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

Library News

Dr. William C. Herrick Community Health Care Library
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Phone: 1-619-625-5010
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January - March 2022
Celebrating 20 years of Community Service
Volume 20, Issue 1

Happy New Year! The Herrick Library is celebrating its 20 year anniversary in 2022! Our unique library has been focused on meeting the health information needs of East County for 2 decades. Let us know what we can do to make this year your healthiest year yet.
- Rachelle Kierulf, Library Director

Wellness Wednesday
Talks are held in person and on Zoom. Register for Zoom online or call/email Library. Feature film follows all talks at 11:30 am

Peek into Prediabetes
January 26, 10 am
Speaker: Marlayna Bollinger, MPH, Skinny Gene Project
Join us for a fun and interactive journey inside your body to see what really causes prediabetes, a serious health condition where blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Find out how the food you eat helps or harms your health.
- Feature Film, Here Today, 11:30 am

Friendly Inclusive Gardening (FIG)
February 23, 10 am
Speaker: Stephen Cantu, Master Gardener, Master Gardener’s Association of San Diego County
Learn how to design gardens, including your home garden, to make them safer and more accessible to people with physical disabilities, seniors with mobility issues, and young children.
- Feature Film, Respect, 11:30 am

Health Care Decision-Making: It’s all about the conversation!
March 23, 10 am
Speaker: John Tastad, MA, Coordinator for Advance Care Planning at Sharp HealthCare
Have you thought about, spoken about, or planned for your health and medical care wishes? Join us for an overview of health care decision making where you will learn how to start conversations with your loved ones, how to select a substitute decision-maker and outline your own choices, and receive a free Sharp advance health care directive.
- Feature Film, Cruella, 11:30 am

Winter Art Exhibit
Dr. Paul Dean began his clinical dermatology practice in La Mesa in 1976. In 2020, Dr. Dean was honored by the Grossmont Healthcare District as a Healthcare Hero for his volunteer work with Champions for Health. On top of all of that, he is a fine artist, whose work will be showcased in the library from January - March. Dr. Dean has been painting for almost 20 years, and specializes in watercolor as a media. He enjoys the challenge of painting a variety of styles, sometimes painting vignettes, sometimes using small bands of a micro landscape, and many times using exceptionally vibrant colors. He is a member of the San Diego Watercolor Society, and has a gallery, the Paul Dean Loft, located at Liberty Station, San Diego. Be sure to visit the library and check out his work!
- Susan Davis, Library Assistant

Something for Everyone

Have you ever noticed the word “Community” in our name? That’s right! We are the Herrick Community Healthcare Library. Our goal is to provide reliable health information to the entire Community, making it available to people of all ages, cultures, races, abilities, and socio-economic backgrounds. The Library is ADA accessible and welcomes service dogs who have been trained to perform tasks for the individual with a disability.

We have enlarged the Children’s Section, making it engaging to children of all ages, and providing materials which introduce new or complex health concepts. We have expanded our physical collection with “fitness kits” for all fitness levels, so you can try out exercise equipment to see if it’s right for you. We understand that not everyone can get to the physical Library, so we provide access to ebooks through Libby by OverDrive (libbyapp.com), and digital magazines on Flipster. We continue to offer Curbside Pick-up if you want to limit contact.

Wellness Wednesdays have returned! You can again attend the

Something for Everyone

Januar through October health presentations in person or on Zoom. Following the presentation, a feature film is shown in person. We are trying out new programs such as documentary screenings, help with technology, and crafting, so check out the latest on our Programs page to find one that calls to you: https://www.herricklibrary.org/programs. The Library has become a multi-faceted destination.

We are a Public Library as well, which means our doors are open to everyone - whether connected to the Grossmont Healthcare District or not - to use our computers and printer/copier, to read the books and newsletters onsite, or to take any of the free brochures available. As we continue to build our collection, we search for materials available in other languages, such as Spanish and Arabic.

How can you keep up on all the things that are happening at the Library? You can get our quarterly newsletter in the mail or our monthly electronic newsletter in your inbox. You can go to our website, www.herricklibrary.org, or connect on Facebook, Twitter, or Instagram, or just come on in and ask! See you at the Library!

- Susan Davis, Library Assistant

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.
What's New in the Children's Section!

1, 2, 3, Jump!
A Feel Better Book for Little Poopers
Anxiety Relief Book for Kids: Activities to Understand and Overcome Worry, Fear, and Stress
Are You What You Eat?
A Shelter for Sadness
Brave in the Water
Does a Kangaroo Have a Mother Too?
Fred & Marjorie: A Doctor, a Dog, and the Discovery of Insulin
The Good Egg
I'm a Big Brother
Kitchen Science for Toddlers Cookbook: 20 Edible STEAM Activities and Experiments to Enjoy!
Logan's Bumpy Kidneys
Love
Pete the Cat: Pete at the Beach
Stay Healthy with Sesame Street®: Understanding Coronavirus
Sir Crack Whisk Bake: An Interactive Board Book about Baking for Toddlers and Kids (America's Test Kitchen Kids)
We Poop on the Potty!

When Eating Becomes a Problem
- Sue Petrofsky, Library Assistant

In the New Year we pledge to lose weight or exercise more...but often overlooked in changing eating habits is the fact that you may actually have an eating disorder. Eating disorders involve severe problems with how a person thinks about food and their eating behaviors. A person may eat much less or much more than is needed for proper nutrition. Eating disorders are medical conditions, not a lifestyle choice. They can lead to health issues such as heart and kidney problems, or sometimes even death.

The most common types of eating disorders include:
- Bulimia, which is out of control eating. People often eat even though they are full. Afterward they often have feelings of guilt, shame and distress. This often leads to weight gain and obesity. Binge-eating is the most common eating disorder in the U.S.
- Bulimia nervosa also includes periods of binge-eating. But afterwards, they purge, by making themselves throw up or use laxatives. Sufferers may over-exercise or fast. People with this disorder may be overweight, normal weight, or overweight. Anorexia nervosa includes people who avoid food, severely restrict food intake, or eat very small quantities of only certain foods. They may see themselves as overweight, even when they are dangerously underweight. It is often the least common of the three disorders, but is the most serious. It also has the highest death rate of any mental disorder.

Each of these conditions can have serious health effects, including acid reflux, tooth decay, dehydration, osteoporosis, anemia, muscle wasting, constipation, and low blood pressure, among many other symptoms. It is important to seek medical help if you or a loved one thinks they might have one of these conditions. Your medical provider can run tests to rule out other possible causes of your symptoms.

Treatment plans for eating disorders are often tailored to individual needs and may include a team of health professionals. This may include cognitive behavioral approaches to help you identify and change unhelpful thoughts, medical care and monitoring, nutrition counseling, and medicines. Most important is to seek professional help.

The library has all kinds of information to help you understand eating disorders and to read about how other people have overcome them. Stop by the front desk and we'll help you find the information you're looking for.

New Books & Media

Diet and Exercise
6-Minute Fitness at 60+: Simple Home Exercises to Reclaim Strength, Balance, and Energy in 15 Days
Bariatric Recovery: Discover the Power of The Bariatric Gastric Sleeve Weight Loss Surgery Recovery Diet - Get Back To Perfect Health and Wellness
Complementary Health and Diabetes—A Focus on Dietary Supplements
Cooking for Latinos with Diabetes (Cocinando para Latinos con Diabetes)
The Gut-Immune Connection: How Understanding the Connection Between Food and Immunity Can Help Us Regain Our Health
Food Without Fear: Identify, Prevent, and Treat Food Allergies, Intolerances, and Sensitivities
The Plant-Based Athlete: A Game-Changing Approach to Peak Performance

Family and Parenting
The 3 Ms of Fearless Digital Parenting: Proven Tools to Help You Raise Smart and Savvy Online Kids
A Journey for Two: Mother and Daughter Caregiving Relationships
Helping Your Child with Sensory Regulation: Skills to Manage the Emotional and Behavioral Components of Your Child’s Sensory Processing Challenges

General Health
Aging Well: Solutions to the Most Pressing Global Challenges of Aging
The Concise Book of Muscles, Fourth Edition
Do You Really Need Spine Surgery?: Take Control With a Surgeon’s Advice
Every Minute Is a Day: A Doctor, an Emergency Room, and a City Under Siege (It's Elemental: The Hidden Chemistry in Everything
Grant’s Atlas of Anatomy
The Hormone Balance Bible: A Holistic Plan to Create Lifelong Health
A Journey for Two: Mother and Daughter Caregiving Relationships
Mayo Clinic on Incontinence: Strategies and treatments for improving bowel and bladder control
Medicare For Dummies
Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win
The New Woman’s Guide To Healthy Aging: 8 Proven Ways to Keep You Vibrant, Happy & Strong
NOLO Every Californian’s Guide to Estate Planning
Never Pay the First Bill: And Other Ways to Fight the Health Care System and Win
The New Woman’s Guide To Healthy Aging: 8 Proven Ways to Keep You Vibrant, Happy & Strong
The New Woman’s Guide To Healthy Aging: 8 Proven Ways to Keep You Vibrant, Happy & Strong

Documentary DVDs
Beyond Sixty
The Cancer Documentary
FAT: A Documentary
Impossible Dreamers
Human: The World Within
Maiden
Mysteries of Mental Illness
Nova: Fighting For Fertility
Nova: Picture A Scientist
Roadrunner
Some Kind of Heaven
Street Gang: How we got to Sesame Street
The 3 Ms of Fearless Digital Parenting: Proven Tools to Help You Raise Smart and Savvy Online Kids

Hollywood DVDs
12 Mighty Orphans
Billie
Broken Diamonds
Cruella
Flying the Feathered Edge
Here Today
Luca
Old
PaW Patrol
Respect
Senior Moment

Medical DVDs
Tai Chi Ball Workout
6-Minute Fitness at 60+

Books & Media

What’s New in the Children's Section!

Educational Toys for Kids!

Did you know we have educational toys, puzzles and models that explore topics such as healthy eating & our bodies? There is a complete list of toy sets available in the Children’s Section. Toys and puzzles are available for in-library use - come pick one up at the front desk!

Memoirs
All In (Billie Jean King)
Everything I Have Is Yours: A Marriage
The Fight of My Life: Persevering through Neurofibromatosis
Going There (Katie Couric)
Joy: The Life of a dolphin trainer, filmmaker, and cancer survivor
Lifelines: A Doctor’s Journey in the Fight for Public Health
One Tough Out: Fighting Off Life’s Curveballs (Rod Carew)
The Secret to Superhuman Strength: How to Live a Longer, Healthier, and Stronger Life
This Will All Be Over Soon: A Memoir

New Libby titles in our ebook collection
https://www.herricklibrary.org/ellibrary/