

# Library News

9001 Wakarusa Street  
La Mesa, CA 91942  
Phone: (619) 825-5010

Dr. William C. Herrick Community Health Care Library

Volume 10, Issue 1

January - March 2012

## Welcoming Change

Kathy Quinn, Library Director

The New Year is a good time to make changes and to welcome new things into our lives. We are doing just that here at the Herrick Library!



**New look.** Library Assistant Sue Petrofsky made some design changes to our newsletter, which we hope will make it easier to read and to find the information you are looking for.

**New column.** The "Spotlight on Newsletters" column has been retired, and a new column, "Herrick Highlights," written by Library Assistant Jackie Jackson will inform you about our wonderful resources.

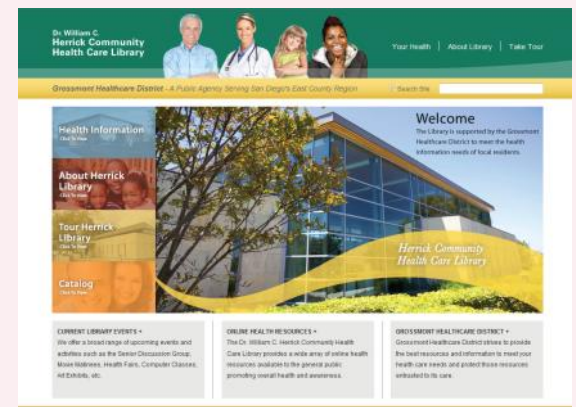
**New website.** We are so excited to reveal our new website! See the right-hand column for all the details.

**New Facebook page.** We have joined the social media movement and now have our own Facebook page. We will be posting regular health news items there so be sure to "Like" us.

**New art exhibit.** See the details below.

**New books and DVDs.** Some things don't need to be changed, so we continue to list the recent additions to our collection on page 2.

## Introducing Our New and Improved Library Website



As the library moves into its second decade, it is time to leave our old website behind. Beginning in January, you will see a brand new, user-friendly site which will keep you abreast of the latest happenings here at Herrick Library. Visit us at [www.herricklibrary.org](http://www.herricklibrary.org).

Besides having a simpler interface, we have updated and expanded the web links to aid you in your search for reliable health information.

The new site features four areas of focus: *Health Information*, *About Herrick Library*, *Tour Herrick Library* (a video tour), and, of course, a link to our *Catalog*.

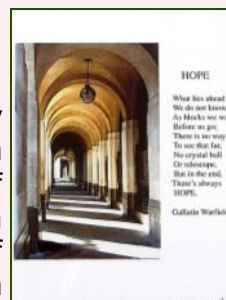
Our recent newsletters are posted on the site, as well as a calendar that includes our Senior Discussion Group topics and the monthly movie matinee.

The website will continue to be a work in progress in 2012. Watch for the addition of new periodicals for healthcare consumers, as well as the posting of our latest additions to the collection.

## Winter Art Exhibit Features

### East County Artist Gallatin Warfield

The current artist featured at the Herrick Library is Gallatin Warfield. He is exhibiting 15 pieces from his *Reflections* project, which is a combination of visual and literary art. Throughout his life, Gallatin has traveled extensively and taken thousands of photos from his unique personal perspective. In *Reflections*, he combined his writing talents with his travel images to produce a very special collection that incorporates both artistic beauty and emotion.



Hope © Gallatin Warfield

Gallatin was born in Maryland, graduated from Princeton University and the University of Maryland School of Law, and was a Captain in the Maryland Air National Guard. He worked in the Maryland Attorney General's Office and the Office of the State's Attorney for Howard County, Maryland, and later opened a private law practice.

He also began writing novels, the fulfillment of a life-long passion for writing. He is the author of three legal thrillers and wrote screenplays, including for several TV series.

In the mid-1990s, Gallatin moved to Southern California and currently lives in Alpine with his wife, Judy, and their cat, Spooky.

His exhibit will be on display at the Library until the end of March.



# *Start your New Year off right with one of our hot-off-the-press book, DVD, CD, or movie selections!*

## **GENERAL HEALTH**

Aging, But Never Old: The Realities, Myths, and Misrepresentations of the Anti-aging Movement  
Alzheimer's Disease: Unraveling the Mystery  
Caring for a Person with Alzheimer's Disease: Your Easy-to-Use Guide from the National Institute on Aging  
The Concussion Crisis: Anatomy of a Silent Epidemic  
The Digestive Diseases Dictionary  
Doctor, Your Patient Will See You Now: Gaining the Upper Hand in Your Medical Care  
Handbook for Mortals: Guidance for People Facing Serious Illness  
The Healthy Gut Workbook: Whole Body Healing for Heartburn, Ulcers, Constipation, IBS, Diverticulosis & More  
HIPAA Plain and Simple: A Health Care Professionals Guide to Achieve HIPAA and HITECH Compliance  
Learn to Live Through Cancer: What You Need to Know and Do  
The Longevity Prescription: The 8 Proven Keys to a Long Healthy Life  
Mayo Clinic Guide to a Healthy Pregnancy  
Mayo Clinic on Digestive Health: What to Do for Heartburn, Ulcers, Irritable Bowel Syndrome and Other Common Conditions  
PDR® Consumer Guide to Prescription Drugs  
Prevent Diabetes Problems [A kit with 7 booklets from the National Diabetes Information Clearinghouse]  
University of California Berkeley Wellness Reports: Controlling Your Cholesterol / Dietary Supplements / Eating for Optimal Health / Men's Health / Women's Health [5 reports]  
The Viral Storm: The Dawn of a New Pandemic Age  
A Woman's Guide to a Healthy Stomach

## **DIET AND NUTRITION**

Eat This, Not That! 2012: The No-diet Weight Loss Solution  
Eating Well Through Cancer: Easy Recipes and Recommendations During and After Treatment  
The Mayo Clinic Diabetes Diet  
Mindless Eating: Why We Eat More than We Think  
The Social Network Diet: Change Yourself, Change the World  
Tasty Recipes for People with Diabetes and Their Families / Ricas Recetas para Personas con Diabetes y Sus Familiares

## **EYE CARE**

101 Questions and Answers About Macular Degeneration  
The Aging Eye: Preventing and Treating Eye Disease (Harvard Health Letter Special Report)  
Glaucoma: What Every Patient Should Know  
Macular Degeneration: A Complete Guide for Patients and Their Families  
Reader's Digest Guide to Eye Care: Common Vision Problems, from Dry Eye to Macular Degeneration

## **MEMOIRS**

Gabby: A Story of Courage and Hope, by Gabrielle Giffords and Mark Kelly  
Life Itself: A Memoir, by Roger Ebert

## **MEDICAL CD**

Lupus and Other Related Information for You and Your Patients

## **MEDICAL DVDS**

Cinco Deseos: La Forma Más Popular en los Estados Unidos de Planificar y Hablar Acerca del Cuidado al Final de la Vida  
Five Wishes: America's Favorite Way of Planning for and Discussing Care at the End of Life  
Nourish: Food + Community

## **MOVIES**

Beautiful Boy  
Beginners  
Buck  
Georgia O'Keeffe  
Hachi: A Dog's Tale  
The Help

# Monthly Senior Discussion Group and Movie Matinee

Wednesday January 25

## Of Course Laughter Matters! But What Is Laughter Yoga?

Michael Coleman of Laughter Matters will lead us in a session that combines fun and simple stretching, breathing, laughing, and relaxation.

### Movie Matinee

#### The Help



Wednesday February 22

## Change Your Age the Feldenkrais Way

Improve your movement with a verbally-guided Feldenkrais lesson featuring Liz Sisco, *Awareness Through Movement®* Instructor at the Feldenkrais Institute of San Diego.

### Movie Matinee

#### Soul Surfer



Wednesday March 28

## Know the 10 Signs: Early Detection Matters

Learn about the difference between normal aging and Alzheimer's disease and the benefits of early detection from Diane Beach of the Alzheimer's Association.

### Movie Matinee

#### Catch Me if You Can



Senior Discussion Group meetings are held from 10:00 a.m. to 11:00 a.m.

Movie Matinees start at 12:00 noon.

Light refreshments are served. RSVP is not required. Questions? Call 619-825-5010

## HERRICK HIGHLIGHTS

— Jackie Jackson, Library Assistant

Making resolutions is a great way to start off the new year. One of the most important changes you can make is a commitment to better health. The Herrick Library offers many resources to help you on that path.

We subscribe to 28 monthly newsletters from leading health institutions such as the Cleveland Clinic, Harvard Medical School, Mayo Clinic, UCLA, and others. The newsletters provide up-to-date information on a wide variety of health topics in a concise, easy-to-read manner. Most of the articles are only one or two pages long but pack a lot of useful information in that small space.

The current newsletters are located in a revolving kiosk next to our "new books" bin near the front door. Two years of back issues may be requested at the front desk. The newsletters may be read in the library, or you may make a photocopy of any articles of interest for your personal use.

When you come to the library, be sure to take a few minutes to read these newsletters to help you keep your New Years resolutions!

### Website...continued from page 1

As part of our update, we will have a library blog, where we will post articles on health issues we feel are of interest to you. If you are a Facebook user, we will also have postings there that are relevant to the library and the Grossmont Healthcare District, so please "Like" us at *Herrick Community Health Care Library*, [www.facebook.com/HerrickLibrary](http://www.facebook.com/HerrickLibrary).

We have feedback forms located on the front table in the library where the suggestion box is located. Please let us know what you think of our new website and Facebook page. Let us know if you have any suggestions for improvements to the site or topics you are interested in learning about on the blog or Facebook. You can always send us an email with any questions or comments at [info@herricklibrary.org](mailto:info@herricklibrary.org).

We want to thank the design team at Masar Johnston Advertising & Design for their awesome work on our new site!

Thanks! — The Library Staff

### Book Donations—Thank You!

Silent Grief: Living in the Wake of Suicide  
TurnAround Program Cookbook (WeightWatchers)  
IBS [Irritable Bowel Syndrome] for Dummies  
Cut Your Cholesterol (Reader's Digest)  
Healthy Heart: Miracle Diet (Reader's Digest)  
Instant Health Answers (Reader's Digest)  
Curing Everyday Ailments the Natural Way (Reader's Digest)  
Eating Well for Optimum Health

## Dr. William C. Herrick Community Health Care Library

Website: [www.herricklibrary.org](http://www.herricklibrary.org)

Email: [info@herricklibrary.org](mailto:info@herricklibrary.org)



<http://www.facebook.com/HerrickLibrary>

### Library Hours:

9:00 a.m. - 8:00 p.m. **Tuesday**

9:00 a.m. - 5:30 p.m. **Wednesday - Friday**

8:00 a.m. - 12:00 p.m. **Saturday**

**Closed Sunday and Monday**

### Address:

9001 Wakarusa Street

La Mesa, CA 91942

Phone: (619) 825-5010



## Grossmont Healthcare District

### Board Members:

Robert Ayres

Gloria A. Chadwick, R.N.

Michael A. Emerson, RDO

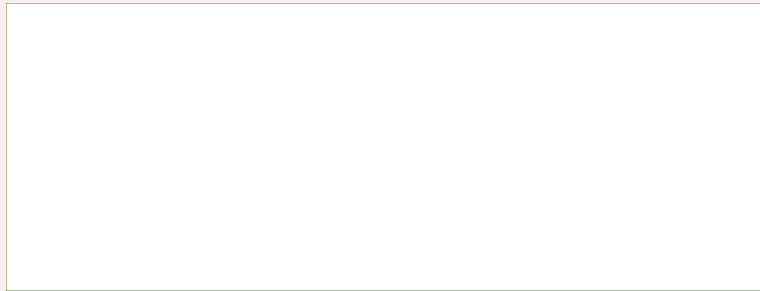
Michael T. Long, M.D.

Deborah D. McElravy, R.Ph.

Barry Jantz, CEO

Kathy Quinn, Library Director

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



## Free Computer Lessons!

The library staff teach the following one-session, hands-on computer lessons:

- **Computer Basics**
- **E-mail Basics**
- **Introduction to the Internet**



Please call for an appointment:  
619-825-5010



## Ongoing Programs Held at the Library

**AI-Anon:** 6:30 p.m.-7:30 p.m. Tuesdays. Step Study meeting open to all.

**Better Breathers Club:** 1:00 p.m.-3:00 p.m. 3rd Friday of the month. Call Library for leader's phone number to register.

**East County Adult Cancer Support Services:** 10:00 a.m.-12:00 p.m. Meets 1st, 3rd, and 5th Thursdays for patients/survivors. Relaxation & Visualization 12:15 p.m.-1:00 p.m. Registration required. Call (619) 682-2663. Concurrent family members/caregivers meeting 10:00 a.m.-12:00 p.m.

**HICAP (Health Insurance Counseling & Advocacy Program):** Call (800) 434-0222 for appointment.

**SMART Recovery®:** 2:00 p.m.-3:30 p.m. Tuesdays. Open to all for any type of addiction. Info: [www.smartrecovery.org](http://www.smartrecovery.org) or William Brock, Ph.D., (619) 665-2125.

