Ongoing Programs Held at the Library

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

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

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Advance Care Planning: 1:00 p.m.-2:30 p.m. 2nd Monday of the month. Walk-ins welcome. Info: contact Linda Hutkin-Stade@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 survivors and their loved ones. Sponsored by Sharp Grossmont Hospital. Info: Linda Hutkin-Stade@sharp.com or (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.


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 Brook, Ph.D. Email brookpsy@gmail.com or call 619-665-2125.

SMART Recovery®: 6:00 p.m.-7:30 p.m. Thursdays. Open to all for any type of addiction. Info: www.smartrecovery.org.

Welcome!

- Barry Jantz, CEO, Grossmont Healthcare District

We are pleased to announce the new Herrick Library Director will be the Rachelle Geiger Kieruff, 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 known types 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 drains through its built-in drainage pathway. The aqueous humor then flows through a sponge 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...
Reading is to the mind what exercise is to the body.
— Joseph Addison