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 p.m. 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

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 gopportuitarist.com/myosite. Her art will be on display through December.

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.
Family Medical History is Important!

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, you can share 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 and 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!