

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, Curbside Pick-up Only:

9:00 a.m. - 1:00 p.m. Tuesday

2:00 p.m. - 7:00 p.m. Wednesday

9:00 a.m. - 1:00 p.m. Thursday

Staff available by phone & email – leave a message and we'll respond asap



**Grossmont
Healthcare
District**

Board Members:

Robert Ayres

Gloria A. Chadwick, RN

Michael A. Emerson, RDO

Virginia Hall, RN

Randy Lenac

Barry Jantz, CEO

Rachelle Kierulff,
Library Director

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

Got Digital Health Literacy?

By Susan Davis, Library Assistant

When you learned to read and write, you learned that these simple tools could also be used to mislead people, and you learned to exercise judgement to find the truth. So too it is vital to learn how to exercise caution and judgement when accessing information online, where it's even harder to tell fact from fiction. This is especially problematic when searching for accurate, reliable health information.

The "All of Us" Research Program of the Network of the National Library of Medicine (NNLM), offers several self-paced tutorials to teach you skills to be safe on the internet, avoid scams, create strong passwords and obtain accurate health information. There is a separate tutorial to show you how to search for health information at MedlinePlus, a highly trusted and reliable search tool - one of the best places to start searching for health information online. To get started, type <https://allofustec.nlm.gov/learn-internet-skills> into a web browser. Then click on the language button near the top of the page to learn in English or Spanish.

Some useful tips for moving around online:

- When your cursor arrow turns to a pointing hand, you can click to go to a new webpage.
 - When you see a solid triangle arrow ▶, click on it to start a video; click on || to pause a video.
 - When you see numbers between two arrows < 1/10 >, click on the right hand arrow to go through the pages; click on the left arrow to go back.
 - As you move between web pages, if you click the right side of your mouse on a link instead of the left side of the mouse, a drop-down List will appear. Select "Open Link in a New Tab", and a new "file folder" tab will appear at the top of the screen. Just as with paper file folders, you can move between the web pages without closing them, so you can easily go back to a previous web page.
- When you have finished all the tutorials, you might click on Home at the top of the page to take a look at the "All of Us" Research Program, which is a historic effort to gather data from one million or more people living in the United States to accelerate research and improve health.



Library News

Curbside pickup available now!



9001 Wakarusa Street
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Are you missing the library? We are missing you! Due to rising rates of COVID-19 and state and county health orders, the physical library remains closed. Our staff is adapting by answering your questions by phone and email as well as by offering Curbside Pickup. Soon, we will begin hosting virtual Wellness Wednesday talks once a month and debuting e-books and online magazines for you to access at home. Print notices cannot keep up with these rapid changes, so we encourage you to sign up for our online newsletter at <http://eepurl.com/dt8pAP>. Let us know how we can help you adjust to using our online library resources, services, and programs—we are here for you.

- Rachelle Kierulff, Library Director

Curbside Pickup is Fast and Easy!

Have you tried Curbside Pickup yet? It is a safe and easy way to access the Herrick Library's collection of books, DVDs, and even magazines and health newsletters. The next pages highlight many new items for you to reserve. You can also search on our online library catalog at <https://tinyurl.com/herrick-catalog>. Once you find something you wish to check out, call or email us with the titles to reserve and set a time to come by and pick them up. Library staff, wearing a mask and gloves, will bring the items to your car. Curbside Pickup hours are 9:00 am–1:00 pm Tuesdays and Thursdays and 2:00 pm–7:00 pm Wednesdays. Returned items can be placed in the book drop outside our front door. For your safety, returned books and DVDs are quarantined for 72 hours. We hope you find some items of interest!



Wellness Wednesday Goes Virtual! (ZOOM ZOOM!!)

Wednesday August 26, 2020
10 a.m. - 11 a.m.

Live the Life You Love: Prevent Type 2
Diabetes with a healthy lifestyle

Speaker: Nadin Benrey, Skinny Gene
Hosted on Zoom

Registration required: contact the Library

Wednesday September 23, 2020
10 a.m. - 11 a.m.

10 Warning Signs of Alzheimer's

Speaker: Allison Gutteridge, Alzheimer's Association
Hosted on Zoom

Registration required: contact the Library

Zoom Instructions:

- You will receive the Zoom meeting link the day before the program.
- Click "JOIN" at scheduled day and time.
- Enter your Name, Meeting ID for the meeting and you will be connected.
- If prompted to "Launch Application", click "Open Link" and Zoom should start in a moment. You will then have the choice to either download the Zoom client or choose "join from your browser".
- You'll be muted, so please use the Chat box for questions and comments.
- New to Zoom? Join a test Zoom meeting to familiarize yourself at zoom.us/test and click Join.
- Let library staff know if you'd like help with Zoom, in advance of the meeting. Give us a call or email.

Curbside pickup of books and DVDs is available to library card holders while we are closed. Call or email to reserve an item. Search the catalog at <https://tinyurl.com/herrick-catalog> for titles, or reserve one of our new items below!

Family and Parenting

Decoding Boys: New Science Behind the Subtle Art of Raising Sons
 The Freedom to Be: Stories from Transgender Youth, Adults, and Their Families
 Freedom from Family Dysfunction: A Guide to Healing Families Battling Addiction or Mental Illness
 The Little Gardener: Helping Children Connect with the Natural World
 Unconditional: A Guide to Loving and Supporting your LGBTQ Child

Diet and Exercise

50 Hikes with Kids California
 Afoot and Afield: San Diego County: 281 Spectacular Outings along the Coast, Foothills, Mountains, and Desert
 Balance and Your Body: How Exercise Can Help You Avoid a Fall
 Coast to Cactus: The Canyoneer Trail Guide to San Diego Outdoors
 Family Fit Plan: A 30-Day Wellness Transformation
 Half the Sugar, All the Love: 100 Easy, Low-Sugar Recipes for Every Meal of the Day
 How Not to Diet: The Groundbreaking Science of Healthy, Permanent Weight Loss
 In Praise of Walking: A New Scientific Exploration
 The MIND Diet Plan and Cookbook: Recipes and Lifestyle Guidelines to Help Prevent Alzheimer's and Dementia

General Health

A Patient's Guide to Acupuncture: Everything You Need to Know
 Acupuncture Points Handbook: A Patient's Guide to the Locations and Functions of over 400 Acupuncture Points
 Borrowing Life: How Scientists, Surgeons, and a War Hero Made the First Successful Organ Transplant a Reality
 The End of Epidemics: The Looming Threat to Humanity and How to Stop It
 Ending Parkinson's Disease: A Prescription for Action
 Farewell: Vital End-of-Life Questions with Candid Answers from a Leading Palliative and Hospice Physician
 The Immunotherapy Revolution: The Best New Hope For Saving Cancer Patients' Lives
 MAN-opause: What Everyone Should Know about Treating Symptoms of Male Hormone Imbalance
 Nature's Best Remedies: Top Medicinal Herbs, Spices, and Foods for Health and Well-Being
 The Pain Survival Guide: How to Become Resilient and Reclaim Your Life
 The Remarkable Life of the Skin: An Intimate Journey Across Our Largest Organ
 Tibetan Medicine and You: A Path to Wellbeing, Better Health, and Joy

Memoirs

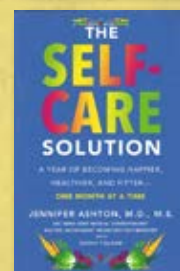
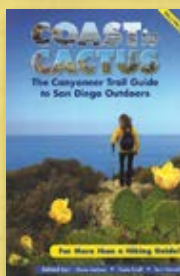
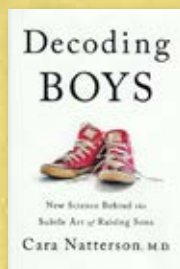
Building a Life Worth Living: a Memoir (Marsha M. Linehan)
 Long Walk Out of the Woods: A Physician's Story of Addiction, Depression, Hope, and Recovery (Adam B. Hill, MD)
 Passing: A Memoir of Love and Death (Michael Korda)
 Such a Pretty Girl: A Story of Struggle, Empowerment, and Disability Pride (Nadina LaSpina)

Mind and the Brain

The Broken Ladder: How Inequality Affects the Way We Think, Live, and Die
 Death is but a Dream: Finding Hope and Meaning at Life's End
 Just Medicine: A Cure for Racial Inequality in American Health Care
 Mindfulness for Chocolate Lovers: A Lighthearted Way to Stress Less and Savor More Each Day
 The Power of Bad: How the Negativity Effect Rules Us and How We Can Rule It
 The Self-care Solution: A Year of Becoming Happier, Healthier, and Fitter - One Month at a Time
 Together: The Healing Power of Human Connection in a Sometimes Lonely World
 Why Bother: Discover the Desire for What's Next

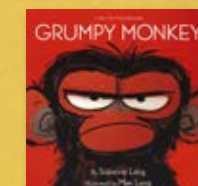
Yes, you can check out magazines and newsletters! Reserve yours today.

For a complete list of titles visit: <https://www.herricklibrary.org/about-herrick-library/magazinesnewslettersnewspapers/>



Children & Teens

Alice's Wonderful Hospital Adventure
 Dreamers
 The Fantastic Body: What Makes You Tick & How You Get Sick
 Food Network Magazine The Big, Fun Kids Cookbook: 150+ Recipes for Young Chefs
 Germs Make Me Sick!
 Grumpy Monkey
 Hair Love
 Human Body Activity Book for Kids: Hands-On Fun for Grades K-3
 I Am Enough
 I Love My Glam Ma
 It Feels Good to Be Yourself: A Book About Gender Identity
 Kinsey's Kidney Adventure
 Layla's Happiness
 Just Ask!: Be Different, Be Brave, Be You
 Mixed: A Colorful Story
 The Proudest Blue: A Story of Hijab and Family
 Rewire Your Anxious Brain for Teens: Using CBT, Neuroscience, and Mindfulness to Help You End Anxiety, Panic, and Worry
 Sherm the Germ
 Skin Like Mine
 Super Foods for Super Kids Cookbook: 50 Delicious (and Secretly Healthy) Recipes Kids Will Love to Make
 T-Bone the Drone
 That's Not Fair! / ¡No Es Justo!: Emma Tenayuca's Struggle for Justice/La lucha de Emma Tenayuca por la justicia
 When Grandma Gives You a Lemon Tree
 Whoosh!: Lonnie Johnson's Super-Soaking Stream of Inventions



Documentary DVDs

5B
 Before the Plates
 Blood Sugar Rising
 Easy Yoga for Easing Pain with Peggy Cappy
 The Greatest Bond
 Miss Sharon Jones
 Nova: Mysteries of Sleep
 NOVA: The Truth About Fat
 Rodney Yee's Yoga for your week

Hollywood DVDs

A Beautiful Day in the Neighborhood
 Before You Know It
 Dark Waters
 Dolittle
 Little Women
 Lost Transmissions
 Marathon: The Patriots Day Bombing
 The Magic of Belle Isle
 A Million Little Pieces
 Ordinary Love
 The Parts you'll lose
 Poms
 The Way Back
Kids DVDs
 Abominable
 Onwards
 Elmo's World - Food, Water & Exercise

Graphic novels are books in comic-strip form, fiction and non-fiction. The National Library of Medicine says, "The combined language of words and pictures that is the comic medium gives approachability and emotional impact to these personal stories, and even to the clinical data they sometimes include."

Adults and Teens

Anxiety is Really Strange
 Cancer Vixen
 Hey, Kiddo: How I lost My Mother, Found My Father, and Dealt with Family Addiction
 I(v)F: A Memoir of Infertility
 Imagine Wanting Only This
 In Vitro
 Lighter than My Shadow
 Little Josephine: Memory in Pieces
 Mom's Cancer
 Queer: A Graphic History
 A Quick & Easy Guide to They/Them Pronouns
 Pain is Really Strange
 Raised on Ritalin
 Rosalie Lightning
 RX: A Graphic Memoir
 Tangles
 Trauma is Really Strange
 With the Light: Raising an Autistic Child (volume 1)



Children

Bug Boys
 Camp
 Consent for Kids!
 El Deafo
 Epileptic
 Ghost
 Guts
 Medikidz Explain Multiple Sclerosis
 Medikidz Explain Tumors
 Sunny Side Up
 This Was Our Pact

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.