

**Grossmont Healthcare District's Health and Wellness Library**

9001 Wakarusa Street | La Mesa, CA 91942

Phone: 1-619-825-5010

Website: [www.herricklibrary.org](http://www.herricklibrary.org) | Email: [info@herricklibrary.org](mailto: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.

**What's Up with Library Classes & Events**

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

**Crafternoon Mondays**  
(2nd Monday each month)

1:00 p.m. - 2:00 p.m. Library Meeting Room

**April 10th** – We will be making a cross-stitch project and discussing how crafting relieves stress.

**May 8th** – We will be creating Papel Picado banners in honor of Cinco de Mayo and providing information on Stroke prevention.

**June 12th** – We will be creating cute wreaths and providing Brain health information.

**NEW Fitness Forever Club**  
with Karen Barry (ACE certified personal trainer)  
(class is for older adults and seniors)

April 6th & 20th, May 4th & 18th, June 1st & 15th  
(1st & 3rd Thursday each month)

9:00 a.m. - 9:45 a.m. Briercrest Park

**New StARTs Art Oil Painting Program**  
with Linda Bounds

April 19th, May 17th, June 21st  
(3rd Wednesday each month)

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

**Knitting and Crochet Club**

April 17th, May 15th, June 19th

1:00 p.m. - 2:00 p.m. Library Meeting Room  
All are welcome - no reservation needed

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

April 5th, May 3rd, June 7th  
(1st Wednesday each month)

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

**Mindful Movement and Sound Meditation**

April 13th, May 11th, June 8th  
(2nd Thursday each month)

11:00 a.m. - 12:00 p.m. Library Meeting Room

**Easy Does It Chair Yoga\***  
with Lanita Varshell

April 12th, May 10th  
(2nd Wednesday each month  
NOTE: \*No classes in June)

10:00 a.m. - 11:00 a.m. or 2:00 p.m. - 3:00 p.m.  
Library Meeting Room

**Children's Music Storytime**  
with Hooray Miss Marae

April 14th, May 12th, June 9th  
(2nd Friday each month)

10:00 a.m. - 11:00 a.m. Library Meeting Room

**Songbirds Music Family Class**  
(Music and Movement for Children)

April 21st, May 19th, June 16th  
(3rd Friday each month)

10:00 a.m. - 11:00 a.m. Briercrest Park  
Children ages 0-6 and parent/caregiver

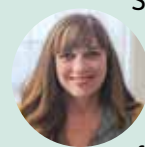
# Library News

## Grossmont Healthcare District's Health & Wellness Library

April - June 2023

Volume 21, Issue 2

### Happy Spring!



Spring is in the air and the wildflowers are starting to bloom! Here at the Library our shelves are starting to grow as well with lots of new health information for your enjoyment and education. Everything from new brochures and pamphlets from the National Institute of Health and the CDC to the latest health reports and newsletters from Harvard, the Mayo Clinic, and more. New book titles covering a wide variety of health topics including Diabetes, Breast Cancer, Depression, Brain Health, and Eating Disorders, have all arrived and are ready for check out, as well as some interesting new medical documentaries and feature films. In addition, our Spring program lineup includes a new fitness class for older adults, a panel discussion on Mental Health, and a new Art Exhibit! If you haven't been in lately, or if you don't have a Library card yet, now is the perfect time to visit and check out what's new. We look forward to seeing you!

– Be Well, Holland Kessinger

### Minor Imperfections – Art Exhibit



*Minor Imperfections* is an art exhibit consisting of photographic self-portraits by Annie Claflin. The artwork included in the exhibit characterizes Claflin's struggle to maintain a consistent identity while battling mental health issues. By repeatedly deconstructing her face in her artwork, Claflin achieves a greater understanding of her illness, enabling her to heal.

Annie Claflin is a lens-based artist who lives in San Diego. Her artwork weighs complexities of family and paradoxes of home as solace and isolation, interweaving those relationships with her own likeness. She graduated from New England School of Photography, holds a BFA from Massachusetts College of Art + Design and an MS from Boston University.



### Wellness Wednesday

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

#### Mindfulness for Health and Wellness April 26th, 10:00 a.m.

Speaker: Helen Hyun-Chung Kim, MD  
UCSD Center for Mindfulness

This month we discuss mindfulness with an expert from the UCSD Center for Mindfulness and learn how mindfulness can support health and wellness. This engaging presentation will explore the science and history behind this ancient practice and provide attendees a taste of the practice itself.

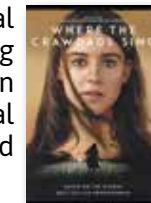


Feature Film: *Gigi & Nate*, 11:30 a.m.

#### The Art of Understanding: A Panel Discussion on Mental Health May 24th, 10:00 a.m.

Moderator: Amy Abrams, MSW/MPH  
Chief Community Health Officer, Grossmont Healthcare District

Join us for an engaging discussion on Mental Health from a variety of perspectives, including an artist who uses her art to process her own struggles with mental health issues, a social worker, and a community expert for at-risk and older adults.



Feature Film: *Where the Crawdads Sing*, 11:30 a.m.

#### Better Brain Health June 28th, 10:00 a.m.

Speaker: Mindy Jo Sloan, Ph.D  
School psychologist and Brain Fitness instructor with the San Diego Community College, College of Continuing Education

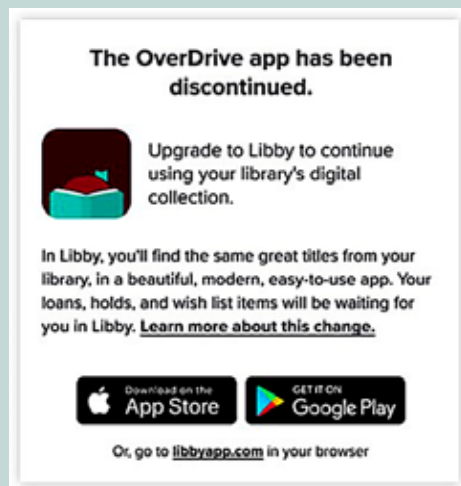
Interested in improving your memory? Concerned that you do not respond as quickly as you have in the past? Desire to strengthen your ability to focus and pay attention? Better brain health can belong to all of us. Come to this interactive class and learn!



Feature Film: *5000 Blankets*, 11:30 a.m.

## Ebook access news for library cardholders!

The OverDrive app will be discontinued on May 1, 2023. This change will simplify how you access our digital collection. When you open Libby for the first time, follow the prompts to find our library and sign in with your library card.



## Harvard Medical School Special Reports

We have just added 20+ new titles with the latest information on a wide variety of medical topics. See the list below for some great reading!

- Aging in Place: How to Live at Home Safely and Independently for as Long as Possible
- Aqua Fitness: Refreshing Workouts That are Gentle on Your Joints
- A Guide to Healthy Eating Strategies, Tips, and Recipes to Help You Make Better Food Choices
- Better Bladder and Bowel Control
- Core Exercises: 6 Workouts to Tighten Your Abs, Strengthen Your Back, and Improve Your Balance
- The Harvard Medical School 6-Week Plan for Healthy Eating
- Lose Weight and Keep It Off
- Making Sense of Vitamins and Minerals
- Mobility and Independence: Keys to Staying Active and Self-sufficient as You Age
- The Sensitive Gut: A guide to managing Common Gastrointestinal Disorders
- Strength and Power Training for All Ages
- Stress Management: Enhance your Well-Being by Reducing Stress and Building Resilience
- Walking for Health: Why this activity could be your best health insurance

## New Childrens & Young Adult

- The Cool Bean
- Exercise with Me
- My Life Beyond Diabetes: A Mayo Clinic Patient Story
- My Life Beyond Neurofibromatosis: A Mayo Clinic Patient Story
- My Life Beyond Vaccines: A Mayo Clinic Patient Story
- Pete the Kitty Goes to the Doctor
- The Smart Cookie



## Avoiding Stroke and its Devastating Effects

- Sue Petrofsky, Library Assistant

May will bring National Stroke Awareness Month, and since it is one of the leading causes of death and disability in America, one in every 19 deaths from all causes, it commands our attention.

A stroke, sometimes called a brain attack, happens in one of two ways:

- Ischemic Stroke – when the blood supply to the brain is blocked.
- Hemorrhagic Stroke – when a blood vessel in the brain bursts.

Anyone can have a stroke at any time. Strokes occur when the blood flow to a part of the brain ceases, and the brain cells become starved of oxygen and die. Quick treatment is essential. Some treatments for stroke only work if given within the first three hours after symptoms start. Delays in treatment increase the risk of permanent damage or death. See the graphic at the end of the article for a quick way to diagnose symptoms of stroke. This sequence, called acting "F.A.S.T." is key to minimizing brain damage.

Some stroke factors such as age, sex, and ethnicity are beyond a person's control. The older you are, the greater the risk. Men under age 44 are at a higher risk than women of the same age group. Half of all men have high blood pressure, and four out of five men do not have their blood pressure controlled. Hispanic and African American men are at higher risk than any other group, due to high blood pressure and higher rates of diabetes. Two in five of all women have high blood pressure, and only one in four of those women have their blood pressure under control. Other controllable factors that increase stroke risk are smoking, obesity, diabetes, too much alcohol, and not enough physical activity.

Most strokes can be prevented by keeping medical conditions under control and making healthy lifestyle changes. Controlling blood pressure and managing blood cholesterol are essential for preventing strokes. Family history can be an indicator of stroke risk. Talk to your doctor about your chances of having a stroke, especially if you have high blood pressure. Simple blood tests can help determine your risk.

The Library has information on strokes, prevention and recovery, simple exercises to improve health, and cookbooks full of healthier eating ideas. We also have self-use blood pressure testing machines available whenever we're open. Stop in and we'll help you find the information you need!



## New Books & Media

### General Health

- AARP Hearing Loss for Dummies
- And Finally: Matters of Life and Death
- Baby & Toddler Basics: Expert Answers to Parents' Top 150 Questions
- The Caregiver's Guide to Memory Care and Dementia Communities
- The Caregiver's Encyclopedia: A Compassionate Guide to Caring for Older Adults
- Coping with Diverticulitis: Soothe and Heal Your Gut
- The Exquisite Machine: The New Science of the Heart
- First Aid/CPR/AED: Participant's Manual
- Getting Your Brain & Body Back: Everything You Need to Know after Spinal Cord Injury, Stroke, or Traumatic Brain Injury
- The Glaucoma Guidebook: Expert Advice on Maintaining Healthy Vision
- The Gospel of Wellness: Gyms, Gurus, Goop, and the False Promise of Self-Care
- Heart Failure: Advances in Prevention & Treatment
- Honest Aging: An Insider's Guide to the Second Half of Life
- Lifespan: Why We Age - And Why We Don't Have To
- Living with Breast Cancer: The Step-by-Step Guide to Minimizing Side Effects and Maximizing Quality of Life
- Living with Hereditary Cancer Risk: What You and Your Family Need to Know
- Managing Prostate Conditions: Diagnosis and Treatment of Cancer, BPH, and Other Prostate Conditions
- Mayo Clinic A-Z Health Guide: What You Need to Know About Signs, Symptoms, Diagnosis & Treatment
- Straight Talk about Breast Cancer from Diagnosis to Recovery
- Synaesthesia: A Very Short Introduction
- Take Control of Your Heart Disease Risk
- What You Must Know About Strokes: How to Recover from a Stroke and Prevent Another Stroke
- What You Need to Know About ALS
- When Your Aging Parent Needs Help: A Geriatrician's Step-by-Step Guide to Memory Loss, Resistance, Safety Worries, and More
- Wiser: The Scientific Roots of Wisdom, Compassion, and What Makes Us Good
- When Sex Hurts: Understanding and Healing Pelvic Pain
- Your Complete Guide to Liver Health: Coping with Fatty Liver, Hepatitis, Cancer, and More



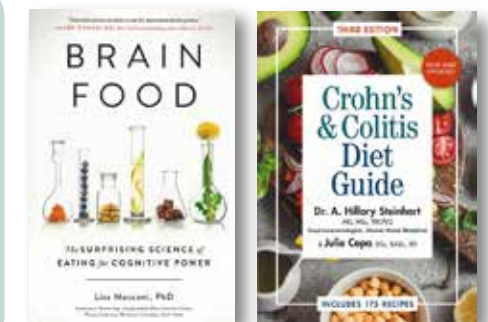
### The Mind and the Brain

- Admissions: Life as a Brain Surgeon
- Better Sleep: Solutions and Treatments for Common Problems
- The Concise Guide to Bipolar Disorder
- The Dyslexia Guide For Adults: Practical Tools to Improve Executive Functioning, Boost Literacy Skills, and Develop your Unique Strengths
- The Grieving Brain: The Surprising Science of How We Learn from Love and Loss
- The Myth of Normal: Trauma, Illness & Healing in a Toxic Culture
- Overcoming Dyslexia
- Reconnecting after Isolation: Coping with Anxiety, Depression, Grief, PTSD, and More
- Seizures and Epilepsy in Children: A Comprehensive Guide
- Succeeding with Adult ADHD
- You Are Not Alone: The NAMI Guide to Navigating Mental Health



### Diet and Exercise

- The Blue Zones American Kitchen: 100 Recipes to Live to 100
- Brain Food: The Surprising Science of Eating for Cognitive Power
- Chron's & Colitis Diet Guide
- Diet for Diverticulitis: A 3-Stage Nutrition Guide to Manage and Prevent Flare-ups
- Intuitive Eating for Life: How Mindfulness Can Deepen and Sustain Your Intuitive Eating Practice
- Meals that Heal – One Pot
- Omega Balance Nutritional Power for a Happier, Healthier Life
- Raising Adventurous Eaters: Practical Ways to Overcome Picky Eating & Food Sensory Sensitivities



**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.