parents
The Johns Hopkins Guide to Everyday Psychological First Aid: A Practical Approach to Helping Family, Friends, Coworkers, and Others Cope
Kids These Days: Understanding and Supporting Youth Mental Health
The Parent's Guide to Divorce: How to Protect Your Child's Mental and Emotional Health Through a Breakup or Separation
Parenting Through Play: Creative Strategies for Building Better Behavior, Deeper Connection, and Positive Communication
Your Child is Not Their Weight: Parenting in a Size-Obsessed World



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)

Oct. 1st & 15th, Nov. 5th & 19th,
Dec. 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)
Oct. 1st & 15th, Nov. 5th & 19th,
Dec. 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

Knit and Crochet Club

(3rd Monday each month)
Oct. 19th, Nov. 16th, Dec. 21st

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

Crafternoon Mondays

(2nd Monday each month)
Class A: 10:00 - 11:00 a.m.
Class B: 1:00 - 2:00 p.m.

Oct. 12th - Decorate Halloween Ornaments
Nov. 9th - Beaded Pipe Cleaner Flint Corn
Dec. 14th - Paper Bag Stars
Library Meeting Room

Community Health Clinic

Oct. 1st, Nov. 5th, Dec. 3rd
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.



Quarterly Memory Screenings

Next screening is November 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. Evaluaciones disponibles en español.



Drums Alive Music Therapy for Seniors

(1st Wednesday each month)
Oct. 7th, Nov. 4th, Dec. 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)
Oct. 14th, Dec. 9th

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

Library Meeting Room

Music Storytime (Children ages 0-5)

*New Class!

(2nd Saturday each month)
Nov. 14th, Dec. 12th
Class A: 10:30 a.m. - 11:30 a.m.

(3rd Tuesday each month)
Oct. 20th, Nov. 17th, Dec. 15th
Class B: 10:00 a.m. - 11:00 a.m.

Library Meeting Room

Community. Access. Connection. Art Workshops

(3rd Wednesday each month)
Oct. 21st, Nov. 18th, Dec. 16th

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.