

Dr. William C. Herrick Community Health Care Library
9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: www.herricklibrary.org | Email: info@herricklibrary.org



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



Board Members:

Robert Ayres
Gloria A. Chadwick, RN
Michael A. Emerson, RDO
Virginia Hall, RN
Randy Lenac
Barry Jantz, CEO
Rachelle Kierulff,
Library Director

Please let us know if you have moved or changed your phone number.

**Please check with the individual group to see if virtual meetings are convening while the library is closed due to the Coronavirus, COVID-19, pandemic, or when meetings will resume once the library reopens.*



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-Slade@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: 10:00 a.m.-11:30 a.m. last Tuesday of the month. RSVP required; call or email library to RSVP. Info: contact Linda Bounds at 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.Hutkin-Slade@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; 10:00 a.m.-12:00 p.m. 1st & 3rd Thursdays for family/caregivers. Registration required. Call 619-890-9730.

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

SMART Recovery® 2:00 p.m.-3:30 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.

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



Library News

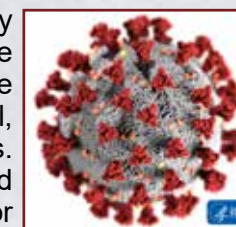
9001 Wakarusa Street
La Mesa, CA
Phone: 619-825-5010
Volume 18, Issue 2
April - June 2020

Dr. William C. Herrick Community Health Care Library

Information Regarding Coronavirus

- Rachelle Kierulff, Library Director

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.



Structure of the coronavirus

Contact info is listed on back. The Centers for Disease Control and Prevention (CDC) has a great site that helps explain 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 Wordell 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!





"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 Treatments
- Cómo cuidar a una persona con la enfermedad de Alzheimer: Una guía fácil de usar del Instituto Nacional Sobre el Envejecimiento
- The Emotional Journey of the Alzheimer's Family

DIET AND DIABETES

- The 30-Minute Renal Diet Cookbook: Easy, Flavorful Recipes for Every Stage of Kidney Disease
- The Blue Zones Kitchen: 100 Recipes to Live to 100
- Complete Guide to Carb Counting: Practical Tools for Better Diabetes Meal Planning
- Diabetes Superfoods: Cookbook and Meal Planner: Power-Packed 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

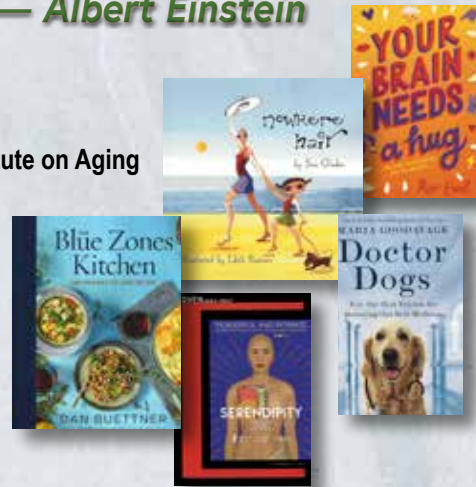
- The Body: A Guide for Occupants
- Braving Chemo: What to Expect, How to Prepare, and How to Get Through It
- Breathe: The Simple Revolutionary 14-Day Program to Improve Your Mental and Physical Health
- Change Your Diet, Change Your Life: Make Your Food Choices Count
- Chemotherapy and You: Support 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 quimioterapia y usted (National Cancer Institute)
- Living Healthy: Fight Kidney 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 and Be More Resilient Every Day
- Tiny Habits: The Small Changes That Change Everything
- Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches

MEMOIRS

- 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)



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 as 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

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

University of California, Berkeley: White Papers 2020

- Your Annual Guide to Prevention, Diagnosis and Treatment for: Arthritis, Back Pain and Osteoporosis, Coronary 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



Monthly Wellness Wednesday Talk and Feature Film*

The Wellness Wednesday programs for April and May have been canceled due to the Coronavirus gathering restrictions. Our planned talks on Diabetes /the Skinny Gene Project and on Alzheimer's Disease will be rescheduled for later in the year.



Grossmont Healthcare District
Herrick Community Health Care Library

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 take place as scheduled.

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.



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.



HERRICK HIGHLIGHTS

—Rosemarie Leenerts, Library Assistant

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:



Participants of Art, Energy & Healing pose with instructor Linda Bounds (3rd from right)

- 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.
 - Caring Community—Living with Cancer (CCLC). Meeting at Herrick four times a month, CCLC lends support to individuals and loved ones living with all types of cancer.
 - Sharp Lunch & Learn Cancer Education Series. This group, which provides lunch, is for people living with or recovering from cancer and their loved ones.
 - Smart Recovery. The Tuesday group hosts individuals recovering from addictive substances and activities. The Thursday group is for their friends and family members.
- The Herrick Library encourages those seeking support and information to consider joining these groups at the library. See the back page (P4) for meeting times and contact information.



Sara Fainstein, facilitator for Caring Community-Living 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.