

**Dr. William C. Herrick Community Health Care Library**  
 9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010  
 Website: www.herricklibrary.org | Email: info@herricklibrary.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  
 Closed Sunday



**Grossmont Healthcare District**

Board Members:

- Robert Ayres
- Gloria A. Chadwick, RN
- Michael A. Emerson, RDO
- Virginia Hall, RN
- Randy Lenac
- Barry Jantz, CEO
- Rachelle Georger Kierulff, Library Director

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



**FREE on Wellness Wednesday!**

**Blood Pressure Screening**  
 by a Sharp registered nurse

Grossmont Healthcare District Conference Center  
 During Wellness Wednesday 9:30 - 11:30  
 January 22, February 26, March 25  
 9001 Wakarusa St., La Mesa, CA 619-825-5010

**SHARP** Sponsored by the Sharp Grossmont Hospital Senior Resource Center  
 Walk-ins welcome! No appointment needed.



**Ongoing Programs Held at the Library**

- Advance Care Planning:** 1:00 p.m.-2:30 p.m. 2nd Monday of the month. Walk-ins welcome. Info: contact Linda Hutkin-Slade@sharp.com or 619-740-5531.
- Alzheimer's San Diego:** 5:30 p.m.-7:30 p.m. 1st & 3rd Tuesday of the month. Caregiver support and discussion group. Please call the group leader to confirm the meeting and find out if the group is a good fit for you, Ellen Boucher 619-770-7145.
- American Chronic Pain Association:** 12:00 p.m.-1:30 p.m., 1st and 3rd Wednesday of the month. Self-help and peer support for people with chronic pain. Walk-ins welcome. For info call Kathy 858-204-9205 or Kristin 619-888-6496.
- Art, Energy and Healing:** 10:00 a.m.-11:30 a.m. last Tuesday of the month. RSVP required; call or email library to RSVP. For more info call or email Linda Bounds: 619-993-2381 or 2lindabounds@gmail.com.
- 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.
- Cancer Support Group Lunch & Learn:** 12:00 p.m.-1:30 p.m., 1st Tuesday of the month for cancer patients/survivors and their loved ones. Sponsored by Sharp Grossmont Hospital. Info: Linda.Hutkin-Slade@sharp.com, 619-740-5531, or https://bit.ly/2YfJ1xc.
- Caring Community—Living with Cancer:** 10:00 a.m.-12:00 p.m. 2nd & 4th Thursdays for patients/survivors. 12:15 p.m.-1:15 p.m. for Relaxation & Visualization. 10:00 a.m.-12:00 p.m. 1st & 3rd Thursdays for family/caregivers. Registration required. Call 619-890-9730.
- HICAP (Health Insurance Counseling & Advocacy Program):** Free and objective information about Medicare. 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 or William Brock, Ph.D. Email brockpsych@gmail.com or call 619-665-2125.
- SMART Recovery® Friends & Family:** 6:30 p.m.-7:30 p.m. Thursdays. Open to all for any type of addiction. Info: www.smartrecovery.org.



# Library News

9001 Wakarusa Street  
 La Mesa, CA  
 Phone: 619-825-5010  
 Volume 18, Issue 1  
 January - March 2020

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

## Welcome!

- Barry Jantz, CEO, Grossmont Healthcare District

We are pleased to announce the new Herrick Library Director will be Rachelle Georger Kierulff, who will be starting on January 21.



She has a Master's degree in Library and Information Science from San Jose State University and a B.S. in Biological Sciences from State University of New York at Brockport.

Rachelle has been at the Kresge Library serving The Scripps Research Institute and Scripps Green Hospital for 21 years, progressing up the ranks to become Library Manager in 2015 and Library Director in 2017. She says that she is looking forward to the change from the research and clinical side to a more public-facing role and helping you with your health information needs.

Happy New Year to all. Please join me in welcoming Rachelle and once again congratulating Kathy Quinn on her retirement!

## Winter Art Exhibit



Watercolor artist Susan Hewitt of Lakeside is exhibiting a selection of her paintings at the Herrick Library January through March. She says that art runs in her blood. She has a legitimate claim to that because her great uncle carved Mt. Rushmore!

Susan attended Massachusetts College of Art and worked at a nationally known gallery for 10 years after moving to the West coast. She then found an additional passion in teaching elementary school. In 2005, Susan returned to art lessons when she began taking watercolor classes and joined the San Diego Watercolor Society (SDWS) in 2007.

She wore many hats at SDWS, a volunteer-run organization, including setting up exhibitions and juried shows, doing education outreach, and teaching classes. In 2017, she was tapped to be the president of SDWS; her term just ended in October.

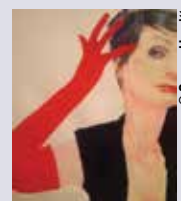
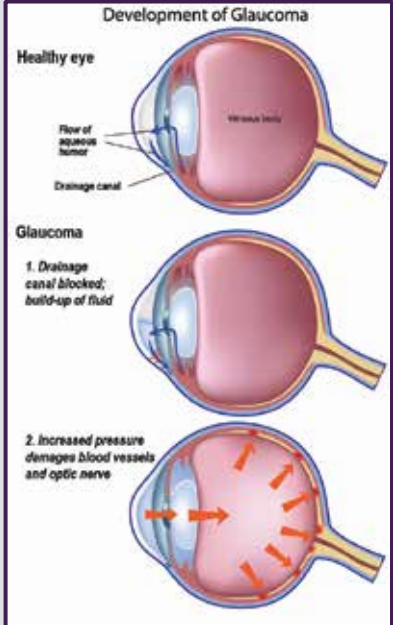
## WATCH OUT FOR YOUR SIGHT!

- Sue Petrofsky, Library Assistant

January marks National Glaucoma Awareness Month, and of the estimated 3 million people who have the disease, as many as half of them may not even know it. Glaucoma is sometimes called "the sneak thief of sight," as the most common types of glaucoma often have no symptoms until irreversible damage has occurred to the eye. For this reason, regular checkups with an eye doctor and early detection are very important for your sight.

Glaucoma is really a grouping of eye diseases that damage the optic nerve, which is the bundle of nerve fibers that carry information from the eye to the brain. Most kinds of glaucoma include high intraocular pressure (IOP), which is the fluid pressure inside your eye. Under normal conditions, the circulating fluid (aqueous humor) produced by the eye leaves through its built-in drainage pathway. The aqueous humor then flows through a spongy tissue at the front of the eye called the trabecular meshwork, and then into a drainage canal. In the most common forms of glaucoma, fluid does not flow properly through the trabecular meshwork, causing an increase in IOP. This compresses the rear of the eye and damages the optic nerve, leading to vision loss. In other types of glaucoma, nerve damage may occur even with a normal IOP.

The most common form of glaucoma is open-angle glaucoma, occurring in 70-90 percent of people with the disease. Symptoms can include patchy blind spots in your side (peripheral) or central vision, often in both eyes, and tunnel vision in advanced stages, but often has few symptoms until vision loss has begun. Risk factors



© Susan Hewitt

© Suzanne Petrofsky

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**"Reading is to the mind what exercise is to the body."**

— Joseph Addison

**AGING**

- Elderhood: Redefining Aging, Transforming Medicine, Reimagining Life
- Parenting Our Parents: Transforming the Challenge into a Journey of Love
- That Good Night: Life and Medicine in the Eleventh Hour
- What Does It Feel Like to Die?: Inspiring New Insights into the Experience of Dying

**DIET AND EXERCISE**

- Cultured: How Ancient Foods Can Feed Our Microbiome
- In Praise of Walking: The New Science of How We Walk and Why It's Good for Us
- Playing with Movement: How to Explore the Many Dimensions of Physical Health and Performance
- The Prediabetes Action Plan and Cookbook: A Simple Guide to Getting Healthy and Reversing Prediabetes

**GENERAL HEALTH**

- 10 Things I Wish I'd Learned in Medical School: A Practical Guide to Sustainable Health
- 100 Questions & Answers About Liver Cancer
- The Beautiful Cure: The Revolution in Immunology and What It Means for Your Health
- Diagnosis: Solving the Most Baffling Medical Mysteries
- Dr. Lani's No-Nonsense Sun Health Guide: The Truth About Vitamin D, Sunscreen, Sensible Sun Exposure and Skin Cancer
- Even Urologists Get Kidney Stones: An Essential Guide to Kidney Stone Treatment and Prevention
- The Gift of Love: A Handbook for Writing Legacy Letters and Ethical Wills
- Insider's Guide to Quality, Affordable Healthcare: Practical Strategies to Navigate Our Complex System and Save Money
- Legacy Letters from Your Heart: How to Find Peace of Mind by Leaving a Piece of Your Mind
- Mayo Clinic Guide to Fibromyalgia: Strategies to Take Back Your Life
- Partners in Healing: What to Say, Do, and Give When a Friend Is Sick
- Setting Them Straight: The Fact-Based Guide to a Spectacular Smile Through Orthodontics
- Tight Hip, Twisted Core: The Key to Unresolved Pain
- Traveling with Service Animals: By Air, Road, Rail, and Ship Across North America
- Volume Control: Hearing in a Deafening World
- What You Must Know About Dry Eye: How to Prevent, Stop, or Reverse Dry Eye Disease
- You Can Prevent a Stroke

**MIND AND THE BRAIN**

- The Bipolar Disorder Survival Guide: What You and Your Family Need to Know
- Exuberance: The Passion for Life
- Happiness Is a Choice You Make: Lessons from a Year Among the Oldest Old
- How AI-Anon Works for Families and Friends of Alcoholics
- Lithium: A Doctor, A Drug, and a Breakthrough
- Loving Someone with an Eating Disorder: Understanding, Supporting & Connecting with Your Partner
- Mental Health Emergencies: A Guide to Recognizing and Handling Mental Health Crises
- The Rabbit Effect: Live Longer, Happier, and Healthier with the Groundbreaking Science of Kindness
- The Unspeakable Mind: Stories of Trauma and Healing from the Frontlines of PTSD Science
- Write Your Stress Away: Tame the Tension in Your Life

**MEMOIRS**

- Close to the Sun: The Journey of a Pioneer Heart Surgeon (Stuart Jamieson)
- Me (Elton John)
- The Perfect Predator: A Scientist's Race to Save Her Husband from a Deadly Superbug (Steffanie Strathdee and Thomas Patterson)
- Your Heart, My Hands: An Immigrant's Remarkable Journey to Become One of America's Preeminent Cardiac Surgeons (Arun K. Singh, MD)

**PARENTING**

- Raising a Screen-Smart Kid: Embrace the Good and Avoid the Bad in the Digital Age
- Try New Food: How to Help Picky Eaters Taste, Eat and Like New Foods

**DOCUMENTARY DVDS**

- Balance & Strength: Traditional Exercises, and Modified Tai Chi and Yoga for Seniors and Older Adults
- Bethany Hamilton: Unstoppable
- The Long Goodbye: The Karen Tippetts Story
- One Nation Under Stress
- Reinventing Rosalee: Never Too Late to Live Your Dream
- Atrial Fibrillation: Second Opinion
- Crohn's Disease: Second Opinion
- Immunotherapy: Second Opinion
- Kidney Transplant: Second Opinion
- The Story of Vision: Second Opinion

**HOLLYWOOD DVDS**

- The Art of Racing in the Rain
- Breakthrough
- Christmas with Holly
- The Last Black Man in San Francisco
- A League of Their Own
- Yesterday

**CHILDREN'S BOOKS**

- Bobby and Grandma: Talking to Children About Cancer Therapy
- Dr. Goldilocks and Baby Bear's Diabetes
- The Memory Box: A Book About Grief
- The Invisible String
- Stuck with the Blood
- Surgery Day

**Monthly Wellness Wednesday Meeting and Feature Film**

**Wednesday January 22**

**Dental Health for Elder Adults**

**Speaker:** Dr. Devon Wan, DMD, Lead Dentist, Logan Heights Dental

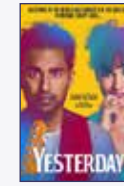
Join us to learn about the importance of good oral hygiene and options for accessing dental care.

**Feature Film**

**Yesterday**

(Rated PG-13)

**11:30 a.m.**



**Wednesday February 26**

**Making Fitness Fun for Life!**

**Speaker:** Daphne Miller, Feeling Fit Instructor, County of San Diego

Improve your balance, flexibility, and endurance while having FUN! Also explore the options of East County's Feeling Fit Club and the Sharp Grossmont Mall Walkers Program.

**Feature Film**

**The Peanut Butter Falcon**

(Rated PG-13)

**11:30 a.m.**



**Wednesday March 25**

**Resources for Seniors**

**Speaker:** Dan McNamara, Program Coordinator, Senior Resource Center, Sharp Grossmont Hospital

Come and learn about the Sharp Senior Resource Center and other commonly needed resources for seniors in San Diego.

**Feature Film**

**A League of Their Own**

(Rated PG)

**11:30 a.m.**



Wellness Wednesday meetings are held from 10:00 a.m. to 11:00 a.m. and are open to all adults. Meetings are held in the GHD Conference Center. Feature Films start at 11:30 a.m. Light refreshments are served. RSVP is not required. Questions? Call 619-825-5010

*Glaucoma continued from Page 1*

**HERRICK HIGHLIGHTS**

-Susan Davis, Library Assistant

Do you think the library is just about improving your mind by reading books or watching videos? Not at Herrick Library! Come to the Library to learn how to get fit and be healthier. We have something for everyone: books, DVDs, and more.

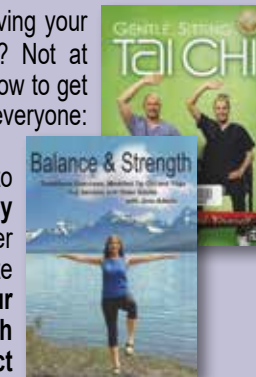
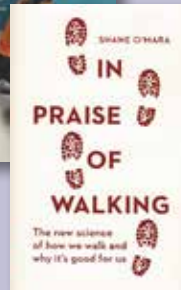
Do you want to start out slow and ease into fitness? Try **Gentle, Sitting Tai Chi** (DVD), **Easy Exercises for Core Fitness**, or the even gentler sounding **Daily Stretch** (DVD). Incorporate exercise into your favorite activity with **Your Water Workout**, **Garden Your Way to Health and Fitness**, or **Walking: Nature's Perfect Exercise**.

Do you need some motivation? Try **Get Up!: Why Your Chair Is Killing You** or **The RBG Workout**. If Supreme Court Justice Ruth Bader Ginsburg can exercise at age 86, you can too! If exercise just sounds like too much work, get some sympathy with **The "I Hate to Exercise" Book for People with Diabetes**.

Do you want something for the younger set? Try the cheery **I Like to Exercise** or the intriguing **Walk Like a Bear, Stand Like a Tree, Run Like the Wind**.

You can stay current with fitness and exercise articles in magazines, such as **Yoga Journal** and **Prevention**, and in monthly newsletters from Mayo Clinic, Cleveland Clinic, and others.

We even have free stuff! Pick up **Workout to Go** from the National Institutes of Health or a flyer about the **Grossmont Mall Walkers**. Come on in and learn more about fitness at the library!



include high eye pressure, severe nearsightedness, family history (genetic), diabetes, high blood pressure, sickle cell anemia, eye surgery or injury, use of corticosteroids, age (over 60), and ethnicity (African Americans over the age of 40 are at highest risk). People who suffer from a condition called "dry eye" are also at higher risk.

The second most common form of glaucoma is angle-closure glaucoma. A mostly inherited disorder, it is caused by too narrow of a passageway where aqueous fluid should normally flow. Risk factors include age (40 and over), farsightedness, eye injury or surgery, family history, and East Asian or Inuit ethnicity. Symptoms can include severe headache, eye pain, nausea and vomiting, blurred vision, halos around lights, and eye redness. Other less common forms of glaucoma include normal-tension glaucoma, pigmentary glaucoma, and childhood glaucoma.

Treatment for glaucoma often includes topical medication, which is applied to the eye's surface using drops or ointments. If you are prescribed medication, it is important to continue taking it to stop the progression of the disease. Other treatments may include laser treatment or surgery, depending on the severity of the condition. Once glaucoma is diagnosed and treated, it can be kept from progressing in 90 percent of all cases.

Without treatment, glaucoma will eventually cause blindness. Even after treatment, 15 percent of people with glaucoma become blind in at least one eye within 20 years. For prevention and detection in the early stages, the American Academy of Ophthalmology recommends a comprehensive eye exam according to the following schedule:

Age	Frequency of Exam
Under 40	Every 5 - 10 years
40 - 54	Every 2 - 4 years
55 - 64	Every 1 - 3 years
65 and older	Every 1 - 2 years

For more information about glaucoma visit: [www.nei.nih.gov](http://www.nei.nih.gov) (National Eye Institute) [www.brightfocus.org](http://www.brightfocus.org) (BrightFocus® Foundation)

**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.