

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 (check with library for reopening info)

Curbside Pick-up Only:

9:00 a.m. - 1:00 p.m. Tuesday

2:00 p.m. - 7:00 p.m. Wednesday

9:00 a.m. - 1:00 p.m. Thursday

Staff available by phone & email – leave a message and we'll respond asap



Board Members:

Robert Ayres

Gloria A. Chadwick, RN

Michael A. Emerson, RDO

Virginia Hall, RN

Randy Lenac

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CEO TBA

Rachelle Kierulff,
Library Director

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

Superpowers

By Susan Davis, Library Assistant

Have you ever wished for a superpower, like Superman's X-ray vision, or Wonder Woman's superhuman strength? Maybe the superpower you'd wish for is a little more useful to your everyday life. Something like mind reading or superior wisdom and knowledge or just being able to say the right thing on the spot instead of thinking of it too late! While we at Herrick Library cannot grant you superpowers, we may be able to help you gain information and knowledge that will have your friends and family (and yourself) thinking you're terrific, maybe even super!

Maybe you're concerned about a friend or family member who is showing new and worrisome behaviors, and you wish you knew how to help. Find informative DVDs and books:

- *Cry for Help* (DVD)
- *Depression: Out of the Shadows* (DVD)
- *Almost Depressed: Is My (or My Loved One's) Unhappiness a Problem?* (book)
- *Parenting the New Teen in the Age of Anxiety: A Complete Guide to Your Child's Stressed, Depressed, Expanded, Amazing Adolescence* (ebook)

Do you know someone who is grieving, and you wish you knew what to say and how to offer help? Check out:

- *The Grief Recovery Handbook* (book)
- *What Do We Tell the Children?: Talking to Kids About Death and Dying* (book)
- *It's OK That You're Not OK: Meeting Grief and Loss in a Culture That Doesn't Understand* (ebook)

On these and many other health issues and conditions, we have information in several formats to help you educate and inform yourself and those you care about. Search our online catalog for DVDs, books, and e-books, or click on **Health Information** at www.herricklibrary.org to find links to articles and websites with helpful insights and resources. If you're looking for nearby mental health support and treatment options, please go to <https://findtreatment.samhsa.gov/>.

You can feel a little like a superhero when you find reliable information and useful resources for those you care about; and feel more empowered when you become more involved in your own health decisions. As always, we are ready to help you find what you're looking for, or we will do the research for you. Just send us an email at info@herricklibrary.org or call us at 619-825-5010 to request a health search. Remember, we're here to help!



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Library News

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Volume 19, Issue 2
April - June 2021

Vaccines and Your Health

- Sue Petrofsky, Library Assistant

The last week of April marks World Immunization Week, sponsored by the World Health Organization (WHO). As the COVID-19 vaccine availability increases, it is important to remember there are other vaccines for equally devastating diseases that should also not be missed during this pandemic. Many children have skipped their routine vaccinations during the pandemic, leaving them at risk for serious diseases such as measles and polio.

Vaccines provide long-term and sometimes lifelong protections against a disease, with the immediate benefit of individual immunity. Early childhood immunization protects children against such diseases as measles, chicken pox, polio and mumps. As children grow older, additional vaccines protect them from diseases affecting adolescents and adults, as well as diseases that can be acquired when traveling to other parts of the world. The second benefit of vaccination is "herd" or community immunity. When enough people are vaccinated against a disease, it becomes difficult for it to gain a foothold. Herd immunity helps to protect those who are unable to receive vaccinations.

When the level of community vaccination drops below a certain threshold, widespread disease outbreaks can occur. This has been a problem in some countries that have resisted the polio vaccine, and where reluctance to get the MMR (measles, mumps and rubella) vaccine in the late 1990s resulted in a surge of cases. With too few people being vaccinated a previously halted disease once again took hold.

Vaccines work to prime your immune system against future "attacks" by a viral or bacterial pathogen, or a disease-causing agent. Some are made from a killed, weakened, or partial version of a pathogen. When you get a vaccine, the version of the pathogen isn't strong or plentiful enough to make you sick, but it's enough to get your immune system to generate antibodies against it. If you become exposed to the

In the springtime, the heart regrows hope

-A. Weiland-Crosby

Spring is here, and as I see all of the beautiful flowers blooming I think of growth, renewal, and hope. As of this printing, over a million doses of the COVID-19 vaccines have been given in San Diego County and community outbreaks are dropping. This is wonderful news, but as we all know, we're not quite out of the woods just yet. We know you want to come back to the library, and we want to welcome you back! The library is monitoring the latest health updates, and we hope to reopen our physical library when it feels safe to do so. As our next print newsletter won't come out until July, please check our social media for updates, or sign up for our monthly e-newsletter: <http://eepurl.com/dt8pAP> to find out more about reopening.

- Rachelle Kierulff, Library Director

pathogen again, your immune system will recognize it and be able to fight it off. mRNA vaccines, such as the COVID-19 vaccine are a new type of vaccine. mRNA vaccines teach our cells how to make a protein—or even just a piece of a protein—that triggers an immune response inside our bodies. That response, which produces antibodies, is what protects us from getting infected if the real virus enters our bodies.

Because each person's body generates an immune response differently, and some people's immune systems will not generate an adequate response, no vaccine is 100% effective. Most have an effective range of about 85-99%. The current U.S. vaccination schedule for children between birth and six years of age recommends immunizations for 14 different diseases. Shingles, tetanus, flu, and pneumonia vaccines are the most recommended vaccines for adults and seniors.

Every vaccine has potential side effects. Typically, they are very mild and include soreness at the injection site, headaches, or a low-grade fever. While some side effects can be serious, they are very rare. Although improved hygiene and nutrition can lower the incidence of some disease, data documenting the number of cases of a disease before and after the introduction of a vaccine demonstrate that vaccines are overwhelmingly responsible for the greatest drops in disease rates. Science continues to indicate that the risks associated with vaccination are far lower than the risk and results of contracting the actual disease.



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When we reopen, curbside pickup of books and DVDs will still be available to library card holders. Call or email to reserve an item. Search the catalog at <https://tinyurl.com/herrick-catalog> for titles, or reserve one of our new books below!

General Health

- A Most Beautiful Thing: The True Story of America's First All-Black High School Rowing Team
- Back and Neck Health: Mayo Clinic Guide to Treating and Preventing Back and Neck Pain
- Coping with Cancer: DBT Skills to Manage Your Emotions—and Balance Uncertainty with Hope
- The Doctors Blackwell: How Two Pioneering Sisters Brought Medicine to Women and Women to Medicine
- Drink?: The New Science of Alcohol and Health
- Get What's Yours for Health Care: How to Get the Best Care at the Right Price
- The Little Cancer Book for Patients
- Medication Overload: A Pharmacists Guide to Managing Medications Recommendations for Patients and Caregivers
- PROSTATE CANCER 20/20: A Practical Guide to Understanding Management Options for Patients and Their Families
- Restart Your Heart: The Playbook for Thriving with Afib
- The Plague Cycle: The Unending War Between Humanity and Infectious Disease
- The Puzzle Solver: A Scientist's Desperate Quest to Cure the Illness that Stole His Son
- To Pee or Not to Pee?: The Guide for Reducing and Eliminating Urinary Incontinence
- Strange Bedfellows: Adventures in the Science, History, and Surprising Secrets of STDs
- What Is Life?: Five Great Ideas in Biology

Diet and Exercise

- 5-Ingredient Renal Diet
- The How Not to Diet Cookbook
- Our Food: A Healthy Serving of Science and Poems
- Resistance Band Workout for Seniors: Improve Energy, Mobility, and Vitality with This Easy to Read Guide
- Restorative Yoga: Relax. Restore. Re-energize.

Family and Parenting

- Kid in the Kitchen
- Little Helpers Toddler Cookbook
- Nourish Your Tribe: Empowering Parents to Grow Strong, Smart, Successful Kids
- When Your Child Has a Chronic Medical Illness: A Guide for the Parenting Journey

Kids' Books

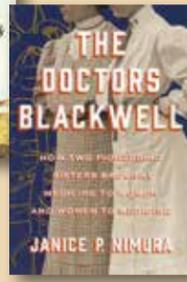
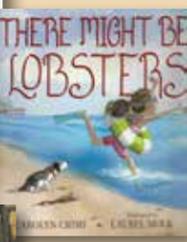
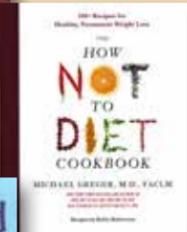
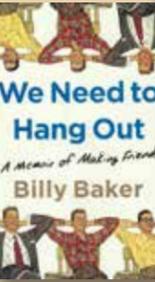
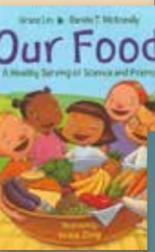
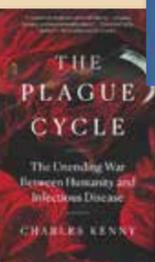
- A Feel Better Book for Little Tempers
- All the Way to the Top: How One Girl's Fight for Americans with Disabilities Changed Everything
- The Camping Trip
- Germes: The Invisible Fight
- The Hike
- Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves
- Move Your Body!: My Exercise Tips
- There Might Be Lobsters

Memoirs

- The Light of the World: A Memoir (Elizabeth Alexander)
- Resurrection Lily: The BRCA Gene, Hereditary Cancer & Lifesaving Whispers from the Grandmother I Never Knew: A Memoir (Amy Byer Shainman)
- What Doesn't Kill You: A Life with Chronic Illness—Lessons from a Body in Revolt (Tessa Miller)
- We Need to Hang Out: A Memoir of Making Friends (Billy Baker)

Mind and the Brain

- An Anatomy of Pain: How the Body and the Mind Experience and Endure Physical Suffering
- The Anti-Anxiety Program, Second Edition: A Workbook of Proven Strategies to Overcome Worry, Panic, and Phobias
- Group: How One Therapist and a Circle of Strangers Saved My Life
- The Grief Recovery Handbook, 20th Anniversary Expanded Edition: The Action Program for Moving Beyond Death, Divorce, and Other Losses including Health, Career, and Faith
- How to Quit Alcohol in 50 Days: Stop Drinking and Find Freedom
- Keep Sharp: Build a Better Brain at Any Age
- Nobody's Normal: How Culture Created the Stigma of Mental Illness
- Radical Relief: A Guide to Overcome Chronic Pain
- The Stutter Steps: Proven Pathways to Speaking Confidently and Living Courageously



Monthly Wellness Wednesday Health Talk

Wednesday April 28

Sleep: The Normal and the Abnormal

Speaker: Dr. Victoria Sharma, Medical Director, Sharp Grossmont Hospital Sleep Disorders Center

In this talk, learn what normal sleep looks like as well as some of the most common sleep disorders out there. We will also review good sleep habits.

Wednesday May 26

Keeping Your Brain Fit

Speaker: Debbie Emery-Flores, SDCCD Continuing Education

Join us to learn how to keep your brain fit and sharp as you age so your brain span matches your life span. Learn more about free classes that can help you achieve better brain health.

Wednesday June 23

Advance Directives and End of Life Planning

Speaker: Mitsuo Tomita, M.D., Assistant Clinical Professor on the voluntary faculty of the UCSD School of Medicine

Have you considered what type of treatments you would want if you became too sick to tell the doctor yourself? Learn the options and how to complete an advance care directive to provide peace of mind.

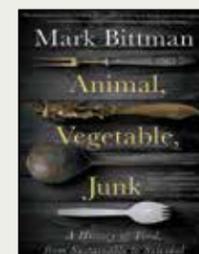
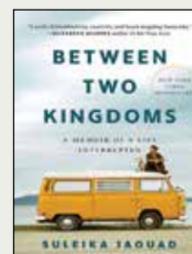
Wellness Wednesday talks are held from 10:00 a.m. to 11:00 a.m. virtually on Zoom, and registration is required. Contact the library to RSVP: info@herricklibrary.org or 619-825-5010.

Congratulations to our Amazon Fire Tablet Winner, Mark Nichols!

Mark told us the library's quality resources fulfill his love of audiobooks and documentaries. With his new tablet, he's excited to check out our collection of e-books, available 24/7 from the Libby app.



Check Out Our Newest Digital Resources from Libby & Flipster: <https://www.herricklibrary.org/elibrary/>



Documentary DVDs

- The Forgotten Battalion
- Music Got Me Here
- NOVA: Human Nature
- Selfless
- The Overly Emotional Child
- You're Looking at Me Like I Live Here and I Don't

Hollywood DVDs

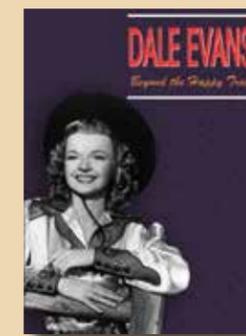
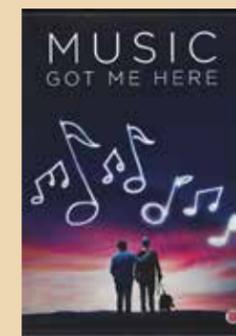
- Arthur: Hooray for Health
- Blackbird
- Marwin
- My All-American
- Sunrise at Camobello

Medical DVDs

- Learn with Verne: Viruses in 30 Minutes
- Tai Chi Flow
- Tai Chi Strength

Spotlight on Documentaries

The Library has added many new documentaries to its DVD and streaming video collection on OverDrive. Staffer Sue suggests "Before the Plate" as a great watch. Go on a journey to recovery through music therapy with "Music Got Me Here", or learn how Dale Evans and Roy Rogers impacted special needs children worldwide.



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.