

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



Board Members:

Robert Ayres
Gloria A. Chadwick, RN
Michael A. Emerson, RDO
Virginia Hall, RN
Randy Lenac

Staff:

Christian Wallis, CEO
Amy Abrams, MSW/MPH
Chief Community Health Officer
Holland Kessinger,
Head Librarian

Please let us know if you have moved or changed your phone number.

NEW!! Library Classes & Events

Crafternoon Mondays (2nd Monday each month)

1:00 p.m. - 3:00 p.m. Library Meeting Room

Space is limited. Make sure to call or email early to reserve your spot.

October 10th – We'll be painting rocks and learning facts about Breast Cancer.

November 14th – We'll be decorating gourds with paint and learning about the health benefits of pumpkins.

December 12th – We'll be decorating gift bags with assorted materials and learning how to cope with depression during the holidays.

New StARTs Art Oil Painting Program with Linda Bounds

October 19th, November 16th, December 21st
(3rd Wednesday each month)

10:00 a.m. - 12:00 p.m. Library Meeting Room

Space is limited. Make sure to call or email early to reserve your spot.



Knitting and Crochet Club

October 17th, November 21st, December 19th
(3rd Monday each month)

1:00 p.m. - 3:00 p.m. Library Meeting Room

All are welcome - no reservation needed



Easy Does It Chair Yoga with Lanita Varshell

October 12th, November 9th, December 14th
(2nd Wednesday each month)

9:00 a.m. - 10:00 a.m. Library Meeting Room

Space is limited. Make sure to call or email early to reserve your spot.

Songbirds Music Family Class (Music and Movement for Children)

October 21st, November 18th, December 16th
(3rd Friday each month)

10:00 a.m. - 11:00 a.m. Briercrest Park

Children ages 0-6 and parent/guardian

Space is limited. Make sure to call or email early to reserve your spot.



Drums Alive Music Therapy for Seniors with Annela Flores, MT-BC

Launching October 5th

10:00 a.m. - 11:00 a.m. Briercrest Park

Space is limited. Make sure to call or email early to reserve your spot.

Library News

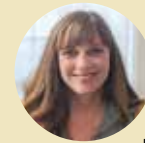
Herrick Community Health Care Library

October - December 2022

Celebrating 20 years of Community Service

Volume 20, Issue 4

New and exciting events at the Library!



The Grossmont Healthcare District and the Herrick Health Care Library have a long history of serving the health and wellness needs of East County residents, and we're excited to celebrate that history at our Open House on November 2nd from 10 a.m.-1 p.m.

We also hope you will join us for another Meet and Greet the Artist reception on November 16th at 6 pm. It'll be a wonderful opportunity to hear from local artist Geraldine Dorfi, whose beautiful artwork is currently on display in the Library. We believe that art and wellness go hand in hand, and we're thrilled to be able to offer such a beautiful space for local artists to not only display their work, but to connect with their community directly as well. And as you'll see in the Classes & Events section of the newsletter, there is so much happening at the Herrick Health Care Library these days! Not only are we a place to find reliable, evidence-based print and online health information, but the Library is also chock full of opportunities to explore your creative side, experience new health-related activities, and inspire your health and wellness journey. We hope to see you soon!

– Be Well, Holland Kessinger



Save the Date! Fall Open House

Wednesday, November 2nd, 10:00 a.m. - 1:00 p.m.

All are invited to our Fall Open House event - join us as we celebrate the rich history of the Grossmont Healthcare District and the 20th anniversary of the Herrick Community Health Care Library. There will be free food and live music, and opportunities to join in on fun activities like a community painting project, a scavenger hunt, crafts in the library, a drumming fitness class, and a walking tour of the park. More details are available on our website. To RSVP call (619) 825-5010 or email us at events@grossmonthealthcare.org.

Wellness Wednesday

Talks are held in person in the GHD Conference Center. The Feature film follows all talks at 11:30 am.

Obesity & COVID-19

October 26th, 10:00 a.m.

Speaker: Fernando Moreno,
CDBG Health Education Program Supervisor

This is a presentation in which we will review obesity and its linkage with COVID-19. We will be explaining best practices, best preventive measures, how COVID-19 affects those with obesity and offering resources for those in need.



Feature Film: *Fatherhood*, 11:30 a.m.

Fall Art Exhibit – Geraldine Dorfi



Geraldine Dorfi has been painting for about 15 years after her teaching career of 34 years. Painting in the abstract has captured her imagination. Abstract art is a non-representational art form rendered without the use of a visual reference.

Additionally, she paints impressionist landscapes and seascapes using photos taken close to home in San Diego County or photos from her travels.

Her creative expression is achieved by using colors, textures, shapes, and composition. She often uses thick, quick, and often messy brush strokes. Geraldine's compositions make use of her intuition, exploring her creative and emotional energy. Her mediums include oil and cold wax, acrylic and watercolor.

Geraldine is a member of the Foothills Art Association and has shown her work in galleries and venues throughout San Diego. For more information visit <https://gdorfi9.wixsite.com/mysite>. Her art will be on display through December.



© Geraldine Dorfi

Check out our newest ebook titles!

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



The Latest in Annual Reports



New Books for Kids!

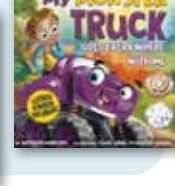
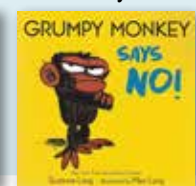
American Sign Language for Kids: 101 Easy Signs for Nonverbal Communication
Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress



Chubby's Tale: The true story of a teddy bear who beat cancer

Dr. Seuss Discovers: The Human Body
Everyone Feels Angry Sometimes
Grandma Has Huntington's Disease, and It's Okay
Grumpy Monkey Says No!
Mrs. Peanuckle's Kitchen Alphabet
My Monster Truck Goes Everywhere with Me

Wild Days: Outdoor Play for Young Adventurers



Family Medical History is Important!

- Sue Petrofsky, Library Assistant

As the holidays approach and you're thinking about family gatherings, it might be a good time to consider recording your family history as related to medicine and your family's biological family members, both living and deceased. Knowing your family's medical history can help doctors determine whether you face an increased genetic risk of having or developing certain diseases, disorders or conditions, and what you might do to avoid developing them. This has become even more important as medical DNA testing becomes more prevalent.

Researchers know that certain disorders can show in every generation (dominantly inherited) or some may skip generations (recessive inheritance). Having a detailed history can allow your medical team to gain insights not only into the nature of a condition in a given family, but possibly predict the severity and risks of who might be affected based on the pattern noted.

The most important family members to record medical information about are your "first-degree relatives." These include your parents, siblings, and offspring. These are the people with whom you share the most DNA. Family members share their genes, but often also their environment, lifestyles and habits. Risk for diseases such as heart disease, asthma, diabetes, and cancer also run in families. Some of the key features of family history that may increase risk include:

1. Disease in more than one close relative.
2. Certain combinations of diseases within a family (for example breast and ovarian cancer, or heart disease and diabetes).
3. Diseases that occur at an earlier age than expected (10 to 20 years before most people get the disease).
4. Disease that does not usually affect a certain gender (for example, breast cancer in a male).

Although you cannot change your genes, you can possibly change behaviors such as smoking, inactivity, and poor eating habits. Often, implementing a healthier lifestyle can reduce your risk of getting diseases that run in your family. By knowing which screening tests should be started early, such as mammograms and colorectal cancer screening, diseases can be detected sooner, when they are most treatable. Tests can also detect risk factors like high cholesterol and high blood pressure, which can be treated to prevent more severe disease.

So, when you attend that holiday gathering, collect information on your relatives major medical conditions and causes of death, their age at disease onset, and their ethnic background. This will help your doctor to assess your disease risk based on your family history, recommend lifestyle changes to prevent future disease, and prescribe screening tests to detect disease early. All this will hopefully lead to many more happy holidays and family gatherings!

For more information visit: <https://www.cdc.gov/genomics/famhistory/index.htm>.



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New Books & Media

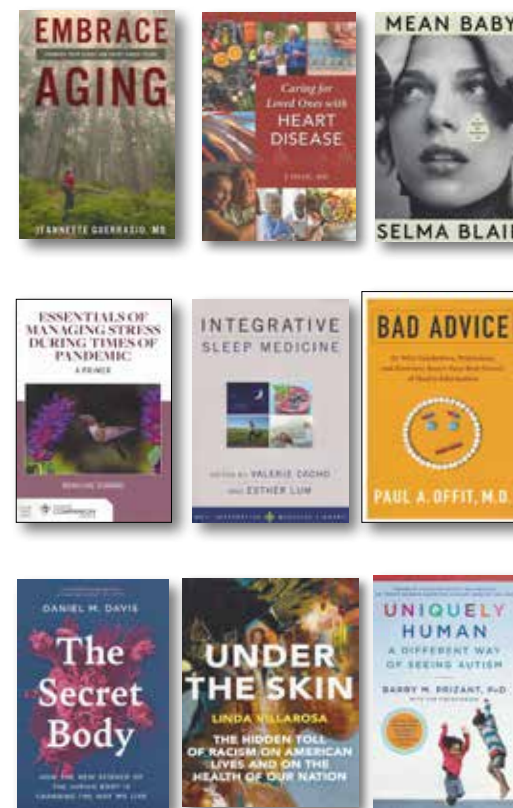
Diet and Exercise

The Anti-Inflammatory Kitchen Cookbook: More Than 100 Healing, Low-Histamine, Gluten-Free Recipes
Cook Smart, Eat Well
Exercised: Why Something We Never Evolved to Do Is Healthy and Rewarding
Extreme Abilities: Amazing Human Feats
Healing Spices Handbook
How We Eat: The Brave New World of Food and Drink
Recipe for Survival: What You Can Do to Live a Healthier and More Environmentally Friendly Life
Sweat: A History of Exercise



General Health

Baby Sign Language Made Easy: 101 Signs to Start Communicating with Your Child Now
Birth Control: What Everyone Needs to Know
Cannabis for Health: The Essential Guide to Using Cannabis for Total Wellness
Caring for Loved Ones with Heart Disease
Embrace Aging: Conquer Your Fears and Enjoy Added Years
Every Californian's Guide To Estate Planning: Wills, Trust & Everything Else
A Family Guide to Coping with Substance Use Disorders
The Foot Book: Everything You Need to Know to Take Care of Your Feet
Heal Your Frozen Shoulder: An At-Home Rehab Program to End Pain and Regain Range of Motion
Huntington's Disease (The Facts Series)
Living a Healthy Life with Chronic Conditions: Self-Management Skills for Heart Disease, Arthritis, Diabetes, Depression, Asthma, Bronchitis, Emphysema and Other Physical and Mental Health Conditions
Living Wills and Powers of Attorney for California
Lung Cancer: Your Questions & Expert Answers
Mean Baby: A Memoir of Growing Up (Selma Blair)
Optimal Men's Health (Dr. Weil's Healthy Living Guides)
Pained: Uncomfortable Conversations about the Public's Health
Preventing Medication Errors at Home
The Secret Body: How the New Science of the Human Body Is Changing the Way We Live
Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of Our Nation
Uniquely Human: Updated and Expanded: A Different Way of Seeing Autism
Your Sexual Health: A Guide to Understanding, Loving and Caring for Your Body



Hollywood DVDs

Encanto
Fatherhood
The Humans
Let Them All Talk

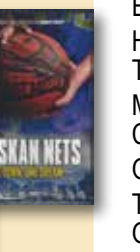
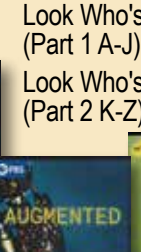


Documentary DVDs

Alaskan Nets
Augmented
Determined: Fighting Alzheimer's

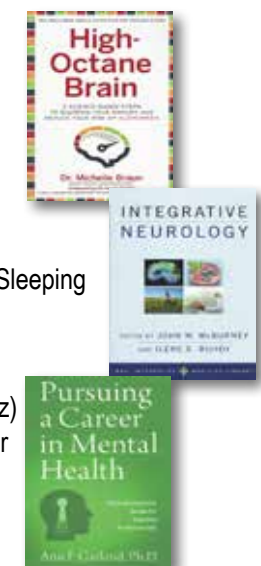
Medical DVDs

Look Who's Signing (Part 1 A-J)
Look Who's Signing (Part 2 K-Z)



The Mind and the Brain

ADHD: The Facts
Beyond Madness: The Pain and Possibilities of Serious Mental Illness
Depression: What Everyone Needs to Know®
If Your Adolescent Has an Eating Disorder: An Essential Resource for Parents
How to Sleep: The New Science-Based Solutions for Sleeping Through the Night
Mind, Mood, and Memory: The Neurobehavioral Consequences of Multiple Sclerosis
Obsessed: A Memoir of My Life with OCD (Allison Britz)
The PTSD Workbook: Simple, Effective Techniques for Overcoming Traumatic Stress Symptoms
Schizophrenia: The Facts
Splitting: The Inside Story on Headaches



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.