



COUNTY OF MENDOCINO

Library

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Introduction

Mendocino County Library is focusing on healthcare throughout the month of May thanks in part to a Rural Health Connection Grant supported in whole or in part by the U.S. Institute of Museum and Library Services under the provisions of the Library Services and Technology Act, administered in California by the State Librarian. The grant included books on health as well as blood pressure kits that can be checked out at any of our library branches and come with a blood pressure monitor, American Heart Association Blood Pressure booklet, and a blood pressure log.

I. Effective County Government

The Ukiah Animal Shelter is partnering with the Ukiah Branch Library for a Shelter Dog Meet & Greet on Saturday, May 23 from 10 a.m. to 1 p.m. Meet some adoptable dogs in the children's room for doggie cuddles, information sessions with shelter volunteers and staff, and the opportunity to meet your new best friend!

II. Safe and Healthy Community

On May 7, the Willits Branch Library offered a workshop on "Managing Health Through the Microbiome." Annie Frassinello Earsley, Registered Dietitian, Certified Diabetes Care and Education Specialist, and Clinical Nutrition Manager discussed good health through a healthy diet. The presentation focused on the power of whole food nutrition to "prevent, manage, and reverse lifestyle-related diseases through the gut."

III. Thriving Economy

Ukiah Library hosted Dr. Sanchala Sehgal, MD for a workshop on May 13. Attendees learned about various free resources to lower the cost on prescription medications. Dr. Sanchala Sehgal is a third-year family medicine resident at Adventist Health Ukiah Valley where she loves being able to see patients in various settings. She is passionate about reducing barriers to healthcare and improving community health.

IV. Prepared and Resilient County

Feeling stressed? Come to the Ukiah Branch Library on Friday, May 29 from 4 to 5 p.m. to get your blood pressure tested. Learn how to check your own blood pressure at home with our requestable Blood Pressure Monitoring Kits. Mendocino County Library's new Blood Pressure Monitoring Kits were received through the Rural Health Connection Grant as part of the Libraries with Heart Campaign, in partnership with the American Heart Association.