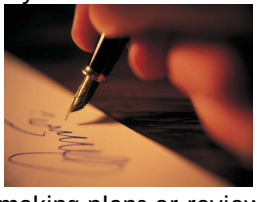
PlaneTalk
The PlaneTree Health Library Newsletter
WALK IN WITH QUESTIONS. WALK OUT WITH CONFIDENCE

PlaneTree Library's website

March 2008

APRIL 15: You can't avoid death or taxes, but you can prepare for both.

We are all at risk of becoming incapacitated, either temporarily or irrevocably, predictably or in a bolt from the blue. If you couldn't communicate, would your doctor know which, if any, special measures you would want? Have you chosen someone to make decisions on your behalf?



If not, you can help yourself, your family, and your doctor by completing an advance directive. For a great start in making plans or reviewing your current directive, attend a superb, repeat presentation on advance directive preparation by Karen Story, the executive director of Wellness Community Silicon Valley.

Free forms and written information will be available, as well as "Go Wish" cards ($10), which were designed to help in sorting through your values.This vital workshop will help you face issues and make decisions in order to live well at the end of your life.

Tuesday, April 15, 6:30 - 8:00 p.m.

Good Samaritan Hospital Auditorium (directions)

Reservations recommended: 408/358-5667

(We want to have enough light refreshments for everyone!)

Co-sponsored by the h2u Program

Your input needed on a trial product

From your home, test drive a new health database (Consumer Health Complete by EBSCO). You'll have access to 200 reference books, 800+ videos and animations, and 560 full-text periodicals.

To use and evaluate this resource, you must have a current PlaneTree Library card. (Visit us to obtain a FREE card. If you have an expired card, simply renew it by phone.) Cardholders can then call us at 408/356-5667 for a trial access code.

If this service is popular with patrons, we may subscribe. So please tell us about your experiences with this product -- we need your opinion. You can call or email us.

Trial period ends April 30. DON'T DELAY!!!

In This Issue

New Health Database
PlaneTree Library News

Is your name here?

Our handsome donor board will soon have 43 new plaques for benefactors whose cumulative gifts total $500+. In addition, we'll also be moving some existing plaques to the higher categories of $2,000+ and $5,000 +. As an independent, nonprofit organization, PlaneTree depends on tax-deductible donations from individuals, businesses, and foundations. We greatly appreciate your generosity. Thank you!

Many of you also helped maximize our proceeds from "Shop for a Cause" day at Whole Foods Los Gatos. Because of your response, we received $3,754 -- 5% of net sales on January 16. Thank you, Whole Foods, for selecting PlaneTree and thanks to all of you who made the day so rewarding.

PlaneTree Library News

- We have recently added two convenient features for our computer-using patrons:

+ Free WiFi access is available.

+ Our entire catalog of books is online. You may either search by title or browse by topic.

- PlaneTree recently donated 70 low-literacy health books for use by men and women at Elmwood jail who are enrolled in the Vision Literacy program for inmates. Experts from Vision Literacy, a service of the Santa Clara County Library, will use the 5 titles (each in a variety of languages) in classes and tutoring. As a side note, PlaneTree's director, Candace Ford, is featured in Vision Literacy's March newsletter.

- During our winter series of five lectures, 131 attendees were inspired and informed on topics which varied from being an effective cancer patient to relieving stress by dancing, and from creating balance in your life to the practical and pleasurable uses for olive oil. The advance directive presentation was so helpful and so popular that we are offering it again, as you have read above.

- A summer lecture series is being planned. If you know the author of a notable health book, please have him or her contact us about giving a presentation at PlaneTree.

Support PlaneTree

Donate online

New PlaneTree Books

Generation MySpace: Helping Your Teen Survive Online Adolescence..., by Candice M. Kelsey

Patients Beyond Borders: Everybody's Guide to Affordable, World-class Medical Tourism, by Josef Woodman

Plenty: One Man, One Woman, and a Raucous Year of Eating Locally, by Alisa Smith and J.B. MacKinnon

Carved in Sand: When Attention Fails and Memory Fades in Midlife, by Cathryn Jacobson Ramin