



PlaneTalk

The PlaneTree Health Library Newsletter

WALK IN WITH QUESTIONS. WALK OUT WITH CONFIDENCE

www.planetreesanjose.org

Free and open to the public since 1989

Fall 2007

Dear PlaneTree patrons and friends,

We welcome your comments and suggestions about our first eNewsletter.

Who do you know who's unfamiliar with PlaneTree? Do us both a favor and forward our great fall events.

Our library's mailing list has always been confidential. We trust you will enjoy occasional news from PlaneTree. However, if you'd like to be removed from our mailing list, please use the SafeUnsubscribe link below.

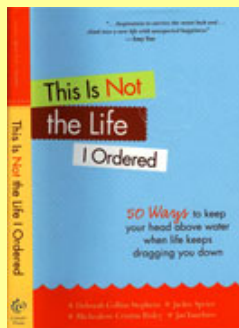
This Is Not the Life I Ordered

Saturday, September 22, 10-11 a.m. (booksigning follows)
Good Samaritan Hospital Auditorium
Light refreshments, so RSVP to 408/559-2555

Jackie Speier, the popular former assemblywoman and state senator, and Jan Yanehiro, who won Emmys for KPIX's "Evening Magazine" and the Eleanor Roosevelt Humanitarian Award from the United Nations of San Francisco, will talk about unexpected, difficult challenges which they and their two co-authors have experienced. Those trials - and the skills and wisdom the women consequently developed - are the basis of their inspiring new book, *This is Not the Life I Ordered: 50 Ways to Keep Your Head above Water When Life Keeps Dragging You Down*.

Please note that this free, lively talk will be at Good Sam's auditorium as we and our co-sponsor, h2u, are expecting a big turnout.

Jan and Jackie will be happy to sign their book for you and copies will be available (\$19.95) after their talk.



Show up

for Showcase!

Enjoy exquisitely tiny art,
support PlaneTree



10-5 p.m., Saturday
11-4 p.m., Sunday
October 13 & 14
South Hall of San Jose
Convention Center
(on Balbach St. between
Almaden Av. & Market St.)

The fourth-largest exhibit and sale of artistic miniatures in the U.S. welcomes browsers to a new downtown location. With free hands-on activities for kids, dioramas representing amazing talent and patience, and zillions of miniscule wares to marvel over, the Showcase will be fun for your whole family.

Admission proceeds will benefit PlaneTree Library.

Upcoming Community Health Events

7:00 p.m., Monday, September 24

Eating disorders will be the focus of a lecture and Q&A session presented by the Eating Disorders Resource Center and the Commonwealth Club/Silicon Valley. For more information about this free event, call (408) 559-9385 or visit the [Commonwealth Club](#).



10:00 a.m. - 3:00 p.m., Thursday, October 4

Get your carotid artery checked and determine your body mass index (BMI). Learn how to lower your risk factors at the **Stroke Awareness Fair**. Admission and all screenings are free! Becoming more popular every year, this event takes place at [Good Samaritan Hospital](#). For details, call 408/559-2555.

Get our videos on your home computer!

From the comfort of home, you can take advantage of our subscription to **Wired.MD**. Select



a title from [this list](#). Then obtain a passcode from us by calling (408/358-5667) or by emailing (webtalk@planetreesanjose.org - type "Video Request" in your subject line) It's easy, and you'll be able to watch it again or share it with someone else!

"But, is there anything I'd want to watch?"

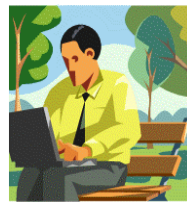
Well, if there's a medical topic you'd like to know more about, the odds are good. Wired.MD has about 370 English-language streaming videos. Many titles are also available in Spanish; a few are available in other languages. Videos vary in length; average is 7 minutes.

Quick Links

[Find trustworthy health information online](#)

[Explore our newly redesigned website](#)

[Support PlaneTree - Donate!](#)



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PlaneTree in 2008

If you're wondering about PlaneTree's next steps ... Thanks for asking!

We have been talking and listening to colleagues and community members, determining our way forward. We are examining several options. A strategic planning session in early November will gather community and business leaders on our behalf.

We appreciate the contacts, narratives, and contributions many of you have generously given. Thank you.

*Real humans.
Real science.
Really amazing.*

The [Tech Museum's](#) "Body Worlds 2: The Anatomical Exhibition of Real Human Bodies" opens new windows into our physical selves. One feature is the "Three-pound Gem," inspired by the latest findings in neuroscience. [The Health Trust](#) sponsors this exhibit, which opens September 27 and closes January 26.



Borrowing privileges are FREE!

We bet there's a book that you'd enjoy reading, or a DVD you'd like to watch among our thousands of titles. Come in and check us out!

Need inspiration? [Here](#) are a few of the new titles in our collection.