



PlaneTalk

The PlaneTree Health Library Newsletter

WALK IN WITH QUESTIONS. WALK OUT WITH CONFIDENCE

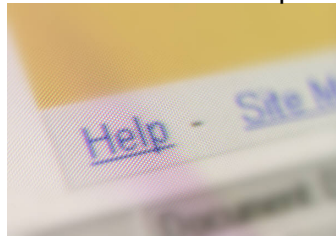
[PlaneTree Library's website](#)

June 2008

Summer Health Lectures

Saturday, July 12 Finding Gems amid the Junk:

Health Searches on the Internet, a workshop for computer-using seniors, kicks off our summer series. Do you spend hours surfing the web for medical information only to be frustrated with the quality of your search results? Learn about commercial-free, reliable sites, plus techniques for finding and identifying trustworthy health and medical information, with three of PlaneTree's experienced professional librarians.



Scheduled for 10 - 12 noon, the class will be held in a computer lab near San

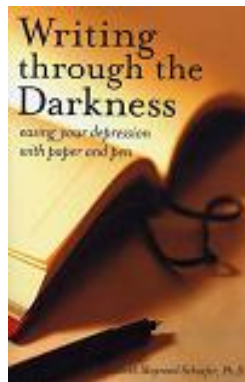
José State University. Because participants will be working online, reservations will be limited to the number of available terminals. There will be a \$12 fee. Participants should already have basic proficiency in navigating the web. For more information and to make a reservation, please call our co-sponsor, SJSU's [Osher Lifelong Learning Institute](#) at (408) 924-2734.

Our next 2 lectures will be more typical: free to people of all ages, at PlaneTree from 10 - 11:30 a.m., with seating guaranteed for people with reservations. If you are interested in attending either one, please call us at (408) 358-5667.

Saturday, July 19 Writing through the Darkness:

Easing Your Depression with Paper and Pen, a book by [Elizabeth Maynard Schaefer](#), Ph.D., guides readers in using

creative writing exercises to ease symptoms of depression. It is also the title of this practical, supportive talk by the author, a science writer and mental health advocate. Schaefer has led the creative writing program for people with mood disorders at Stanford University since developing the program in 1998.



Saturday, July 26 Building Better

Bones with Safe and Effective Exercise will focus on exercises to stop bone loss and prevent fractures, and even build bone. [Sherri Betz](#), physical therapist and Pilates educator, will encourage participants to join in the fun, if only from one's chair.

In This Issue

New Medical Textbooks

Research on Vitamin D

Grow Strong, Not Old

Enhance your well-being with Dr. Karl Knopf, a personal trainer and therapist. Sponsored by Good Samaritan Hospital's [h2u Program](#) and held in GSH's auditorium, Knopf's one-hour talk will begin at about 3:20 p.m. on Thursday, June 26. The public is invited to attend just his lecture, or the entire [h2u](#) general meeting from 3 to 5 p.m.

Volunteers Needed!



While service as usual continues in the main PlaneTree library at Mission Oaks, we are proud to be part of a project bringing specialized health information back to central San José.

PlaneTree and San José Public Library have collaborated to create a unique service in [Joyce Ellington Library's](#) gorgeous new facility. Supported by a grant from [The Health Trust](#), the Community Health Information Center will feature a multilingual, cohesive, easy-to-browse collection of health and medical books and DVDs.



Betz will be available to sign her second edition of *The Osteoporosis Exercise Book*. Her four DVDs of exercises for gaining bone strength, reducing low back pain, and healthy pregnancy will also be available for purchase or checkout following her July 26 presentation.

New Medical Textbooks

As you may remember, we have current texts for the major medical specialties. They are useful for several types of patrons:

- folks researching an uncommon condition or a treatment for which little lay information is available;
- current or retired health care professionals who appreciate concise and in-depth technical literature;
- those who like to dig deeply and understand as much as they possibly can about their topic.



Our most recently catalogued textbooks are on these topics:

Urology	Microbiology
Psychiatry	Endocrinology
Pediatrics	Obstetrics and Gynecology
Occupational and Environmental Medicine	

Are You Up on Your Vitamin D?

Recent research points to inadequate Vitamin D levels among Americans of all ages, while discovering more roles this nutrient plays in maintaining good health. Also, the nutritional recommendations of only a few years ago were probably incorrect. [Learn more](#) about this hot topic in medical science.

PlaneTree volunteers will be available to assist patrons.

Please join PlaneTree and SJPL staff in celebrating Joyce Ellington Library's grand opening.

Saturday, June 28

11 a.m. to 6 p.m.

[491 E. Empire Street](#)

PlaneTree will train the Community Health Information Center volunteers, who must be able to work 3 hours weekly, speak English fluently, and use the Internet. Bilingual skills are desirable. If you are interested, please call us at (408) 358-5667.

Support PlaneTree



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