Ongoing Programs Held at the Library

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 658-204-9205 or Kristin 619-888-6496.

Art, Energy and Healing: 10:00 a.m.-12:00 p.m. 2nd & 4th Thursdays for family/caregivers. Registration required. Call 619-890-9730 or www.smartrecovery.org.

Barry Jantz, Ph.D.: 2:00 p.m.-3:30 p.m. Tuesdays. Open to all for any type of addiction. Info: www.smartrecovery.org.

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.

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

Cancer Support Group Lunch & Learn: 12:00 p.m.-1:30 p.m. 1st Tuesday of the month starting in June, for cancer patients/survivors and their loved ones. Sponsored by Sharp Grossmont Hospital. Info: Linda Hudkin-Slade@sharp.com, 619-740-5531, or https://flyby216.Floor.

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.


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.

Friends & Family: 1:00 p.m.-3:00 p.m. 3rd Friday of the month. Call Library for leader’s phone number to register.

Library News

La Mesa resident Chuck McPherson is a well-known, award-winning artist working in various media, but he has focused on watercolor for the past 11 years. He has been painting since he was a child and has won hundreds of awards.

Chuck has “Signature Member” status in the National Watercolor Society, the Western Federation of Watercolor Societies, and the San Diego Watercolor Society. He has also served on the boards of NWS, SDWS, and the Foothills Art Association. His paintings have been shown in numerous local art museums and galleries.

Chuck paints full-time and regularly presents workshops, demonstrations, and “paintformances.” He teaches a Mentorship Program and a Realism in Acrylic class at Art on 30th in North Park. Chuck also teaches small group painting classes in Mission Valley and Santee. He brings an open, fun, and entertaining attitude to his paintings and classes.

Stop by to see this colorful and imaginative exhibit through the end of June. Chuck may be reached through his website, www.chuckmcphersonart.com.
"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

— Dr. Seuss

**Diet and Exercise**

The DASH Diet Mediterranean Solution: The Best Eating Plan to Control Your Weight and Improve Your Health for Life

The Mayo Clinic Diabetes Diet (2nd edition)

**General Health**

After You Hear It's Cancer: A Guide to Navigating the Difficult Journey Ahead

Aging with Care: Your Guide to Hiring and Managing Caregivers at Home

Am I Dying?: A Complete Guide to Your Symptoms — and What to Do Next

Cancer as a Wake-Up Call: An Oncologist’s Integrative Approach to What You Can Do to Become Whole Again

Deviced!: Balancing Life and Technology in a Digital World

Diabetes Head to Toe: Everything You Need to Know about Diagnosis, Treatment, and Living with Diabetes

Doing Harm: The Truth About Bad Medicine and Lazy Science Leave Women Dismissed, Misdiagnosed, and Sick

Estrogen Matters: Why Taking Hormones in Menopause Can Improve Women’s Well-Being and Lengthen Their Lives — Without Raising the Risk of Breast Cancer


Heart: A History

Managing Chronic Pain in an Age of Addiction

She Has Her Mother’s Laugh: The Powers, Perversions, and Potential of Heredity

Sicker, Fatter, Poorer: The Urgent Threat of Hormone-Destroying Chemicals to Our Health and Future...and What We Can Do About It

Taking Charge of Cancer: What You Need to Know to Get the Best Treatment

What We Talk About When We Talk About Rape

Whole-Body Microbiome: How to Harness Microbes — Inside and Out — for Lifelong Health

**ESPAÑOL**

La Enfermedad de Parkinson: Estar En Forma Cuenta

Enfermedad de Parkinson: Lo Que Usted y su Familia Deben Saber

La Enfermedad de Parkinson: Mente, Estado de ánimo y Memoria

Manejo de la Enfermedad de Parkinson en su Etapa Avanzada

**Memoirs**

The Choice: Embrace the Possible (Dr. Edith Eva Eger)

Into the Magic Shop: A Neurosurgeon’s Quest to Discover the Mysteries of the Brain and the Secrets of the Heart (James R. Doty, M.D.)

Twisting Fate: My Journey with BRCA — From Breast Cancer Doctor to Patient and Back (Pamela N. Munster)

When Death Becomes Life: Notes from a Transplant Surgeon (Joshua D. Mezrich, M.D.)

**The Mind & The Brain**

The Alzheimer’s Medical Advisor: A Caregiver’s Guide to Common Medical and Behavioral Signs and Symptoms in Persons with Dementia

Are U Ok?: A Guide to Caring for Your Mental Health

Clean: Overcoming Addiction and Ending America’s Greatest Tragedy

Combating Memory Loss: Common Problems and Treatments

Falling Awake: How to Practice Mindfulness in Everyday Life

Gaslighting: Recognize Manipulative and Emotionally Abusive People — and Break Free

Heal the Body, Heal the Mind: A Somatic Approach to Moving Beyond Trauma

The Healing Power of Mindfulness: A New Way of Being

High: Everything You Want to Know About Drugs, Alcohol, and Addiction

The Inklings: Hermann Rorschach, His Iconic Test, and the Power of Seeing

Meditation Is Not What You Think: Mindfulness and Why It Is So Important

Parenting & Children

Autism and Your Teen: Tips and Strategies for the Journey to Adulthood

The Doctor with an Eye for Eyes: The Story of Dr. Patricia Bath

The Everything Health Guide to Postpartum Care: A Complete Guide to Looking and Feeling Great After Delivery and Beyond

The Girl Who Thought in Pictures: The Story of Dr. Temple Grandin

Minimize Injury, Maximize Performance: A Sports Parent’s Survival Guide

**Documentary DVDs**

Consider the Conversation: A Documentary on a Taboo Subject

Consider the Conversation 2: Stories About Cure, Relief, and Comfort

Every Brilliant Thing: A List for Life If You’re Not in the Obit, Eat Breakfast

Love, Gilda: Life is Short, but Funny Is Forever

Three Identical Strangers

Won’t You Be My Neighbor?

**Hollywood DRVDs**

Bohemian Rhapsody

Boy Erased

Can You Ever Forgive Me?

Dog Days

First Man

I Can Only Imagine

A Star Is Born

What They Had

**University of California, Berkeley: White Papers 2019**

Arthritis: Your Annual Guide to Prevention, Diagnosis and Treatment

Back Pain and Osteoporosis: Your Annual Guide to Prevention, Diagnosis and Treatment

Coronary Heart Disease: Your Annual Guide to Prevention, Diagnosis and Treatment

Depression and Anxiety: Your Annual Guide to Prevention, Diagnosis and Treatment

Diabetes: Your Annual Guide to Prevention, Diagnosis and Treatment

Digestive Disorders: Your Annual Guide to Prevention, Diagnosis and Treatment

Heart Attack Prevention: Your Annual Guide to Risk, Screening, and Precautions

Hypertension and Stroke: Your Annual Guide to Prevention, Diagnosis and Treatment

Lung Disorders: Your Annual Guide to Prevention, Diagnosis and Treatment

Memory: Your Annual Guide to Alzheimer’s Disease and Dementia

Nutrition and Weight Control: Your Annual Guide to Healthy Eating and Weight Management

Prostate Disorders: Your Annual Guide to Prevention, Diagnosis and Treatment

Vision: Your Annual Guide to the Prevention and Treatment of Vision Disorders

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.

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Monthly Wellness Wednesday Meeting and Feature Film

**Wednesday April 24**

All of Us Research Program

Speaker: Michaela Mitchell, Community Engagement Specialist, San Diego Blood Bank

Join us to learn about All of Us, the nation’s largest research program that aims to engage a community of one million or more volunteers to help improve health and medicine.

**Feature Film**

Green Book

Rated PG-13

11:30 a.m.

**Wednesday May 22**

Healthy Vision

Speaker: Kathy Quin, Library Director, Dr. William C. Herrick Community Health Care Library

Come learn about eye health and strategies to help prevent vision loss.

**Feature Film**

BOHEMIAN RHAPSODY

Rated PG-13

11:30 a.m.

**Wednesday June 26**

Hospice and Palliative Care

Speaker: Janine Lortscher, Community Representative, Sharp HospiceCare

Become a better informed consumer by exploring the similarities and differences between palliative care and hospice.

**Feature Film**

Won’t You Be My Neighbor?

(Rated PG-13)

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

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**HERRICK HIGHLIGHTS**

**What, you may have wondered, is WELLNESS WEDNESDAY, and is it for you?**

On the fourth Wednesday of the month, January thru October, from 10:00 to 11:00 a.m., we offer a free health talk. A community professional speaks on his or her area of expertise, or occasionally our Library Director presents information on a topic.

It is held in the Conference Center across the courtyard from the Library. It is open to the public and no reservation is required. So, yes, it is for you!

Topics vary widely, such as recent talks on brain fitness, similarities and differences between palliative care and hospice.

After a break, a ‘Hollywood movie’ from our collection is shown starting at 11:30. With free popcorn, it is fun and entertaining. Recent films include The Greatest Showman, Wonder, and Sully.

You are welcome to attend either the talk or the movie or, even better, come for both!

To find out the upcoming topic and film, you can call us or check the Library website, newsletter, Facebook, Twitter, or Wellness Wednesday flyer. Or just show up and be surprised and informed! It’s always a treat!