Ongoing Programs Held at the Library

Alzheimer’s San Diego: 5:30 p.m. – 7:30 p.m., 1st & 3rd Tuesdays 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 Wednesdays of the month. Self-help and peer support for people with chronic pain. Walk-ins welcome. For info call Kathy 619-604-9205 or Kristin 619-688-6496.

Better Breathes Club: 1:00 p.m. – 3:00 p.m., 3rd Friday of the month. Call Library for leader’s phone number to register.

Blood Pressure Screenings: 10:00 a.m. – 11:30 a.m., 2nd Tuesday of the month. Walk-ins welcome. No appointment needed.

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 619-688-9730.

Energy and Healing: 10:00 a.m. – 11:30 a.m., 1st & 3rd Tuesdays of the month. Call Linda Bounds for more information: 619-963-2381, or email Lindabounds@gmail.com.


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: 10:00 a.m. – 11:00 a.m., Saturdays. Open to all for any type of addiction. Info: www.smartrecovery.org.

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.

New Year Changes to Make You Smile!

- Kathy Quinn, Library Director

Say Goodbye to Overdue Fines!
We are excited to announce that the Herrick Library is eliminating overdue fines effective January 1, 2019. This is a trend in public libraries across the country, including San Diego Public Library (city, not county). Studies show that instead of encouraging people to return their items on time, overdue fines, in fact, prevent people from checking out materials in the first place, for fear of accruing fines. As a health care library, we want you to use and benefit from our books and DVDs. Of course, we also still want you to return them when you are done!

If we have your email address, we will send you an email reminder three days before your items are due. If we do not have your email, we will send you a letter one week after your items were due. Books and medical DVDs can be checked out for three weeks, and Hollywood DVDs and documentaries can be checked out for one week. All items can be renewed one time. If you lose or damage an item, you will still be responsible to pay for its replacement plus a $10 processing fee. You must return overdue items before you can check out additional items.

The next time you check out a book or DVD, please be sure we have your current email address.

Say Hello to New Saturday Hours!
We are changing our Saturday hours, effective January 5, 2019, to 9:00 a.m. to 1:00 p.m. (the hours were 8:00 a.m. to 12:00 noon). We believe this change will be more convenient for our community and will enable more of you to take advantage of all we offer.

Winter Art Exhibit

We are pleased to announce our new art exhibit and our first by a child. Mia Bruso is just 10 years old but is already showing talent beyond her years. Her proud grandmother, Joanne Bruso, suggested that we exhibit Mia’s art, and we agreed that was a wonderful idea!

Mia was born at Grossmont Hospital in 2008. She attends Riverview International Academy in Lakeside and speaks both English and Mandarin, as well as a little Spanish. She has been taking Art Smarts classes since second grade as well as an additional art class. Mia started to draw as soon as she could hold a crayon and has loved drawing ever since. Her dream is to become an artist and a veterinarian, because she loves art and she loves animals, especially cats. Mia also received her Karate master brown belt at the end of last year.

Her parents and grandparents love and support her as she could hold a crayon and has loved drawing ever since. Her dream is to become an artist and a veterinarian, because she loves art and she loves animals, especially cats. Mia also received her Karate master brown belt at the end of last year.

Her parents and grandparents love and support her to follow her passion and chase her dreams. Her parents, Keith and Michelle, said, “She has a big heart, and her love reflects on her paintings.”

Come see Mia’s exhibit of 15 paintings from January 8 through the end of March during regular library hours.
Monday Wellness Wednesday Meeting and Feature Film

Wednesday January 23
Keeping Your Brain Fit
Speaker: Pat Mosteller, Professor, San Diego Community College District
Explore how to improve your brain health with brain exercises and lifestyle changes.

Feature Film
Crazy Rich Asians
(Rated PG-13)
11:30 a.m.

Wednesday February 27
A Healthy Outlook on Aging, Medicines, Alcohol, Tobacco
Speaker: Matthew Parcasio, County of San Diego Aging & Independence Services, Outreach & Education
Learn about medicines and supplements that do not work well with alcohol. Resources for quitting smoking also provided.

Feature Film
Finding Your Feet
(Rated PG-13)
11:30 a.m.

Wednesday March 27
We are working on a great program for you. Check our website, Facebook, Twitter, or call for details.

Welcome Wellness Wednesday meetings are held from 10:00 a.m. to 11:00 a.m. and are open to all adults. Most 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

At some point in our lives we almost all need some kind of peer support. It is good to know that there are many groups and classes that are designed to help us through difficult times in our life. The Herrick Library is proud to provide meeting space for a variety of these health-related groups, and we hope you will consider joining one of these classes.

The Alzheimer’s San Diego caregiver support and discussion group meets in the library twice a month. If you have a friend or relative living with Alzheimer’s or dementia, this group can help you cope and advise you on where to find resources to help your loved one, as well as support your caregiving efforts.

The American Chronic Pain Association meets twice a month and is designed to provide self-help and peer support for people dealing with chronic pain issues. Goals of the meetings are to help you to learn to deal with pain in positive ways, help you regain a sense of personal control, and improve function to increase quality of life.

The Better Breathers Club is sponsored by the American Lung Association and is designed for people with breathing issues. Learn better ways to cope with conditions such as COPD, pulmonary fibrosis, and asthma while getting the support of other current situations. Led by a trained facilitator, this in-person adult support group offers you the tools you need to live the best quality of life you can. This group meets monthly and frequently has guest speakers.

Caring Community - Living with Cancer offers a group for cancer patients/survivors, followed by a separate relaxation and visualization session. As a group designed for family/caregivers, Sara Fainstein, MPH, PhD., is the group facilitator. Sara emphasizes stress reduction and educational programs related to cancer. She is Spanish-speaking and culturally sensitive. As a two-time breast cancer survivor and advocate, Sara specializes in connecting individuals with cancer-related services and resources.

Energy and Healing meets twice a month and focuses on your personal life force as a means of creating a healing environment. Linda Bounds, a Reiki Master, artist, and author of “A Street Cat Named Bob”, shares SMART Recovery tools that can be implemented by Concerned Significant Others (CSOs) to help with emotional upsets, effective communication methods when dealing with loved ones, and more. Techniques employed within the CRAFT Program (Community Reinforcement And Family Training) are shared for the benefit of meeting attendees.

For specific meeting times and for group contact information for all these groups, please see the “Ongoing Programs Held at the Library” on page four. If you have any specific health questions or concerns, be sure to ask one of the library staff members for assistance. We hope to see you soon!

Sue Petrosky, Library Assistant