**Ongoing Programs Held at the Library**

**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, Ellen Boucher, at 619-770-7145 to confirm the meeting and find out if the group is a good fit for you.

**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. Info: call Kathy at 858-204-9205 or Kristin at 619-888-6496.

**Art, Energy and Healing:** 1:00 p.m.-1:30 p.m. last Tuesday of the month. RSVP required; call or email library to RSVP. Info: contact Linda Bounds at 619-993-2381 or 2ndlambounds@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.Hutkin-Stade@sharp.com, 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; 10:30 a.m.-12:00 p.m. 1st & 3rd Thursdays for family/caregivers. Registration required. Call 619-890-9730.

**HCAP (Health Insurance Counseling & Advocacy Program):** Free and objective information about Medicare. Call 800-434-0222 for appointment.

**SMART Recovery®**
- **2:00 p.m.-3:00 p.m. Tuesdays. Open to all for any type of addiction. Info: www.smartrecovery.org or contact William Brock, PhD., at brockpsych@gmail.com or 619-665-2125.
- **Family & Friends:** 6:30 p.m.-7:30 p.m. Thursdays. Open to all for any type of addiction. Info: www.smartrecovery.org.

---

**Information Regarding Coronavirus**

As you receive this newsletter, the library is likely still closed to the public due to the Coronavirus, COVID-19, pandemic. It is the best course of action in response to local state and federal health agency guidelines. Library staff are working and available to find information for you on the Coronavirus or any other health need via phone and email. Contact info is listed on back. The Centers for Disease Control and Prevention (CDC) has a great site that helps explains what this new virus is, how to protect yourself, and more: https://www.cdc.gov/coronavirus/. For updates on the library (including when it will reopen) or health and wellness info, follow one of our social media channels, including our newest, Instagram (@herrickhealthlibrary). We also have Facebook (@HerrickHealthLibrary) or Twitter (@HerrickHlthLib). Stay safe, Stay healthy!

---

**Spring Art Exhibit**

Born in San Diego, Ed Bertin is a second-generation Californian. After working at AT&T for 31 years, Ed turned his attention to painting. His inspiration arose from a class he took with artist Marie Woddall at Foothills Adult School in El Cajon. There, he was motivated to seriously explore what he once considered a hobby.

Ed is a life member of the East County Art Association. Its gallery, on Main Street in downtown El Cajon, currently displays Ed’s art. Ed also is a member of Foothills Art Association, whose gallery is in downtown La Mesa, and he has competed in juried art shows throughout the county, including La Jolla, Escondido, and Del Mar.

Although Ed’s work is varied and includes seascapes, architecture, and nature, he prefers to paint figures and faces. His medium of choice is acrylic paint because of its forgiving nature. Ed’s art will be displayed at the Herrick Library through June.

---

**Our First Alzheimer’s Kit Is Ready for Checkout!**

The library is happy to announce the addition of its first Alzheimer’s patient/caretaker activity kit. The kit’s theme is the 1950s, and included are items that may remind seniors of that time of their lives. We included some swingin’ tunes from the ‘50s, when jazz was hot and rock-and-roll was just getting started. From there, we added 3 DVDs of 1950s television shows featuring such TV pioneers as Bob Hope, Art Carney, and Dinah Shore. As fun childhood reminiscences, a yo-yo was added to test skills and a kaleidoscope is sure to bring on oohs and aahs. For joint activities between caretaker and patient, there is a puzzle to put together and a collection of photographs from magazines of the 1950s showing events, products, and stars of the era. Also included are a couple memory-patient appropriate books to read, and a coloring book to color and draw in.

This is our first kit, so if you check it out and have suggestions for additions, changes, or an idea for a new and different kit, please let us know. We would also like patron feedback as to how your friend/relative interacted with the items in the kit and if you think we should create more kits. As always, if you have any questions, the library staff will be happy to help!
University of California, Berkeley: White Papers 2020

- Your Annual Guide to Prevention, Diagnosis and Treatment for: Arthritis, Back Pain and Osteoporosis, Coronal Heart Disease, Depression and Anxiety, Diabetes, Digestive Disorders, Hypertension and Stroke, Lung Disorders, Memory, Nutrition and Weight Control, Prostate Disorders
- Heart Attack Prevention: Your Annual Guide to Risk, Screening, and Precautions
- Vision: Your Annual Guide to the Prevention and Treatment of Vision Disorders

- The only thing you absolutely have to know, is the location of the library.
  — Albert Einstein

Aging and Alzheimer’s Disease
Activities to Do with Your Parent Who Has Alzheimer’s Dementia
Caring for a Person with Alzheimer’s Disease: Your Easy-To-Use Guide from the National Institute on Aging
Combating Memory Loss: Common Problems and Treatment
Cómo cuidar a una persona con la enfermedad de Alzheim: Una guía fácil de usar del Instituto Nacional Sobre el Envejecimiento
The Emotional Journey of the Alzheimer’s Family

Diabetes and Diabetes
The 30-Minute Renal Diet Cookbook: Easy, Flavored Recipes for Every Stage of Kidney Disease
The Blue Zones Kitchen: 100 Recipes to Live to 100
Diabetes Superfoods: Cookbook and Meal Planner: Power-Pack Recipes and Meal Plans Designed to Help You Lose Weight and Manage Your Blood Glucose
The Diabetes 2-Month Turnaround: A Safe, Effective, and Scientifically Sound Approach to Getting your Type 2 Diabetes Back on Track

General Health
The Body: A Guide for Occupants
Braving Chemo: What to Expect, How to Prepare, and How to Get Through It
Breathe: The Simple Revolutionary 14-Day Program to Improve Your Mental and Physical Health
Change Your Diet, Change Your Life: Make Your Food Choices Count
Chemotherapy and You: Support for People with Cancer
Doctor Dogs: How Our Best Friends Are Becoming Our Best Medicine
Eating Hints: Before, During, and After Cancer Treatment: Support for People with Cancer
The First Cell and the Human Costs of Pursuing Cancer to the Last La quitonterapia y usted (National Cancer Institute)
Living Healthy: Fight Kitchen Stones with Food Cookbook
Stretching for Beginners: Improve Flexibility and Relieve Aches and Pains with 75 Exercises and 24 Simple Routines
Stretching to Stay Young: Simple Workouts to Keep You Flexible, Energized, and Pain-Free When Cancer Returns: Support for People with Cancer

Mind and the Brain
Finding Meaning: The Sixth Stage of Grief
Radical Compassion: Learning to Love Yourself and Your World with the Practice of Rain
Stress Proof: The Scientific Solution to Protect your Brain and Body
Serendipity: Makes the Case for That Way Madness Lies...
How Big Are Your Worries, Little Bear?
A Little Spot of Sadness
Speranza’s Sweater
Running for Grace
With the Practice of Rain

Children’s Books
How Big Are Your Worries, Little Bear?
A Little Spot of Sadness
Nowhere Hair
Speranza’s Sweater
Weeds in Nana’s Garden
Why We Go to the Hospital

Documentary DVDs
All of Me: A Story of Love, Loss, and Last Resorts
Raise Hell: The Life and Times of Molly Ivans
Linda Ronstadt: The Sound of My Voice
Serendipity: Makes the Case for Art Is the Best Medicine
Super Size Me 2
That Way Madness Lies...
Weed 4: Pot vs. Pills

Hollywood DVDs
The Farewell
Joker
Motherless Brooklyn
Ms. Purple
The Peanut Butter Falcon
Running for Grace
Where’d You Go, Bernadette?
Waves

Memories
Brain on Fire: My Month of Madness (Susannah Cahalan)
Brother and Sister: A Memoir (Diane Keaton)
Haben: The Deafblind Woman Who Conquered Harvard Law (Haben Girma)
Inside Out (Demi Moore)

Our planned talks on Diabetes /the Skinny Gene Project and on Alzheimer’s Disease will be rescheduled for later in the year.

Memories Screen Day is Friday, June 12th, 9:30 a.m. - 1:00 p.m. This screening will be hosted by Sharp Mesa Vista Hospital staff member Mark Dobrina, BS, LPT, CCRC, lead Clinical Trials Specialist. Located in the 2 library study rooms. Walk-ins welcome, but to confirm a spot make a reservation by contacting info@herricklibrary.org, or 619-825-5010. Screenings take about 20 minutes.

Herrick Highlights

- Please check with the individual group to see if virtual meetings have been set up while the Library is closed due to the Coronavirus, COVID-19 pandemic, or when they will resume once the Library reopens.

Herrick Community Health Care Library

Monthly Wellness Wednesday Talk and Feature Film

Wednesday June 24
10 a.m. - 11 a.m.
Therapy Dogs
Special guest: Dog ambassador from Independent Therapy Dogs, Inc.
Come learn about the assistance therapy dogs can provide, and the valuable role they play in community health.

Feature Film
Pick of the Litter
(Not Rated)
11:30 a.m.

Meetings are held in the GHD Conference Center. Light refreshments are served. RSVP is not required. Questions? Call 619-825-5010 or email info@herricklibrary.org

* Library events may be affected by the ongoing coronavirus: please call us to confirm all programs and group meetings are going to place as scheduled.

Special Event!

Memory Screening Day
is Friday, June 12th, 9:30 a.m. - 1:00 p.m. This screening will be hosted by Sharp Mesa Vista Hospital staff member Mark Dobrina, BS, LPT, CCRC, lead Clinical Trials Specialist. Located in the 2 library study rooms. Walk-ins welcome, but to confirm a spot make a reservation by contacting info@herricklibrary.org, or 619-825-5010. Screenings take about 20 minutes.

Support Groups Thrive at Herrick Library

Sometimes referred to as “invisible patients,” family members caring for Alzheimer’s patients feel the economic and emotional toll the disease can take. In the United States alone, loved ones contribute 18.2 billion hours of unpaid assistance yearly to the 5.5 million afflicted with the disease.

Groups like Alzheimer’s San Diego help ease the burden. Hosted by Herrick Library the first and third Tuesdays each month, Alzheimer’s San Diego offers a like-minded community of caregivers a place to share experiences.

Other groups meeting regularly at Herrick include:
- Advance Care Planning. This workshop focuses on the planning process required to manage one’s health-care needs and end-of-life care.
- American Chronic Pain Association (ACPA). ACPA offers support and education in pain management for people with pain and their family members and friends, as well as the health-care community.
- Art, Energy & Healing. Hosted by a clinical oncology social worker, this group creates hands-on art projects to facilitate healing.
- Better Breathers Club. Sponsored by the American Lung Association, Better Breathers offers support and education to those coping with lung conditions.
- Braving Chemo: What to Expect, How to Prepare, and How to Get Through It.
- Change Your Diet, Change Your Life: Make Your Food Choices Count.
- Braving Chemo: What to Expect, How to Prepare, and How to Get Through It.
- The Emotional Journey of the Alzheimer’s Family.
- The First Cell and the Human Costs of Pursuing Cancer to the Last.
- La quitonterapia y usted (National Cancer Institute).
- Living Healthy: Fight Kitchen Stones with Food Cookbook.
- Stretching for Beginners: Improve Flexibility and Relieve Aches and Pains with 75 Exercises and 24 Simple Routines.
- Stretching to Stay Young: Simple Workouts to Keep You Flexible, Energized, and Pain-Free When Cancer Returns: Support for People with Cancer.

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.
- Please check with the individual group to see if virtual meetings have been set up while the Library is closed due to the Coronavirus, COVID-19 pandemic, or when they will resume once the Library reopens.

- Library events may be affected by the ongoing coronavirus: please call us to confirm all programs and group meetings are going to place as scheduled.

- Meetings are held in the GHD Conference Center. Light refreshments are served. RSVP is not required. Questions? Call 619-825-5010 or email info@herricklibrary.org

* Please check with the individual group to see if virtual meetings have been set up while the Library is closed due to the Coronavirus, COVID-19 pandemic, or when they will resume once the Library reopens.

- 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.

- Please check with the individual group to see if virtual meetings have been set up while the Library is closed due to the Coronavirus, COVID-19 pandemic, or when they will resume once the Library reopens.

- 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.

- Please check with the individual group to see if virtual meetings have been set up while the Library is closed due to the Coronavirus, COVID-19 pandemic, or when they will resume once the Library reopens.

- 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.

- Please check with the individual group to see if virtual meetings have been set up while the Library is closed due to the Coronavirus, COVID-19 pandemic, or when they will resume once the Library reopens.

- 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.

- Please check with the individual group to see if virtual meetings have been set up while the Library is closed due to the Coronavirus, COVID-19 pandemic, or when they will resume once the Library reopens.

- 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.