



Refreshing Our Lives

by Trudy Toll

Adult Services Librarian at the Hayward Public Library

Newly inaugurated President Barack Obama has issued a call to service to all Americans asking each & every citizen to renew their commitment to service for their community and their country. His call emphasizes that each person can make a contribution to help move the country forward with an attitude of hope. An intrinsic result of service to the community is a sense of fulfillment and well-being experienced by those who volunteer their time and energy.

When we think about refreshing our lives, we may gain more by giving of ourselves instead of intentionally seeking out ideas and experiences for our own growth and refreshment. People find personal fulfillment in many ways through volunteering. Here are just a few:

- ◆ *Meeting people they might not have otherwise met.*
- ◆ *Finding a challenge that keeps them energized.*
- ◆ *Learning a new skill.*
- ◆ *Improving future career options.*
- ◆ *Improving their physical & mental health.*
- ◆ *Enjoying giving back to a society that needs help & guidance.*



Friends of the Library book sale

The library offers a wealth of opportunities for people to volunteer to make our society a better place. We need people who have a variety of skills, who want to help people, who want to devote their energy to something important, who want to connect with people. We all know the financial crisis has affected all levels of society, including the library. Library services are crucial, especially in times of economic downturn. Many people depend on us for their literacy, for help for their children's education, for a place to meet and interact. We need the help of the community and our friends to keep all the programs at the library productive and successful. We need volunteers in a range of programs. I will touch on

four of them in this newsletter.

(1) FRIENDS OF THE LIBRARY

The Friends of the Hayward Public Library group exists simply to support the Hayward Public Library. They raise money which helps to further the library staff's professional development, buy supplies and prizes for programs held at the library, and for many other special projects outside the library's normal operating budget.

The Friends hold book sales every two weeks, and "Bigger than Usual" sales several times a year, as well as selling some of the more valuable books on the Internet. In preparation for the

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UPCOMING REFRESH YOUR LIFE EVENTS:

NOTE NEW MEETING TIME

◆ **Fall Prevention**

Sat., Feb . 7 @ 11:00 a.m.

Celia Bonino will discuss how exercise can help prevent falls and therefore prevent serious injury.



Refresh Your Health—Fall Prevention & Balance through Exercise

HELP DEVELOP *REFRESH YOUR LIFE* BY JOINING THE ADVISORY GROUP. MOST DISCUSSION WILL TAKE PLACE ONLINE—VERY FEW MEETINGS TO ATTEND!

CALL 510-881-7980 OR EMAIL LIBRARY@HAYWARD-CA.GOV FOR MORE INFO.



Celia Santana Bonino is an exercise physiologist at Eden Medical Center in the EdenFit program. She has worked to improve the quality of life for aging folks many who also have chronic health conditions. She was the Program manager for Spectrum

Community Service's fall Risk Reduction Program, growing the program from 55 senior participants to nearly 500 in just two years. Ms. Bonino is completing her master's degree in Kinesiology at CSUEB, holds a B.S. in Kinesiology (CSUH) and a certificate in Gerontology. She is a certified personal trainer with over fifteen years in the fitness industry

The Hayward Public Library and the Kinesiology and Physical Education department of California State Uni-

versity East Bay are providing a series on health education. Future sessions will address topics such as high blood pressure, flexibility, cardio-vascular health, stress reduction. These sessions will focus on ways in which diet and exercise can improve health in these areas.

Note New Meeting Time

Saturday, Feb. 7 @ 11 a.m.

Check Out These Web Sites on Balance & Fall Prevention

Fall Prevention Center of Excellence. This site steers you to other resources as well.

<http://www.stopfalls.org/>

U.S. Center for Disease Control article on preventing falls

<http://www.cdc.gov/ncipc/duip/preventadultfalls.htm>

Mayo Clinic article on fall prevention

<http://www.mayoclinic.com/health/fall-prevention/HQ00657>

AARP article about how Tai Chi can greatly improve balance

http://www.aarpmagazine.org/health/Articles/a2003-08-20-going_steady.html

U.S. Center for Disease Control checklist to prevent falls at home

<http://www.cdc.gov/ncipc/pub-res/toolkit/cksafety.pdf>

AARP overview on what you can do to prevent falls

http://www.aarp.org/health/staying_healthy/prevention/better_balance_prevents_falls.html

U.S. Dept of Health and Human Services

<http://www.healthfinder.gov/prevention/ViewTopic.aspx?topicID=17>

Request books & more online at www.library.hayward-ca.gov



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book sales, dedicated Friends sort through donated books & other materials. There is a history of devoted Friends who have worked tirelessly for tens of hours a week, week after week, year after year. Some of them spend as much time and energy as they did on their regular jobs, because they enjoy the work so much. They also find the rewards gratifying, they can see what their efforts accomplish in the library. Other Friends only volunteer a few hours a week, or help at a book sale once or twice a year.

They are looking for a range of volunteers, from people to simply help with the Saturday book sales to someone who loves to sell online and looks for the challenge involved with that. If interested in volunteering for the **Friends**, contact:

Friends of the Hayward Public Library
510-293-3328
admin@friendsofthehaywardpubliclibrary.org

(2) LITERACY PLUS

The people who tutor in the library's adult literacy program, **Literacy Plus**, are also volunteers. They work with their adult learners week after week assisting them in learning how to read and write English. This opening up of the world of words is a process unlike any other. It is the empowering of a person, enabling them to enrich themselves in ways they were never able to before. Many volunteers have worked for years in Literacy, helping one person after another learn to read and write. Many report that the effort they put into this mentoring provides them with rewards that are truly incalculable. They have changed someone's life for the better forever & will never be forgotten by their students. If you want to be part of this program, contact:

Literacy Plus
(510) 881-7910
literacyplus@hayward-ca.gov

(3) BOOKS A GO GO

Because literacy is so important to a person's ability to get along in our society and earn their own living, the Children's Services Division of the library, in partnership with Literacy Plus, conducts programs to give children raised in Hayward encouragement to learn to read and write and to develop a love of books. This effort begins with lapsit story times for babies & toddlers, and continues with the Early Learning for Families program, story times for preschoolers & older children, and a brand new program, **Books a Go Go**. This program is supported by a grant from Target.

Volunteers will "adopt" preschools to regularly provide story times for children whose parents may not have time to take them to the library. Volunteers will be trained and provided with a variety of themed kits including books, puppets and recommended songs, finger plays and other related activities. If reading to children sounds like fun and if introducing children to books and the world of letters and words is important to you, contact:

Youth Services
510- 881-7945
library.children@hayward-ca.gov

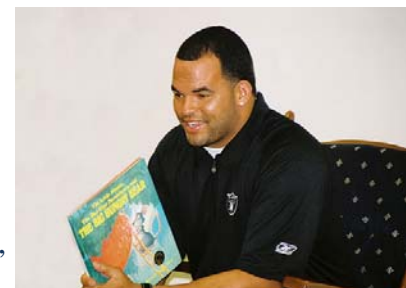
(4) HOMEWORK HELP CENTER



Photo © 2008-09 ZiggyZag

The push to assist students in learning continues throughout the school years. The library will soon provide a drop-in **Homework Help Center** for 4th through 12th graders, Monday through Thursday after school. This center will assist students in person, and online help will be provided through a contract with Tutor.com. To make this center a reality we need volunteers. Few things are as rewarding as the look on a child's face when you help them finally "get it." If you have the time and patience to help children succeed in school, if you think that the current educational situation needs your assistance, contact:

Lindsey Vien
510-881-7535
lindsey.vien@hayward-ca.gov



Oakland Raider Robert Thomas reads a story



REFRESH YOUR LIFE

Refresh Your Life—Join a Book Group!



Trudy Toll

The library continues to focus on our communities throughout one's life span, we try to devise programs that will educate, entertain, help spark creativity and inform.

The Refresh Your Life program continues with a health related program every month. We need volunteers to meet as an advisory group to help us steer this program the way you want it steered. We want to offer other programs and opportunities that will be of service and interest to individuals who typically are over 40 years of age who might be brought together under the label Baby Boomers.

We plan to meet once in person with refreshments for an hour on Wednesday February 11, 2009 from 6:30-7:30 PM. After that first meeting, we would swap ideas and thoughts back and forth online or by phone. I am looking for a group of ten to twenty individuals who want to become leaders in determining how our library serves this population group. We have many ideas but we need feedback to see if these ideas are what would be of most interest to YOU.

Other volunteering opportunities at the library are numerous. Call or write us and let us know what you want to help us achieve.

Trudy Toll
510-881-7974

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REFRESH YOUR LIFE WITH YOGA
Laughter Yoga Sat., Feb. 7 @ 3:00 p.m.
Breath Yoga Sat., Feb. 14 @ 3:00 p.m.

Autobiography - Memoir Discussion Group
Hayward Main Library—Upstairs meeting room
6:30PM - third Wednesday of the month - Note new day
Wednesday, Feb. 18: Eat, Pray, Love by Elizabeth Gilbert

"Mostly Literary" Fiction Discussion Group
Hayward Main Library
6:30PM - second Monday of the month
Monday, Feb. 9: Cane River by Lalita Tademy

Mystery Novels by Women Discussion Group
Hayward Main Library
11:15AM - first Tuesday of the month
Special Mysterious California
Tuesday, Feb. 10: Sharpshooter by Nadia Gordon 6:30-7:45PM

Globetrotters Book Club - NEW
Weekes Branch Library—John and Alice Pappas Legacy Room
6:30PM - last Tuesday of the month
Tuesday, Feb. 24: Long Way Gone by Ishmael Beah

Visit us on the Web @
www.library.hayward-ca.gov
AND
Check out our electronic newsletter @
http://tinyurl.com/541xj8

HAYWARD PUBLIC LIBRARY

Phone: 510-881-7980
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Main Library
835 C Street
Hayward, CA 94541

Weekes Branch Library
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Hayward, CA 94544

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