

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

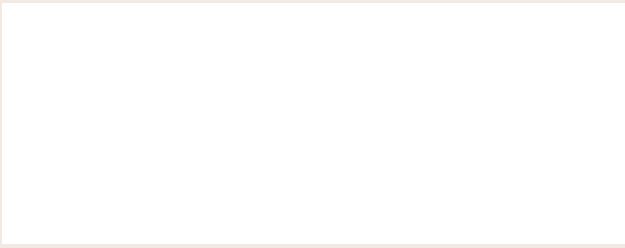


Library Hours:

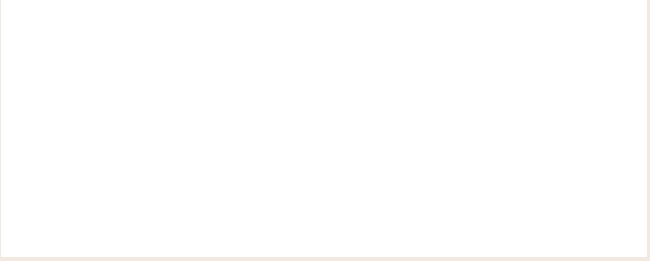
9:00 a.m. - 5:30 p.m. Monday, Wednesday, Friday

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

How do we get out of the woods?

- Susan Davis, Library Assistant



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:

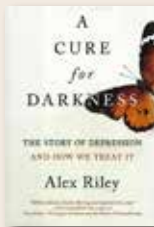
- *Understanding Loneliness and Social Isolation* (NIA/NIH)
- *Depression* (SD Mental Health Resources)
- *Caregiver Handbook* (Caregiver Coalition)

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 You or Your Friend is in Crisis*
- *Depression: Insights & Tips for Teens*
- *The Anxiety First Aid Kit: Quick Tools for Extreme, Uncertain Times, [eBook]*

DVDs:

- *Suicide Prevention*
- *Caregiver's Handbook: a Guide & Resource for the Sandwich Generation*
- *Tell My Story*



Library News

Dr. William C. Herrick Community Health Care Library



April - June 2022

Celebrating 20 years of Community Service

Volume 20, Issue 2

*The photo above was one of the first taken of the library upon its completion in 2002 - notice the teak wood wall.

A Fond Farewell



After 2 years as Library Director I am moving on, literally, to the state of Washington. I appreciated the warm welcome I received in the short time we had in person before the pandemic, and hope that you liked some of the changes I made in my short tenure. A new library director will be announced once hired, and I'm sure they will bring great ideas and enthusiasm to the role and continue providing excellent services and resources to our community. Stay healthy,

- Rachelle Kierulff, Library Director

Spring Art Exhibit

Linda Baltodano has been painting for 25 years, and specializes in acrylic as a media. Her motivating force for painting emerged largely as an expression, an observation of the continual transformation of everything that enters through her senses and identifies who she is. Painting becomes an emotional source of freedom, inspired by life experiences and by a lifetime love of the ocean and its inhabitants.



Linda is President of the East County Art Association, owner of High Tide, LLC, and a graduate of Cuyamaca College.

Stop by the library and check out Linda's lovely aquatic art!

Crafternoon Mondays

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

April 11 – Decorate a Styrofoam egg with flowers for Spring! Also learn about the health benefits of eggs.

May 9 – Roll your own paper beads and create a bracelet! Receive tips on small steps you can take to lower your blood pressure.

June 13 – Learn to crochet a potholder and learn about burn prevention.

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

April 27, 10:00 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

Improve Your Brain--One Percent at a Time!

May 25, 10:00 am

Speaker: Debbie Emery-Flores, MS, CRC, San Diego Community College District, and has taught Brain Fitness in the Emeritus program for older adults since 2016.

Join us to learn how to improve your brain health--one percent at a time! Learn more about free classes that can help you achieve better brain fitness.



Feature Film: *Respect*, 11:30 am

Living Well

June 22, 10:00 am

Speaker: Anabel Kuykendall, Aging Program Specialist II, County of San Diego, Aging & Independence Services

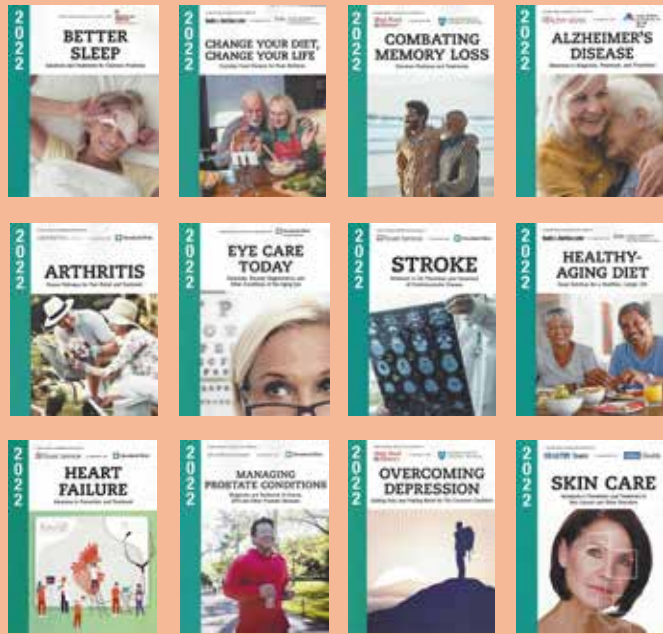
This presentation will present an overview of the eight dimensions of well-being and how to prevent isolation and loneliness. We will cover the *Live Well San Diego* vision for healthy, safe, and thriving residents, and the AARP age-friendly domains of livable communities.



Feature Film: *Jungle Cruise*, 11:30 am

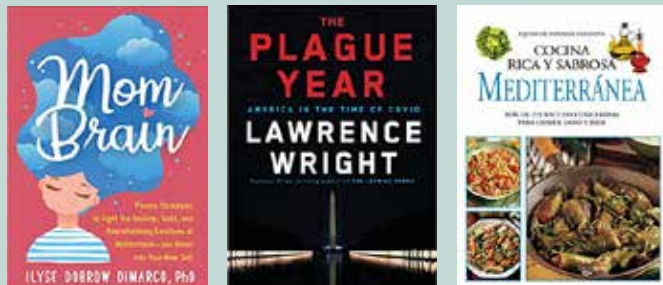
Disclaimer: The Library provides public access to a wide range of health and medical information and is not a substitute for medical advice. You are advised to consult with your physician or other health care professional concerning specific questions or to obtain medical advice.

The Latest in Annual Reports



New Libby titles in our ebook collection

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



Just for Kids!

The Blue-Footed Lark of Balboa Park

Bye-Bye Bully

A Garden in Your Belly: Meet the Microbes in Your Gut

Germ Science: The Sick Truth about Getting Sick (and Staying Healthy)

Give Thanks: You Can Reach Out and Spread Joy!

50 Gratitude Activities & Games

History Smashers: Plagues and Pandemics

Let Me Fix You a Plate: A Tale of Two Kitchens

Let's Go Nuts!: Seeds We Eat

Marshmallow & Jordan

May your Life be Deliciosa

My First Cookbook: Fun recipes to cook together . . . with as much mixing, rolling, scrunching, and squishing as possible!

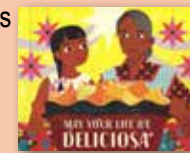
Niki Nakayama: A Chef's Tale in 13 Bites

Out of My Heart

Out of My Mind

Rissy No Kissies

Soul Food Sunday



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, increasing our digital offerings and adding interactive children's activities and many new titles.

Over the past 20 years, the library has had four library directors and 15 different library assistants. We currently have about 1,400 card holders, who checked out 943 print and 937 digital items last year, remaining loyal even through the challenges of COVID-19. We thank you for your continued support!

As this year progresses, we hope to resume more of our groups and programs. We are always available to do personalized health research for GHD residents.

We've added 738 print and digital books and DVDs to our collection in the last year, so stop by and see the new additions. Here's to another 20 years of service to East County!



New Books & Media



Diet and Exercise

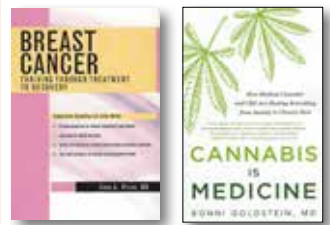
- 5-Minute Core Exercises for Seniors: Daily Routines to Build Balance and Boost Confidence
- The 28-Day Gout Diet Plan
- Balance Exercises for Fall Prevention
- Built from Broken: A Science-Based Guide to Healing Painful Joints, Preventing Injuries, and Rebuilding Your Body
- Chair Yoga: Accessible 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
- Provecho: 100 Vegan Mexican Recipes to Celebrate Culture and Community
- Tai Chi Ball Qigong: 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
- Defy Aging: A Beginner's Guide to the New Science of Longer Life and Better Health
- The Diabetes Dictionary
- E.R. Nurses: True Stories from America's Greatest Unsung Heroes
- The Good Doctor's Guide to Cold and Flu
- The Least of Us: True Tales of America and Hope in the Time of Fentanyl 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
- Rescue 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



Documentary DVDs

- All About Allergies
- American Veteran
- Becoming Helen Keller
- Flying the Feathered Edge: The Bob Hoover Project
- Lives Well Lived
- Not Going Quietly
- PBS KIDS: 15 Sports Stories
- Tina

