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 619-270-7145.

American Chronic Pain Association: 12:00 p.m.-1:30 p.m., 2nd Tuesday of the month. Support group for anyone affected by chronic pain. Home ground at Sharp Grossmont Hospital. For info: call Ellen Boucher 619-770-7145.

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 Huter-Slade 619-740-5531 or 619-662-6496.

Dr. William C. Herrick Community Health Care Library

More Hours to Serve You!

We are expanding our hours with two changes. We are now open on Mondays 9:00 a.m. - 5:30 p.m. and until 8:00 p.m. on Thursdays. See the back page for our new hours.

Nonprofit health-related organizations now have more options for reserving our meeting rooms for support groups and other meetings.

More hours mean some additional staff. We are pleased to welcome Chelsea Hoskisson and Rose Leenerts as new Library Assistants. Chelsea previously worked at Grossmont College Library, and Rose joins us from Coronado Public Library. Automated email reminders are being sent three days before items you have checked out are due. Unfortunately, if you have a Cox.net email, those emails are not getting to you. Please contact Cox to allow emails from info@herricklibrary.org, or advise us of an alternate email address.

We always look forward to seeing you, but especially now on our new days!

Your Spleen! Keeping Blood Clean!

The spleen is one of the last things you think about or worry about as a body organ, yet it plays a vital part in keeping you healthy and happy. As the largest lymphatic organ in the body, the spleen oversees an extensive lymphatic drainage network that defends the body against infections and helps keep body fluids in balance. Its primary function is to filter, clean and store your blood. Once considered by medicine to be a “useless” organ, the spleen’s importance only began to be recognized in the early 1950s.

Located in the upper left part of your abdomen, the spleen sits just beneath the diaphragm and behind your stomach. It is about 4.3 inches long and weighs about 5.3 oz. Although similar to lymph nodes, it is surrounded by an extensive lymphatic drainage network that defends the body against infections and helps keep body fluids in balance. Its primary function is to filter, clean and store your blood. Once considered by medicine to be a “useless” organ, the spleen’s importance only began to be recognized in the early 1950s.

The spleen consists of tissues called white pulp and red pulp. White pulp is part of the immune system, which produces white blood cells called lymphocytes, which in turn produce antibodies. Blood enters the spleen from the lymphatic system, travels through the splenic artery, and moves through the red pulp, which controls different white cells that filter, clean and store your blood. Once considered by medicine to be a “useless” organ, the spleen’s importance only began to be recognized in the early 1950s.

Blood enters the spleen from the lymphatic system, travels through the splenic artery, and moves through the red pulp, which controls different white cells called phagocytes that ingest microorganisms such as bacteria, fungi, and viruses. Your blood is filtered there and leaves through the splenic vein. The red pulp also monitors red blood cells, destroying those that are abnormal, old, or too damaged to function.

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Visit Us at Kids Care Fest!

An annual event offering checkups and health information for children & families.

Saturdays, October 5, 2019

LEMON GROVE RECREATION CENTER
9am to 1pm
3353 School Lane, Lemon Grove, CA 91945

www.kidscarefest.org | 619-825-5050
Wednesday July 24
Healing Grief with Mind-Body Skills
Speaker: Colleen Linnertz, MFT, Marriage Family Therapist Sharp HospiceCare
Join us to learn mind-body skills to help bring more self-compassion to your healing process.

Feature Film
Overboard
(Rated PG-13)
11:30 a.m.

Wednesday August 28
Get The Skinny on Your Health
Speaker: Marlayna Bollinger, Executive Director, Skinny Gene Project
A local diabetes prevention organization will help you learn how to feel empowered to lead a healthy lifestyle.

Feature Film
On the Basis of Sex
(Rated PG)
11:30 a.m.

Wednesday September 25
Memory Loss 101
Speaker: Amy Abrams, MSW, MPH, Director of Education, Alzheimer's San Diego
Learn the risk factors, common symptoms, and resources for managing memory loss and Alzheimer's.

Feature Film
Stan & Ollie
(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 GND Conference Center. First films start at 11:00 a.m. Light refreshments served. RSVP is not required. Questions? Call 619-825-5010