

# Gail P. Gill Community Health Library

a joint initiative of



DELAWARE  
ACADEMY of  
MEDICINE

## Library Location

The Gail P. Community Health Library is located on the Christiana Hospital Campus in the John H. Ammon Medical Education Center, Suite 1E58.

Spring/Summer 2014

## Hours & Contact

Monday through Friday  
8:30 AM - 5:00 PM  
302-733-1122

e-mail: [medlibcon@christianacare.org](mailto:medlibcon@christianacare.org)

web site: [www.christianacare.org/libraries](http://www.christianacare.org/libraries)

Want to borrow books, CDs, DVDs?

Stop in today!

Join the library for free with your picture ID

Mark Your  
Calendar  
Open House Celebration  
Fri. May 30  
Evening of Poetry  
Wed. June 4  
pg. 5 for details

## New Books

100 questions and answers about liver, heart and kidney transplantation

A man's guide to healthy aging

A to Z of children's health: a parent's guide from birth

ADHD: What every parent needs to know

Advances in Graves disease and other hyperthyroid disorders

American Diabetes Association JDRF type 1 diabetes sourcebook

Ask your gynecologist: answers to over 200 questions

Autism spectrum disorders: what every parent needs to know

Bleeder: a memoir

The boy who didn't want to be sad (children's book)

Cardiac champs: a survivors guide

Compendium of tick borne disease: a thousand pearls

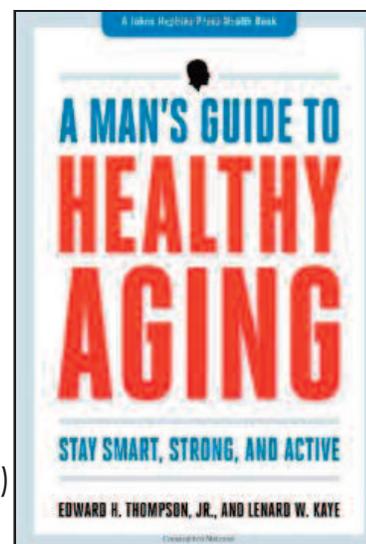
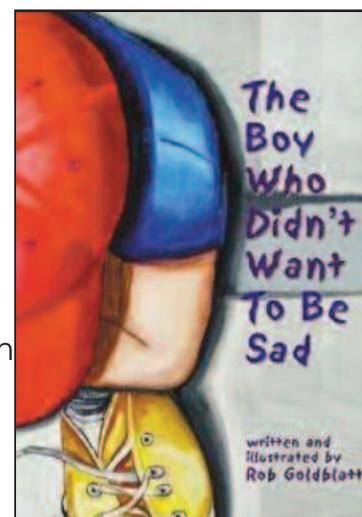
For one more day by Mitch Albom

Forgotten tears: a grandmothers journey through grief

The foster parenting manual

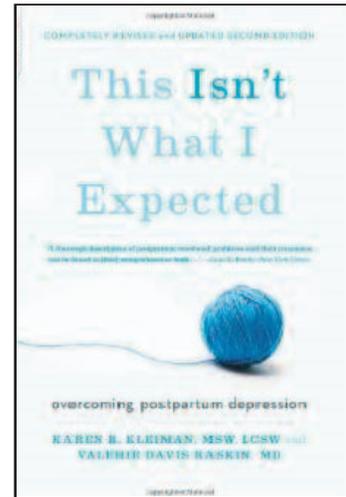
Graceful passages: a companion for living and dying (book + 2 CD set)

In sickness as in health: helping couples cope



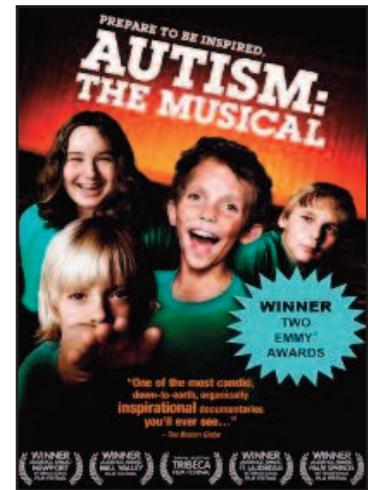
# New Books cont'd.

- How to raise your adult children: real-life advice for when your kids
- The international travelers guide to avoiding infection
- Let there be...poetry
- Mental health naturally: the family guide to holistic care
- Midlife eating disorders: your journey to recovery
- Retro baby: cut back on all the gear and boost your baby's development
- Rosemary Gladstar's medicinal herbs: a beginners guide
- Sleep: what every parent needs to know
- This isn't what I expected: overcoming postpartum depression
- A woman's guide to pelvic health
- Yoga XXL: a journey to health for bigger people



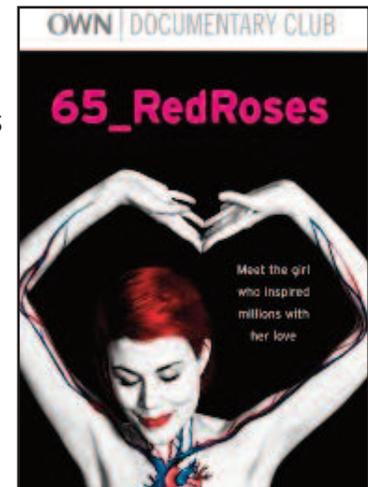
# New Spanish Resource

Cancer: sanando las emociones que despierta



# New DVDs

- 65\_Red roses: a documentary about a girl battling cystic fibrosis
- Arthritis Rx : exercises to keep you active and pain-free
- Autism: the musical
- Back Rx with Vijay Vad, M.D.
- Birth story: Ina May Gaskin & the Farm midwives
- Fusion floor workout
- Grace + gusto (pilates)
- Grieving the sudden death of a loved one



## New DVDs cont'd.

Just like you: Down syndrome

In the womb collection V.1 & V.2 (National Geographic)

A mother's courage: talking back to autism

No woman, no cry

Oranges and sunshine: a true story (docudrama)

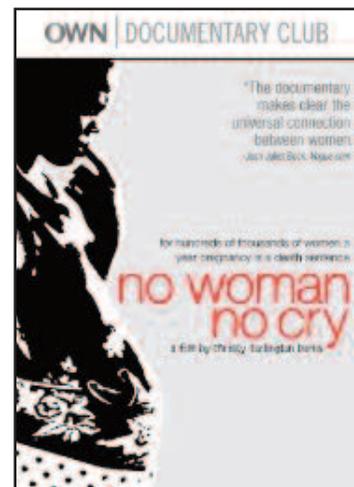
Strength training for osteoporosis prevention

Soul food junkies: a film about food, family, and tradition (PBS)

Voices of hope: sharing the journey and voices of hope

Yogini workout / burn fat, firm up and de-stress with fusion fitness

You don't need feet to dance



## New CDs

Care for the journey, volume one : messages and music for sustaining the heart of healthcare

ChiRunning: a training program for effortless, injury-free running

ChiWalking: a fitness walking program for lifelong health and energy

Conscious aging: on the nature of change and facing death

Dream birth: imagery for conception, pregnancy, labor, and bonding

Life is your best medicine: a woman's guide to health, healing, and wholeness at every age

Liquid mind IX: lullaby

Liquid mind X: meditation

Living without stress or fear: essential teachings on the true source of happiness

Mindfulness: six guided practices for awakening

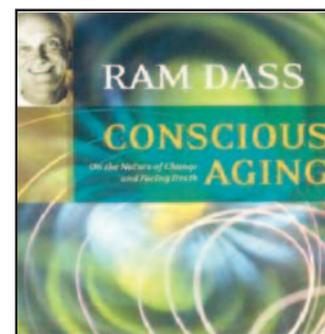
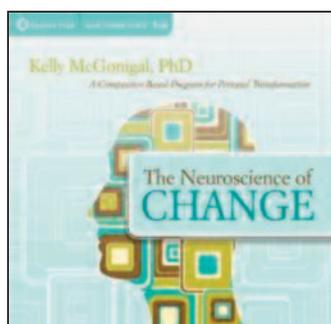
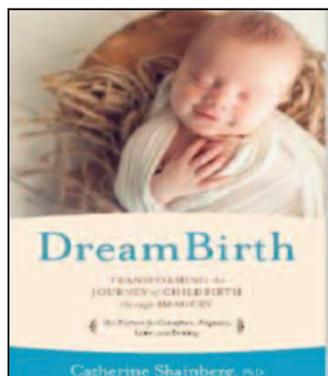
Teachings on love: how mindfulness can enhance your intimate relationships

The gifts of imperfect parenting: raising children with courage, compassion & connection

The mindful appetite: practices to transform your relationship with food

The neuroscience of change: a compassion-based program for personal transformation

Yoga mama yoga baby: guided practices for every stage of pregnancy and birth



## New: Kits!

*The breathing box: 4 weeks to healthy breathing*  
*Creative coloring kit: Healing Inspiration from the library\**  
*Healthy eating coloring kit\**  
*The healthy heart kit: heal your heart*  
*Spontaneous happiness tool kit: guided practices for peak emotional wellness*

\*Coloring kits include all you need to spend your time creatively. Coloring pages can be kept.



### Let us Save You Time!

Expert Searches of the  
clinical & consumer health literature  
to support health, fitness  
and patient education

Contact your  
Community Health Librarian  
302-733-1122  
medlibcon@christianacare.org

Search the Library catalog

Also available via the web site  
<http://www.christianacare.org/libraries>

### Extra! Extra!

**For CCHS staff:** *Natural Standard, the Authority on Integrative Medicine* database now available. See link on the Medical Libraries Databases portal page.

## JUNE HALL DISPLAY MEN'S HEALTH

Men's Health resources from the community health library will be highlighted in the display outside of the Flinn Medical Library at Christiana Hospital.



### Selected Web Sites

[Men's Health from MedlinePlus](#)  
[Men's Health Month site](#)  
[National Men's Health Week from CDC](#)

[Wear Blue for Men's Health Awareness](#)

*Don't be afraid to  
go out on a limb.  
That's where the  
fruit is.*

*-Will Rogers-*

## Open House Celebration

Open House Celebration at the Gail P. Gill Community Health Library  
**Friday, May 30 from 9 a.m. - 4 p.m.**

Learn about this unique resource center that is focused on consumer health and wellness for you, your family, patients and the community. All are welcome.

Come visit to enjoy **refreshments, giveaways, and prizes.** There will be **free 10-minute chair massage from 11:00 - 1:00 p.m. & Wii-Fit fun from 1:30 - 3:30 p.m.**

The library is located in Suite 1E58 of the John H. Ammon Medical Education Center, adjacent to the Flinn Medical Library.



## Special Event: Evening of Poetry

Do you enjoy poetry? Join us for an evening of poetry. Maggie Rowe, award-winning poet and teacher at the Cancer Support Community, and other readers will share poems on **Wednesday, June 4 from 6:00 - 7:30 p.m. there will be a poetry reading**

This free event is open to all and registration is not required. The reading will be held in the large conference room of the Helen F. Graham Cancer Center & Research Institute's conference center in the East wing. **There will be refreshments and door prizes.**