

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
- Michael A. Emerson, RDO
- Virginia Hall, RN
- Randy Lenac
-
- Christian Wallis, CEO
- Rachelle Kierulff, Library Director

Something for Everyone

- Susan Davis, Library Assistant



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

January 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, find us on Facebook, Twitter, or Instagram, or just come on in and ask! See you at the Library!

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

Dr. William C. Herrick Community Health Care Library

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 Kierulff, Library Director

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!



© Paul Dean

Crafternoon Mondays

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

January 10 – Let’s start the new year with “out with the old, in with the new”. We are clearing out our craft supplies to make room for new ones, so YOU get to choose your project this month. Create a 3-D card, paint a rock, or let your creativity shine!

February 14 – We’re all aiming for healthier hearts. In celebration of Healthy Heart Month, we are stitching a heart-shaped card case with red yarn in a needlepoint stitch to carry small items in.

March 14 – What better way to eat healthy than to grow your own vegetables? We will decorate a terracotta pot by decoupageing it in preparation for Spring planting. You will also get a packet of seeds to plant.

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, 10am

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 Gardeners 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

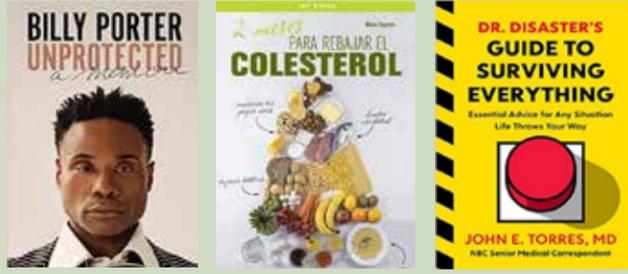
Speaker: John Tastad, MA, Coordinator for Advance Care Planning at Sharp HealthCare

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.



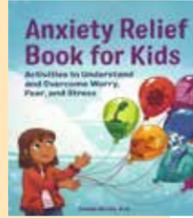
Feature Film, *Cruella*, 11:30 am

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



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
- Stir Crack Whisk Bake: An Interactive Board Book about Baking for Toddlers and Kids (America's Test Kitchen Kids)
- Wait, What?: A Comic Book Guide to Relationships, Bodies, and Growing Up
- We Poop on the Potty!



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!



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:

- Binge-eating, 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.

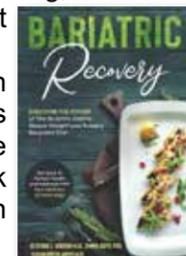
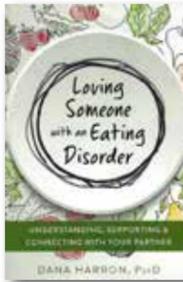
- Bulimia nervosa also includes periods of binge-eating. But afterwards, they purge, by making themselves throw up or use laxatives. Sufferers may over-exercise or fast. People with this disorder may be underweight, normal weight, or overweight.

- 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.

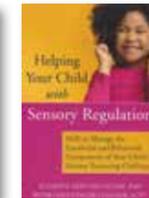
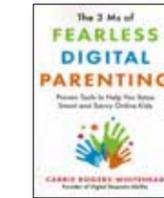
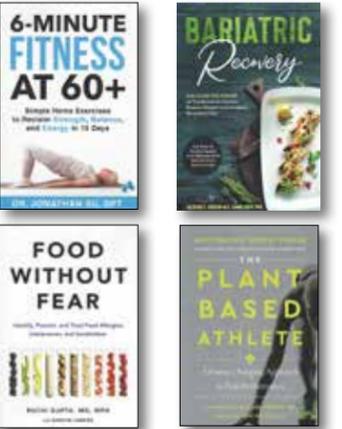
The library has all kinds of information to help you understand eating disorders and to read about how other people have overcome them. Stop by the front desk and we'll help you find the information you're looking for.



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
- Afraid of the Doctor: Every Parent's Guide to Preventing and Managing Medical Trauma
- 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 Back Pain Solution: A Patient's Guide to Laser Spine Surgery, Minimally Invasive Procedures, and Avoiding Surgery Altogether
- 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
- The Prostate Cancer Owner's Manual: What You Need to Know About Diagnosis, Treatment, and Survival
- Tap Tap and Grind: Secrets your dentist wants you to know
- T: The Story of Testosterone, the Hormone that Dominates and Divides Us
- This Is Your Mind on Plants
- Uncaring: How the Culture of Medicine Kills Doctors and Patients
- Unwell Women: Misdiagnosis and Myth in a Man-Made World
- We're Not Broken: Changing the Autism Conversation
- What's Missing from Medicine: Six Lifestyle Changes to Overcome Chronic Illness



Documentary DVDs

- Beyond Sixty
- The C Word
- 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
- Stronger for Life



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 for Beginners



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 story 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
- This Will All Be Over Soon: A Memoir