

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. - 3:00 p.m. Monday, Wednesday, Friday

1:00 p.m. - 7:00 p.m. Tuesday, Thursday

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

Check website for updated hours



Board Members:
Robert Ayres
Gloria A. Chadwick, RN
Michael A. Emerson, RDO
Virginia Hall, RN
Randy Lenac
.....
Christian Wallis, CEO
Rachelle Kierulff,
Library Director

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



Get Active With Your Kids

By Susan Davis, Library Assistant

Are you asking yourself, "How do I get the kids off the couch and outside to get some fresh air and exercise?" At Herrick Library we have books and DVDs to inspire your kids to be active. Visit the Library's expanded Children's Section and check out our new offerings. They can read fun stories of kids who went on adventures in **The Hike** and **The Camping Trip** and be introduced to new skills and experiences. In our new section for the middle grades, find the informative **Ranger Rick's Kids' Guide to Hiking** - All you need to know about having fun while hiking.



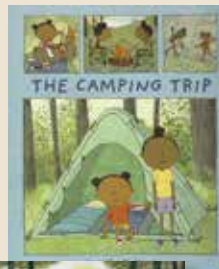
A little closer to home, inspire them to start a backyard garden with **Sylvia's Spinach** or **Farmer Will Allen and the Growing Table**. Do you need a little encouragement yourself? Check out **The Little Gardener: Helping Children Connect with the Natural World**.



There are a lot of active things to do just for the fun of it. Try out yoga with **Yoga Bunny** and **Walk Like a Bear, Stand Like a Tree, Run Like the Wind**. Read about other kinds of exercise that are fun, too, in **I like to Exercise** and **Move Your Body: My Exercise Tips**.



You can even check out a fun outdoors game called **Go Find It** for a scavenger hunt that the whole family can enjoy. Select cards from a deck that send you off looking for something "huge" or "yellow" or "furry". At Herrick Library find resources to help you and your family be healthier, more active, and to enjoy the outdoors!



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.

Library News



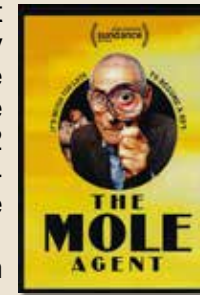
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Great New Documentaries for You

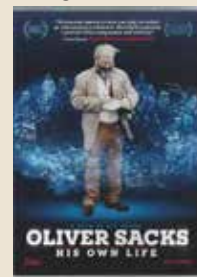
- Sue Petrofsky, Library Assistant

Although the library was closed for most of the last year, we have been very busy adding new items to our collection. We have been diligent in looking to enhance our documentary titles, and have added 32 new DVDs to our physical collection and 24 documentary titles to our Libby-Overdrive streaming video.



Our finds include a variety of titles, from the film **My Name is Pedro**, which tells the life of a "special ed" student who stutters. Pedro Santana, goes on to become a major reformer of struggling school districts in the state of New York. **The Mole Agent**, a Chilean film (with English subtitles), tells in a humorous manner, the story of a senior who goes undercover to find out if a nursing home is abusing a patient. In both cases, the ending is not what is expected, and both are well done films.

Other new DVD titles include the topics of PTSD: **The Forgotten Battalion**, and **Comfort Farms**; teen suicide: **Tell My Story**, the importance of exercise after a cancer diagnosis featuring radiation oncologist Dr. Niraj Mehta; **The Power of Movement**, a story about the crisis of hospital emergency rooms in the United States; **In Case of Emergency**, and also the story of the famed neurologist Oliver Sacks: **Oliver Sacks - His Own Life**. There are many more new titles covering lots of interesting topics and people.



The Libby Overdrive streaming video features such topics as yoga, diabetes, nutrition, baseball, base jumping and traumatic brain injury. Personalities with medical issues are documented in the films **Love Gilda** (Gilda Radner), **Venus and Serena** (Venus and Serena Williams), **Life Itself** (Roger Ebert), and **Raise Hell: The Life and Times of Molly Ivans** (Molly Ivans). There is also a new series called One Day University that explores topics such as managing stress, understanding memory and aging, that are taught as video lectures by prominent college professors.



We hope you'll enjoy our new films, and please ask us for help in locating titles that interest you!

The Library's Open and Programs are Resuming!

We're open! As of June 1st, the Library opened its doors to the public. We have moved a few things around and hope you like the changes. I'm excited to let you know that the monthly Wellness Wednesday Health Talk and movie viewing will resume in person on July 28th and we hope to see your smiling faces there! We'll still offer a Zoom option for the health talk for those that prefer attending from home. Come celebrate our reopening and Summer on August 3rd, 4th & 5th in Briercrest Park right next to the Library. At this outdoor event, meet with community health partners, create crafts, exercise with the YMCA and more. We hope you come visit us at the Library and attend a program or two as we look to the new normal. Happy Summer!

- Rachelle Kierulff, Library Director

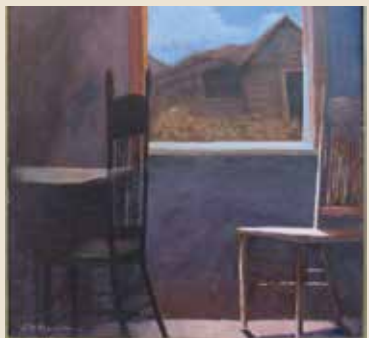
Summer Art Exhibit

Born in San Diego, Ed Bertin is a second-generation Californian. His artistic 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. Ed also is a member of Foothills Art Association, 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 September.



© Ed Bertin

Check out new items in person or through Curbside Pickup. Search the catalog at <https://tinyurl.com/herrick-catalog> for titles, or reserve one of our new books below!

General Health

- Ageless: The New Science of Getting Older Without Getting Old
- Already Toast: Caregiving and Burnout in America
- The Code Breaker: Jennifer Doudna, Gene Editing, and the Future of the Human Race
- Colon & Rectal Cancer: From Diagnosis to Treatment
- Demystifying Hospice: Inside the Stories of Patients and Caregivers
- Dying with Ease: A Compassionate Guide for Making Wiser End-of-Life Decisions
- Empire of Pain: The Secret History of the Sackler Dynasty
- Mayo Clinic Book of Home Remedies: What to do for the Most Common Health Problems
- The Skincare Bible: Your No-Nonsense Guide to Great Skin
- Women in White Coats: How the First Women Doctors Changed the World of Medicine

Diet and Exercise

- The 30-Day Alzheimer's Solution: The Definitive Food and Lifestyle Guide to Preventing Cognitive Decline
- Eat Better, Feel Better: My Recipes for Wellness and Healing, Inside and Out
- Exercise in Action: Strength Training
- Milk Street: Tuesday Nights Mediterranean: 125 Simple Weeknight Recipes from the World's Healthiest Cuisine
- The Resistance Training Revolution: The No-Cardio Way to Burn Fat and Age-Proof Your Body—in Only 60 Minutes a Week

Family and Parenting

- Autism Questions Parents Ask: and the Answers They Seek (Autism Help Series Book 1)
- Childhood Leukemia: A Guide for Families, Friends & Caregivers
- gofindit - Outdoor Nature Scavenger Hunt Card Game for Families
- Depression: insights and tips for teenagers
- Parent Like It Matters: How to Raise Joyful, Change-Making Girls
- Sincerely, Your Autistic Child: What People on the Autism Spectrum Wish Their Parents Knew About Growing Up, Acceptance, and Identity
- Your Baby's First Year: Fifth Edition

Kids' Books

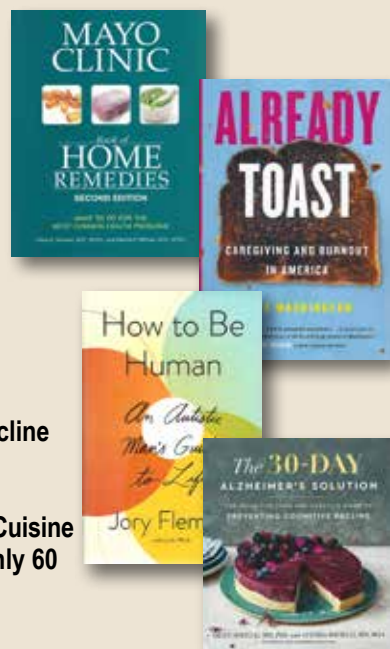
- Be Kind
- ¡Dientes y más dientes! (The Tooth Book Spanish Edition)
- Doctora Judy Moody (Spanish Edition)
- Golden Threads
- How Is Mickey Feeling? / ¿Cómo se siente Mickey? (English-Spanish)
- How to Make Friends with the Sea
- My Three Best Friends and Me, Zulay
- Not So Different: What You Really Want to Ask About Having a Disability
- Raj's Rule
- She Persisted in Sports: American Olympians Who Changed the Game
- You are Enough
- Wow in the World: The How and Wow of the Human Body: From Your Tongue to Your Toes and All the Guts in Between

Memoirs

- And Now I Spill the Family Secrets: An Illustrated Memoir (Margaret Kimball)
- The Beauty of Living Twice (Sharon Stone)
- How to Be Human: An Autistic Man's Guide to Life (Jory Fleming)
- The Secret to Superhuman Strength (Alison Bechdel)

Mind and the Brain

- Calming the Bipolar Storm: A Guide for Patients and Their Families
- A Cure for Darkness: The Story of Depression and How We Treat It
- Let's Talk About Sleep
- Marriage and Lasting Relationships with Asperger's Syndrome: Successful Strategies for Couples or Counselors
- Remember: The Science of Memory and the Art of Forgetting
- Understanding Autism in Adults and Aging Adults: Improving Diagnosis and Quality of Life
- Understanding Tourette Syndrome: A guide to symptoms, management and treatment
- Unwinding Anxiety: New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind
- What Happened to You?: Conversations on Trauma, Resilience, and Healing
- When Brains Dream: Exploring the Science and Mystery of Sleep



Documentary DVDs

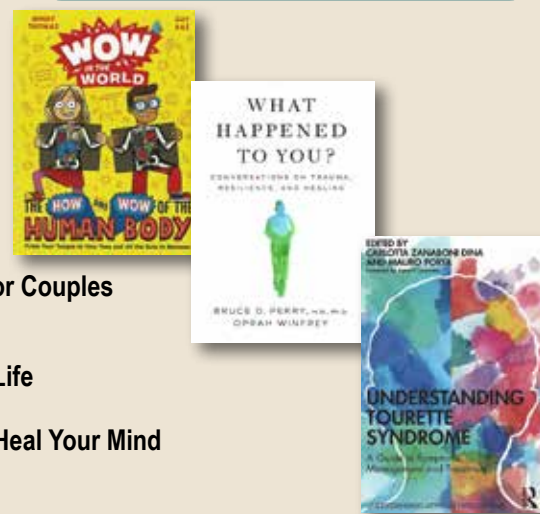
- Fauja Singh Keeps Going: The True Story of the Oldest Person to Ever Run a Marathon
- Jane Fonda in Five Acts
- NOVA: Secrets in Our DNA
- Oliver Sacks: His Own Life
- Roll with Me: A Journey Across America

Hollywood DVDs

- All My Life
- The Cuban
- Our Friend Soul
- We're All Fruit Salad: The Wiggles Greatest Hits

Medical DVDs

- Gin Miller's Swing Yourself Fit
- Simply Stretch: Improve Range of Motion, Increase Functional Flexibility + Relieve Stress at Home
- Ultimate Kettlebell Workouts for Beginners



Monthly Wellness Wednesday Health Talk & Movie

Wednesday July 28

Stepping Safely in Your SHOE: Four Important Steps You Can Take to Reduce Your Risk of A Fall
Speaker: Kindra French, CAPS, SHSS
 San Diego Fall Prevention Task Force
 101 Mobility of San Diego

It seems that falling is an inevitable part of aging. It's not true! In this interactive presentation, you will learn four evidence-based ways to reduce your risk of a fall and keep standing strong.

Feature Film

Book Club

(Rated PG-13)

11:30 a.m.



Wednesday August 25

COVID-19 Vaccine for Teens
Speaker: Lizeth Ramirez, HE, CPHW
 Health Education Department
 Coordinator, La Maestra Community Health Centers

Do you want to talk to your teen about the COVID-19 vaccine, but don't know where to start or how you feel about it? Hear about why it's recommended for all kids 12 and up, and also learn how to talk to your child about the vaccine.

Feature Film

Soul

(Rated PG)

11:30 a.m.



Wednesday September 22

Aging: The Ultimate Exercise

Speaker: Dr. Eric Z. Shapira
 DDS, MA, MHA
 Clinical Gerontologist

Dr. Shapira returns to lecture on the *Eight Sacred Truths to Healthy Aging Plus 2*, discussion, and a bit on *Sex after 60*, a short summary of what to know and where not to go!

Feature Film

To be determined (Suggestions welcome!)

11:30 a.m.

Wellness Wednesday health talks are held from 10:00 a.m. to 11:00 a.m. and are free and open to all adults. Meetings are held in the GHD Conference Center. Do you want to attend via Zoom instead of in person? Call or email Library staff for a link. Feature Films start at 11:30 a.m. Light refreshments are served. Questions? Call 619-825-5010

Blood pressure screenings from 9:30 a.m. to 11:30 a.m. in the GHD Conference Center lobby: July 28, August 25, and September 22.

Family End of Summer Palooza

August 3rd – 5th, 10 a.m. – 2 p.m.
 Briercrest Park
 9001 Wakarusa St., La Mesa CA



- August 3rd – Food Drive, Games & Prizes
- August 4th – Storytime & Crafts
- August 5th – Get Active



Presented by the
 Grossmont Healthcare District

Fitness Kit

Are you interested in trying out different physical fitness and exercise equipment?

Inspire yourself to try something new! The Library is offering its first fitness kit - a kettlebell. Check out an accompanying book or DVD to guide you through exercises. More fitness kits coming soon.



Our Newest Digital Resources from Libby

<https://www.herricklibrary.org/elibrary/>

