

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

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



Board Members:

Robert Ayres
Gloria A. Chadwick, RN
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.....
Christian Wallis, CEO
Rachelle Kierulff,
Library Director

What's Cooking at Herrick Library?

- Susan Davis, Library Assistant



Are you looking for fresh and healthy ideas to brighten up your meals at home? The library can help!

While the library was closed to the public, we were busy updating our collection. Our new additions include great cookbooks and meal planners for all ages and situations, with browse-worthy photos to go with the recipes. Maybe the kids would like to help cook. Get some recipes and encouragement in the books *The Big, Fun Kids Cookbook* and *Kid in the Kitchen*, *Little Helpers Toddler Cookbook*, or the digital magazine *Butternut*.

Are you ready to eat more veggies? Find hundreds of creative recipes in *Vegetables Illustrated*; or jump into a vegetarian lifestyle with *The How Not To Diet Cookbook*. Check out the digital magazine *VegNews* for mouth-watering recipes.

Brain health and dementia prevention are the focus of tasty recipes in *The MIND Diet Plan & Cookbook* and *The 30-day Alzheimer's Solution*. Find great ideas for anti-aging in *The Blue Zones Kitchen*, or *Super Food* with its 100 recipes for

eternal youth.

Several new books help alleviate a chronic condition with diet. Among them are the enticing *Help Yourself: A Guide to Gut Health for People Who Love Delicious Food*. Get help with a diabetic diet, such as *Diabetes Superfoods Cookbook and Meal Planner*. Develop your own food plan for relieving fibromyalgia symptoms in the *Fibro Food Formula*. Find useful tips and recipes in the *Living Healthy Cookbook: Fight Kidney Stones with Food*.

You also have access to e-cookbooks with your library card. Some exciting additions are the very thorough *Cool Beans: The Ultimate Guide To Cooking With The World's Most Versatile Plant-Based Protein*, and *Cook for Your Gut Health*.

Many books are just plain inspiring, such as *Change Your Diet, Change Your Life* and the sweet-sounding *Half the Sugar, All the Love: A Family Cookbook*. There is even help for healing the planet with encouraging recipes and explanations in *Food Is the Solution: What To Eat To Save the World!* As Always, ask library staff for help locating these titles.



Library News

Dr. William C. Herrick Community Health Care Library



October - December 2021

Volume 19, Issue 4



I hope you enjoy all of the Library's new programs and Fall art exhibit. Happy Holidays!

- Rachelle Kierulff, Library Director

Fall Art Exhibit



Descanso resident Phebe Burnham has her first century under her belt, and continues to head her artistic family line as a fine painter. Born in 1920, Phebe was honored in 2020 for her service to the public by San Diego County, with the proclamation of "Phebe Burnham Day."

Encouraged by her grandmother's example, Phebe discovered painting at an early age. After attending art school, she moved to California and taught at Grossmont High School. Upon retiring, she has continued to paint with pastels and oils as her favorite media. She is known for her fine portrait work.

Phoebe's paintings will be on display in the library through the end of December.



© Phebe Burnham

Documentary Screenings

In person in the GHD Auditorium

November 9th 6:00 p.m.

For Diabetes Awareness Month, learn about hidden sugars in food with *That Sugar Film*.

December 14th 6:00 p.m.

Miss Sharon Jones! is the story of Grammy nominated R&B singer Sharon Jones, as she navigates trying to keep singing and supporting her band while battling pancreatic cancer.

Upcoming Events at the Library

Wellness Wednesday October 27th, 10 a.m.

Prevent & Manage Chronic Disease with Lifestyle Modifications

Speaker Paul Montanchez, MPH, CDCES, CHES
Health Educator, Blue Shield of California

Join us as we discuss nutritious whole foods and how we can incorporate them into our diet. Also learn about lifestyle secrets of the residents of Blue Zones, where the world's healthiest people live. Talks are held in person and on Zoom. Register for Zoom online or call/email Library.

Feature Film, *The Bucket List* will follow at 11:30 a.m.

Crafternoon Mondays

1:00-3:00 p.m. Library Meeting Room
Call or email to reserve your spot

October 4th & 18th – Rock Painting – Use our template or create your own design.

November 1st & 15th – Decorate the cover of a Personal Health Journal with ink stamps.

December 6th & 20th – Magnetic Photo Frame – Connect with family or friends by sharing your photo in a washi-tape frame.

Appy Hour Tuesdays

4:00-5:00 p.m. Library Conference Room

We won't be serving appetizers, but mobile apps! Curious about ebooks or digital magazines but not sure how to use them? Whatever your tech level, library staff will get you set up (bring your own device) or watch a staff demo.

October 11th, November 9th, December 14th

Fun Activities for Kids

October – Let your creativity go wild with a color-your-own animal mask and get ready for Halloween.

November – Work on healthy eating habits with your child with this MyPlate and Food sticker activity.

December – Create holiday scenes or make a card with rainbow scratch paper.

**Pick up supplies at the Front Desk of the Library. One per child while supplies last.*

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.

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



New Libby titles in our ebook collection
<https://www.herricklibrary.org/elibrary/>



Get Fit with Our Kits!

Two new fitness kits join our kettlebell to support your health and fitness goals – a pilates ring and a hand exerciser kit. Keep your hands, arms, and legs strong! Kits can be checked out for 3 weeks. Explore a new physical activity - you don't know if you'll like it till you try it.



What's Up with My Skin?

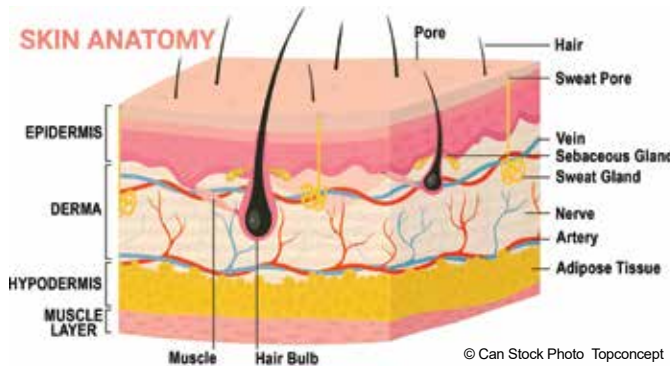
- Sue Petrofsky, Library Assistant

Chapped, dry, itchy... We can all relate to skin issues after a year of slathering on hand sanitizer and washing our hands multiple times a day. As your body's largest organ, your skin holds body fluids in, keeps harmful microbes out, helps you feel cold, heat, and pain, tempers your body temperature, and manufactures vitamin D to help keep you healthy.

Although your skin has 3 main layers, the epidermis, or outer layer is the one most people think about. The thickness of the epidermis varies from .05 mm on your eyelids, to 1.5 mm on your palms and the soles of your feet. The epidermis has five sublayers that produce skin coloring, protect the skin from damaging ultraviolet rays, and produce keratin, a protective protein that makes up most of the structure of the skin, hair, and nails.

The derma is located just below the epidermis and makes up 90 percent of the thickness of the skin. It contains most of the skin's specialized cells and structures including hair follicles, sweat glands, blood vessels, lymph vessels, sebaceous glands, and nerve endings. The dermis is held together by a protein called collagen which holds your muscles and organs in place, combined with elastin, which allows your skin to be flexible.

The third layer of the skin is the hypodermis. As the innermost layer of the skin, it consists of fat and collagen cells. It functions as an insulator to conserve the body's heat and protects the inner organs. It stores fat as an energy reserve for the body.

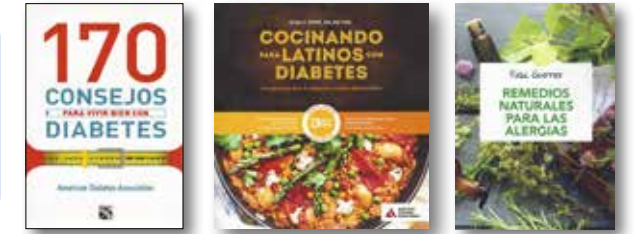


So, what can you do to keep your skin moist and healthy? Dermatologists recommend applying a moisturizer several times a day, with the best time being within five minutes of taking a bath or washing your hands and whenever your skin feels dry. Using a humidifier at home can help, as can limiting baths and showers to five minutes using warm (not hot) water. Wearing gloves when washing dishes, working outdoors, or in cold temperatures is also important. For sun lovers, a wide-brimmed hat, long sleeves, and pants are recommended, along with sunscreen with an SPF 30 or higher. Persistent dry, itchy, or red skin might warrant a visit to your dermatologist for some expert help. Read more about skin health at www.aad.org.

New Books & Media

Español

170 consejos para vivir bien con diabetes
 Cocinando para Latinos con Diabetes
 La Guía de Buena Salud® para Entender la Depresión y Disfrutar la Vida
 Remedios naturales para las alergias
 Santo remedio ilustrado y a color



General Health

All about Your Eyes, Second Edition, revised and updated
 Anatomy Essentials For Dummies
 The Book of Lymph: Self-Care Practices to Enhance Immunity, Health, and Beauty
 Clean: The New Science of Skin
 Extra Life: A Short History of Living Longer
 The Eye Book: A Complete Guide to Eye Disorders and Health
 Hormone Intelligence
 How Expert Guide to Hearing Loss
 The Premonition: A Pandemic Story
 Radical Longevity: The Powerful Plan to Sharpen Your Brain, Strengthen Your Body, and Reverse the Symptoms of Aging
 Rebuild Your Bones: The 12-Week Osteoporosis Protocol
 Slip Sliding Away: Turning Back the Clock on Your Vagina
 The Root Cause: Discover The Why Behind Your TMJ And Sleep Problems
 The Women's Guide to Hormonal Harmony



Diet and Exercise

Everyone's Table: Global Recipes for Modern Health
 Hooked: Food, Free Will, and How the Food Giants Exploit Our Addictions
 Run Well: Essential health questions and answers for runners
 Six Factors to Fit: Weight Loss that Works for You!
 The What Do I Cook Now? Cookbook: Recipes and Action Plan for People with Diabetes or Prediabetes



Family and Parenting

Grow Wild: The Whole-Child, Whole-Family, Nature-Rich Guide to Moving More
 Helping Your NF1 Child: A Parents' Guide To Neurofibromatosis (NF1)
 The Plant-Based Baby and Toddler
 Start Here: A Parent's Guide to Helping Children and Teens through Mental Health Challenges

Kids' Books

A Shot in the Arm!: Big Ideas that Changed the World #3
 Born Curious: 20 Girls Who Grew Up to Be Awesome Scientists
 Cells: An Owner's Handbook
 Different--A Great Thing to Be!
 Germs Up Close
 Dr. Fauci: How a Boy from Brooklyn Became America's Doctor
 Fatima's Great Outdoors
 Food Anatomy Activities for Kids: Fun, Hands-On Learning
 Love the Fur You're In (Sesame Street)
 The Story of Simone Biles: A Biography Book for New Readers
 Teach Your Dragon Body Safety: A Story About Personal Boundaries, Appropriate and Inappropriate Touching



Documentary DVDs

The Body Fights Back
 Born to Be
 Frontline: Virus
 It's Not a Burden: The Humor and Heartache of Raising Elderly Parents
 Monster in the Mind
 The Reason I Jump

Hollywood DVDs

The Father
 Land
 Minari
 Raya & the Last Dragon
 Supernova
 When We Last Spoke

Medical DVDs

Qi Gong: The Seated Workout with Lee Holden

