

Dr. William C. Herrick Community Health Care Library
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Phone: 1-619-825-5010

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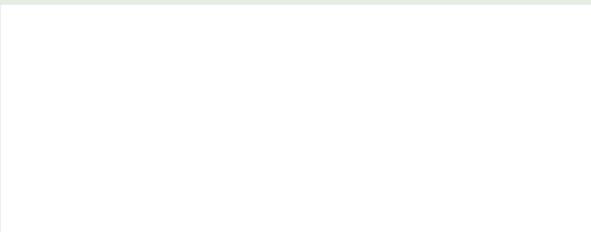


Library Hours:

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.



**Grossmont
Healthcare
District**

Board Members:

- Robert Ayres
- Gloria A. Chadwick, RN
- Michael A. Emerson, RDO
- Virginia Hall, RN
- Randy Lenac
-
- Christian Wallis, CEO
- Holland Kessinger,
Head Librarian

Must Be the Good Ol' Summertime!

- Susan Davis, Library Assistant



The swallows have come back to Capistrano and the patrons are migrating back to Herrick Library! Books and DVDs are being checked out; Wellness Wednesdays are back, including feature film and popcorn; we're back to our previous regular hours; and the shelves are full, with new materials ready for perusing!

Spring has indeed turned to Summer and patrons continue to venture out to shop, mingle, and visit the Library in person! Come on in and browse the stacks – We're continually getting lots of new medical DVDs, books, documentaries, and feature films!



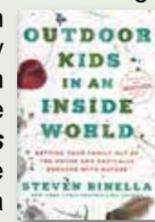
If you've watched all the videos on your home subscription service, come see what we've added to our collection. There are new, exciting Hollywood movies. Join Emily Blunt and Dwayne Johnson in their treacherous search for an ancient healing tree in **Jungle Cruise**, see Tatum Channing trying to resolve his challenging relationship with his four-footed travelling companion Lulu on an unplanned road trip in **Dog**, and cheer Will Smith on, coaching his tennis prodigy daughters with amazing parental perseverance in **King Richard**.

Dozens of new documentaries welcome us to experience

new and often surprising adventures. We can witness chilling and heroic stories such as epidemiologist Christopher Golden in his epic struggle to avert global health crises in **Virus Hunters**, join in Jonathan Bailor's all-consuming search for the means to reverse diabetes and obesity in **Better**, and witness the powerful personal triumph over overwhelming challenges in **Becoming Hellen Keller**.



Many new, informative, and entertaining books are also on the shelves. Let Steven Rinella show you how to finally get your family out of the house and engaged with nature in **Outdoor Kids in an Inside World**. Get some advice on how to **Stop Walking on Eggshells for Parents** from Randi Kreger. Share the lyrical words of Poet Laureate Amanda Gorman as you read the delightful **Change Sings** with your children. Delve into true life stories in memoirs such as **And Now I Spill the Family Secrets**, **How to be Human: An Autistic Man's Guide To Life**, or **Joy: the Story of A Dolphin Trainer, Filmmaker, and Cancer Survivor**. So c'mon in! You'll find it at the Library!



Library News

Dr. William C. Herrick Community Health Care Library



July - September 2022

Celebrating 20 years of Community Service

Volume 20, Issue 3

Hello!



I am so excited to be joining you at the Library as the new Head Librarian. We have a wonderful 20-year history of serving the health and wellness needs of East County, and I look forward to expanding services, programs, and outreach so that we have an even greater impact in the community. I received my MLIS in 2005 and have worked as a professional librarian in a variety of settings, most recently on a military base. As I get settled in, please let me know if you have any suggestions for how the Library could better serve you. We offer a wealth of print and online information and resources to assist you in navigating your health and wellness journey; and if you need a helping hand, we're here to support you. Please stop by and say hi...I look forward to meeting you!

Be Well, Holland Kessinger

Summer Art Exhibit: Local Wander



The pandemic impacted everyone's daily life in some way, and for many, it resulted in an entirely new routine. In 2021, artist Chris Lahti started a new endeavor: each day he made a sketchbook entry inspired by moments witnessed during his daily errands and walks around town. Each entry became an experiment, an opportunity to explore the patterns and symmetry of both the urban and natural environments he explored and led to the incorporation of photography and new methods of making prints. Come see a selection of these sketchbook pages, along with several new pieces that take these experiments even further, on display at the Library through September.

Chris has a BA from Whittier College and an MFA in Printmaking from the University of Iowa and is an instructor of studio art courses, including printmaking and drawing, at Grossmont College and the Athenaeum Arts Center. He is also the founder of the East County Printshop where he collaborates with artists to create original fine art prints in various printmaking techniques, including screen printing, woodcut, linoleum relief, and large format digital printing.



©Chris Lahti

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

The Healing Power of Art

July 27, 10:00 am

Speaker: Linda Bounds, educator and artist



More than two decades ago, Linda noticed that there were individuals who because of age, and/or illness, found themselves excluded from many of life's activities. Using art to open the door, she combines the healing power of a paintbrush with a unique and positive teaching style that engages everyone.

Feature Film: **King Richard**, 11:30 am

Regain Your Youthful Memory

August 24, 10:00 am

Speaker: Philip J. Goscienski, M.D. is a pediatric infectious diseases specialist with a 47-year career in clinical and academic medicine.

Some of life's most embarrassing moments happen when we can't remember a name and it gets worse as we get older. This talk is designed to help seniors minimize these challenges using memory techniques that are thousands of years old.

Feature Film: **Spider-Man**, 11:30 am



Health and Wellness for the Caregiver

September 28, 10:00 am

Speaker: Amy Abrams holds a joint MSW and MPH from San Diego State University. She serves the Grossmont Healthcare District as the agency's Chief Community Health Officer.



Caring for someone with chronic needs has physical, emotional, and practical consequences. Join us to learn effective strategies and resources for prioritizing your own health and well-being, while you attend to the needs of others.

Feature Film: **Dog**, 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.

Summer Means Having Safe Fun in the Sun!

- Sue Petrofsky, Library Assistant

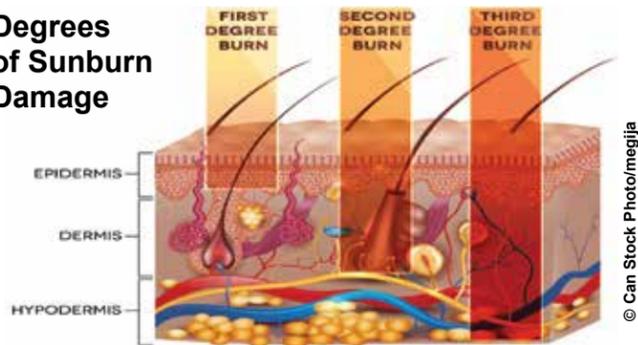
July and August celebrate the dog days of summer, and along with that comes UV safety and Summer safety as prominent health concerns. Everybody's skin and eyes can be affected by the sun and ultraviolet rays. People with light skin are much more likely to have their skin damaged by UV rays (and to get skin cancer), but darker-skinned people can also be affected because the skin tans when it absorbs UV rays. A tan is caused by an increase in the number of melanocytes, which are the cells that make a brown pigment called melanin. Melanin helps block out damaging UV rays, which is

why people with naturally darker skin are less likely to get sunburned, while people with lighter skin are more likely to burn. Sunburns can increase your risk of skin cancer, including melanoma. But UV exposure can raise skin cancer risk even without causing sunburn.

Everyone loves to soak up the summer rays, but everyone must remember to protect their skin and eyes from the damaging effects of the sun. The sun emits radiation known as UV-A and UV-B rays. Both types can damage your eyes and skin:

- UV-B rays have short wavelengths that reach the outer layer of your skin
- UV-A rays have longer wavelengths that can penetrate the middle layer of your skin

Degrees of Sunburn Damage



© Can Stock Photo/Imegija

By learning the risks associated with too much sun exposure and taking the right precautions to protect you and your family from UV rays, everyone can enjoy the sun and outdoors safely.

Here are some of the harmful things unprotected sun exposure can do:

- Cause vision problems and damage to your eyes
- Suppression of the immune system
- Premature aging of the skin
- Skin cancer

Some of the things you can do to minimize the risk that comes with sun exposure include:

1. Cover Up: Wear a Hat and other shade-protective clothing. Proper clothing may include long-sleeved shirts, pants, hats, and sunglasses - for eye protection.
2. Stay in the Shade between the hours of 10 a.m. and 4 p.m. to further protect your skin. The sun can still damage your skin on cloudy days or in the winter.
3. Choose the Right Sunscreen: The U.S. Food and Drug Administration's (FDA) new regulations for sunscreen labeling recommend that your sunscreen have a sun protection factor (SPF) of at least 15 and should protect against both Ultraviolet A (UV-A) and Ultraviolet B (UV-B) rays. When out in the sun, it's important that you apply at least one ounce (a palmful) of sunscreen every two hours. Apply it more often if you are sweating or swimming, even if the sunscreen is waterproof.

By taking the proper precautions, you can enjoy the sun. If you are having any problems after being in the sun, be sure to talk to your healthcare provider.

Enjoy the outdoors this summer and remember to protect your eyes and the skin you're in!

Crafternoon Mondays

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

NEW

July 11 – We'll be making a patriotic suncatcher with acrylic beads and learning how to prevent sunburn.

August 8 – We'll be painting watermelons on tote bags and learning about the health benefits of watermelon.

September 12 – We'll be making DVD coasters with fabric and learning how to have a disaster plan in place.

New StARTs Art Oil Painting Program with Linda Bounds

July 20, August 17, September 21

10:00 a.m. – 12:00 p.m. Library Meeting Room
Call or email to reserve your spot
(limited to 8 participants)

New Books for Kids!

Abuelita y Yo (Spanish Edition)

The Big Feelings Book for Children: Mindfulness Moments to Manage Anger, Excitement, Anxiety, and Sadness

Boogie Bass, Sign Language Star

Button Pusher

Change Sings: A Children's Anthem

Extreme Abilities: Amazing Human Feats and the Simple Science Behind Them

A Feel Better Book for Little Sports

I'm Not Scared, You're Scared

Just Try One Bite

Layla, the Last Black Unicorn

Let's Move!

My Delicious Garden

New Kid

Nixie Ness: Cooking Star

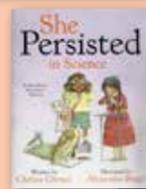
A Park Connects Us

She Persisted in Science: Brilliant Women Who Made a Difference

Troublemaker

What Will I Do with My Love Today?

You-ology: A Puberty Guide for EVERY Body



New Books & Media

Diet and Exercise

52 Ways to Walk: The Surprising Science of Walking for Wellness and Joy, One Week at a Time

Arabiyya: Recipes from the Life of an Arab in Diaspora

Fat Girls Hiking: An Inclusive Guide to Getting Outdoors at Any Size or Ability

The Fiber Fueled Cookbook: Inspiring Plant-Based Recipes to Turbocharge Your Health

Good Eats: The Final Years

Healthy Easy Mexican: Over 140 Authentic Low-Calorie, Big-Flavor Recipes

Intuitive Eating for Every Day: 365 Daily Practices & Inspirations to Rediscover the Pleasures of Eating

Plant Power: Flip Your Plate, Change Your Weight

The Science of Nutrition: Debunk the Diet Myths and Learn How to Eat Well for Health and Happiness

The Whole Body Reset: Your Weight-Loss Plan for a Flat Belly, Optimum Health & a Body You'll Love at Midlife and Beyond



General Health

Beat Knee Pain: Take Back Control: The Ultimate Guide To Treating Your Own Knees

The Beauty of Dusk: On Vision Lost and Found (Memoir Frank Bruni)

A Caregiver's Guide to Communication Problems from Brain Injury or Disease

The Complete Guide to Food Allergies in Adults and Children

Easy Beauty: A Memoir (Chloé Cooper Jones)

Glucose Revolution: The Life-Changing Power of Balancing Your Blood Sugar

Healing: When a Nurse Becomes a Patient

Healthy Heart, Healthy Brain: The Personalized Path to Protect Your Memory, Prevent Heart Attacks and Strokes, and Avoid Chronic Illness

How to Prevent the Next Pandemic

I Am Not Sick, I Don't Need Help! How to Help Someone Accept Treatment

If Your Mouth Could Talk: An In-Depth Guide to Oral Health and Its Impact on Your Entire Life

Keep Your Wits About You: The Science of Brain Maintenance as You Age

The Knee Book - A Guide to the Aging Knee

Living with Parkinson's Disease: A Complete Guide for Patients and Caregivers

Maximize Your Medicare: 2022-2023 Edition: Qualify for Benefits, Protect Your Health, and Minimize Your Costs

Mayo Clinic on Hearing and Balance, 3rd ed

Mayo Clinic The Essential Diabetes Book, 3rd ed

The Medicine Book: Big Ideas Simply Explained

Outdoor Kids in an Inside World

The Phantom Plague: How Tuberculosis Shaped History

The Year of the Horses: A Memoir (Courtney Maum)

Thriving with Kidney Disease: A Practical Guide to Taking Care of Your Kidneys and Yourself

The Mind and the Brain

The Anatomy of Anxiety: Understanding and Overcoming the Body's Fear Response

Breaking the Age Code: How Your Beliefs About Aging Determine How Long and Well You Live

The Gift: 12 Lessons to Save Your Life

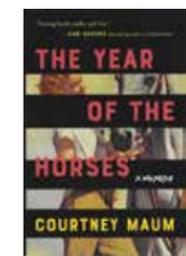
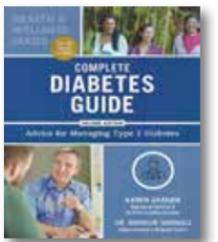
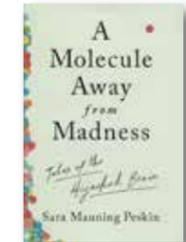
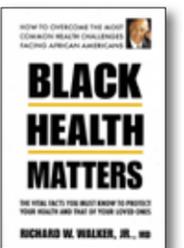
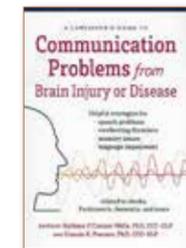
The Invisible Kingdom: Reimagining Chronic Illness

Mental Health Workbook for Women: Exercises to Transform Negative Thoughts and Improve Well-Being

The No-Nonsense Meditation Book: A scientist's guide to the power of meditation

Own Your Past Change Your Future: A Not-So-Complicated Approach to Relationships, Mental Health & Wellness

Permission to Come Home: Reclaiming Mental Health as Asian Americans



Hollywood DVDs

C'mon C'mon

Dog

Hope

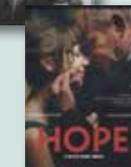
King Richard

Spider-Man:

No Way Home

Turning Red

Tyson's Run



Documentary DVDs

100 Miles to Redemption

Better

The Human Race

Virus Hunters

Virus

Medical DVDs

Body Positive

Easy Yoga

Qigong Flow for Happy Lungs

