How do we get out of the woods?

It sometimes may seem like we have lost our way, either overwhelmed by the enormity of the forest or tangled up by the individual trees – like we will never get out of the woods and back to normal. If we are stuck at home alone, the isolation and loneliness may overwhelm us. Or we may find ourselves sequestered, jobless, or caregiving in too-close quarters with those who seem to get on our nerves more than they used to. Just when we thought we saw the light at the end, we were hit by another setback. We are still reeling.

Herrick Library has resources that can help you understand and deal with these strong emotions - loneliness and isolation, negative thoughts toward ourselves and others, and feelings of being trapped and helpless.

We have books, DVDs, free pamphlets, and local resource contacts, all with useful information and encouragement. Remember, you are not alone! The following is a small sampling of the many resources available. Some are also available in Spanish. We will help you find what you need! Come on in and ask!

Pamphlets:
- Understanding Loneliness and Social Isolation (NIA)  
- Depression (SD Mental Health Resources)
- Caregiver Handbook (Caregiver Coalition)

Books:
- A Cure for Darkness: The Story of Depression and How we Treat it.
- The Cure for Loneliness
- Are U Ok? A Guide to Caring for Your Mental Health
- No Visible Bruises: What We Don’t Know About Domestic Violence Can Kill Us
- Almost Depressed: Is My (Or My Loved One’s) Unhappiness a Problem?
- Beneath the Surface: A Teen’s Guide to Reaching Out When Your Caregiver is in Crisis

Depression: Insights & Tips for Teens
- The Anxiety First Aid Kit: Quick Tools for Extreme, Uncertain Times, e-Book

DVDs:
- Suicide Prevention
- Tell My Story

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.
Celebrating 20 Years of Service
- Sue Petrofsky, Library Assistant

This year marks the 20th year of the library’s service to the East County. Originally conceived by the Grossmont Healthcare District as a way to provide specific health information for the community, patients, and their families, the William C. Herrick Community Health Care Library opened on May 11, 2002. The 4590 sq. ft. building was imagined as a means to help residents find consumer-level information on health topics, diseases, and conditions. Did you know the building won an Orchid Award for architectural excellence?

The library was dedicated to Dr. William C. Herrick, who originally came to San Diego during the Korean War as a Naval pathologist at the Naval Hospital in Balboa Park. After leaving the Navy he went to work at the brand new Grossmont Hospital, which opened in 1955, and devoted his life to improving the hospital and the health of East County residents. He was serving as a GHD board member until his death in March 1998.

Our library is proud to have participated in numerous health fairs and health events over the years, and we have given away thousands of books to children who have attended Kids Care Fest and the recent End of Summer Palooza. In 2020 we committed to substantially upgrading our children’s section, to do personalized health research for GHD residents.

Thank you for your continued support!

New Books & Media

Diet and Exercise
5-Minute Core Exercises for Seniors: Daily Routines to Build Balance and Boost Confidence
The 28-Day Gout Diet Plan
Balance Exercises for Fall Prevention
Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body
Chair Yoga: Accessible Sequences to Build Strength, Flexibility, and Inner Calm
Diet for a Small Planet
Milk Street Vegetables: 250 Bold, Simple Recipes for Every Season
Physical Activity and Health
Provecha: 100 Vegan Mexican Recipes to Celebrate Culture and Community
Tai Chi Ball Gymnig: For Health and Martial Arts
Women, Food, and Hormones: A 4 Week Plan to Achieve Hormonal Balance Lose Weight and Feel Like Yourself Again
Yoga for the Inflexible Male: A How-To Guide

Family and Parenting
Navigating Autism: 9 Mindsets For Helping Kids on the Spectrum
The Resilience Recipe: A Parent’s Guide to Raising Fearless Kids in the Age of Anxiety

General Health
100 Questions & Answers About HIV and AIDS
100 Questions & Answers About Muscular Dystrophy
Breast Cancer: Thriving Through Treatment to Recovery
Cannabis Is Medicine: How Medical Cannabis and CBD Are Healing Everything from Anxiety to Chronic Pain
Cataract Surgery: A Patient’s Guide to Treatment
Centers of the Cancer Universe: A Half-Century of Progress Against Cancer
The Diabetes Dictionary
E.R. Nurses: True Stories from America’s Greatest Unsung Heroes Longevity
The Good Doctor’s Guide to Cold and Flu
The Least of Us: True Tales of America and Hope in the Time of Tantolly and Meth
Mayo Clinic on Osteoporosis: Keep your bones strong and reduce your risk of fractures
Medical Marijuana: Dr. Kogan’s Evidence-Based Guide to the Health Benefits of Cannabis and CBD
The Menopause Manifesto: Own Your Health with Facts and Feminism
Pregnancy & Diabetes: A Real-Life Guide for Women with Type 1, Type 2, and Gestational Diabetes
Prostate Cancer: Thriving Through Treatment to Recovery
Rescure Your Health: How New Advances in Science Can Help You Feel Better, Boost Performance, and Live Longer
Stronger After Stroke, Third Edition: Your Roadmap to Recovery
Take Control of Your Drinking
The Timber Press Guide to Vegetable Gardening in Southern California
What’s Wrong With You?: An Insider’s Guide To Your Insides
World War C: Lessons from the Covid-19 Pandemic and How to Prepare for the Next One

The Mind and the Brain
Bedlam: An Intimate Journey Into America’s Mental Health Crisis Beyond Schizophrenia: Living and Working with a Serious Mental Illness
Connection: How to Find the Life You’re Looking For in the Life You Have
The Cure for Loneliness: How to Feel Connected and Escape Isolation
Fear Traps: Escape the Triggers That Keep You Stuck
I’m Now Called A Senior Stories from the Heart: There is Life After Retirement
Find Your Purpose and Laugh Out Loud
Of Sound Mind: How Our Brain Constructs a Meaningful Sonic World
Reclaim Your Right To Grow Old: How to Immerse Yourself In, Be Curious About, and Celebrate Life’s Most Important Stage
What You Need to Know about Sleep Disorders

Hollywood DVDs
Cry Macho
Dear Evan Hansen
Jungle Cruise
No Time to Die
Queen Bees
Rons Gone Wrong

Medical DVDs
Grow Young Fitness Chair
Exercises for Seniors
Tai Chi Ball Workout for Beginners

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