Connect to the Audio

1) Your audio box may look like this when you enter the WebEx session.

2) Click the arrow to expand the section you need (phone or computer).

3) If you want the system to call your phone, enter your phone number.

4) Test your computer audio and then click **Call Using Computer**.
Health Programming for Summer Reading (and Virtual Engagement!)

Michael Balkenhol, MLIS
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Course Page and Resource List
(nnlm.gov/classes/program)

Chat: Where are you located? What kind of library?
COVID-19

• COVID-19 is an emerging, rapidly evolving situation.
• Get the latest public health information from CDC: coronavirus.gov
• Get the latest research information from NIH: nih.gov/coronavirus
National Institutes of Health
Nation’s research agency
27 institutes and offices

National Library of Medicine
World’s largest biomedical library

National Network of Libraries of Medicine
Program of the NLM comprised of 8 Regional Libraries (RMLs) and 5 offices

Middle Atlantic Region (NNLM MAR)
Serves Pennsylvania, New York, New Jersey, and Delaware
National Network of Libraries of Medicine (NNLM)

The mission of NNLM is to advance the progress of medicine and improve the public health by:

- Providing all U.S. health professionals with equal access to biomedical information
- Improving the public's access to information to enable them to make informed decisions about their health
AGENDA

- Health Programming for Summer Reading
- Health Information and Programming Resources
- Virtual Engagement
- Citizen Science
- Upcoming Related Webinars

Course Page and Resource Guide
(nnlm.gov/classes/program)
Health Programming for Summer Reading

What comes to mind when you think of health programming in libraries?
Health Programming for Summer Reading
Dental Health: A Visit from the Tooth Fairy

- **Throw Your Tooth on the Roof: Tooth Traditions from Around the World**
- **Brush Your Teeth by Raffi**
- **Activities suggestions**
Environmental Engagement: Into the Woods

- Citizen Science Story Walk
- Hiking Safety: Do Not Eat That!
- Into the Woods: Forest Bathing
Fairytale Nutrition

- Fairytale Nutrition Storytime
- Fairytale Garden
- Healthy Eating Cookbook Club
- Resources: Gardening Safety & Food Allergies
Graphic Medicine Book Club: Veterans' Stories

- Book Clubs?
- Explore Veterans’ Health with *At War with Yourself* (2016) and *When I Returned* (2016).
- Graphic Medicine
- Explore other titles/topics for your community

**IDEAS:**
Consider asking a veteran in your community to talk about their experiences at a teen or adult book club. You might also partner with a veterans’ organization to run this program for veterans. Be sensitive to the needs of your local veteran community.
Harry Potter's World & Herbology in Harry Potter: Ginger, Peppermint, and Valerian

- NLM Exhibitions
- Therapy Dogs?
  “Expecto PAWtronum!”
- What did Hedwig eat?
  Owl pellet dissection!
- Herbology Soap Making

[Image: Renaissance Science, Magic, and Medicine in Harry Potter's World]
Microbes Storytime: The Spread of Germs

- Books: *Sick Simon* and *Tiny Creatures: The World of Microbes*
- The Turmeric Hand Wash Challenge
- The Blue Chalk Ball Challenge

**TIP:**
Ask children to count to 20 or sing “Happy Birthday,” which takes about the same amount of time.

**WARNING:**
Turmeric can stain skin and clothing! Roll up your sleeves and consider wearing an apron.
Evaluation

These health programs were developed in partnership with the Collaborative Summer Library Program. Your feedback is encouraged.

nnlm.gov/Zkj
How to find SR page
Health Information and Programming Resources

Taking a look beyond Summer Reading.
MedlinePlus Recipes

Healthy Recipes

Classic Honey Flan

A Heart Healthy Recipe from the National Heart, Lung, and Blood Institute

Prep time: 5 minutes
Cook time: 45 minutes
Total time: 50 minutes
Number of Servings: 4

A heart-healthy twist on a classic dessert.

Ingredients

- Nonstick cooking spray
- 1 large egg
- 1/2 cup egg substitute
- 1 and 1/2 cup fat-free (skim) milk
- 1/4 cup plus 3 Tbsp honey, divided
- 1/2 tsp grated lemon zest
- 1 tsp vanilla
- 1/2 tsp ground cinnamon

Directions

1. Preheat oven to 325°F. Spray your ovenproof custard cups with nonstick cooking spray.
2. Prepare the water bath: Bring water to a boil in a saucepan over medium-high heat.
3. Meanwhile, in a mixing bowl combine the whole egg, egg substitute, milk, 1/4 cup plus 1 tablespoon of honey, grated lemon zest, and vanilla. Beat until mixed, but not foamy.
4. In a separate bowl, combine 2 tablespoons of honey and cinnamon, and mix to blend thoroughly.
5. Place the custard cups in a baking dish that is large enough to accommodate them plus the water bath. Spoon 1/2 tablespoon of honey and cinnamon into each custard cup. Divide the egg mixture.

Nutrition Information

Serving Size: 1/2 cup
Calories: 199
Total Fat: 2 g
Saturated Fat: 1 g
Cholesterol: 55 mg
Sodium: 114 mg
Total Fiber: 0 g
Protein: 8 g
Carbohydrates: 40 g
Potassium: 235 mg

[Image of Classic Honey Flan]

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine
Libraries Transform

BECAUSE LIBRARIES ARE PARTNERS IN A HEALTHY COMMUNITY.

BECAUSE RARE DISEASES ARE MORE COMMON THAN YOU THINK.

BECAUSE QUALITY INFORMATION HELPS YOU MAKE BETTER HEALTH DECISIONS.

BECAUSE LIBRARIES CAN HELP YOU KEEP YOUR FAMILY HEALTHY.

BECAUSE INFORMATION CAN HELP PREVENT CHRONIC DISEASES.

BECAUSE LANGUAGE SHOULDN'T BE A BARRIER TO HEALTH.

BECAUSE FAKE NEWS IS HARMFUL TO YOUR HEALTH.

BECAUSE LIBRARIANS CAN LEAD YOU ON THE PATH TO HEALTHY AGING.

BECAUSE KNOWLEDGE IS THE KEY INGREDIENT IN NUTRITION.
Health Outreach and Programming

Questions?
Contact:

Michael Balkenhol
Health Programming Coordinator
NNLM MAR
MA8602@pitt.edu

NNLM Webinars
Activate, Collaborate, and Educate: Health Outreach and Programming in Your Community
This course will provide an overview of ideas to conduct health outreach and create health programs for libraries and community/faith based organizations.

Program Ideas and Guides
Thinking of applying for NNLM funding? Looking for program ideas and inspiration for public libraries? This guide includes programs-in-a-box, program ideas, and other resources for ideas and inspiration. Check back for updates and new programs!

Summer Reading

A Universe of Stories

NNLM Summer Health Programming Manual
Blast off! The National Network of Libraries of Medicine is getting into Summer Reading! A Universe of Stories is coming to public libraries this summer in celebration of the 50th anniversary of the first moon landing. Explore DNA and family history, make stardust, discover astronaut food, and more with our science programs for kids, teens, and adults. Check out the NNLM Summer Reading Manual for program guides created in partnership with the Collaborative Summer Library Program.

Programs-in-a-box from All of Us Community Engagement Network
The National Libraries of Medicine (NLM) is honored to be selected as a community partner of the NIH All of Us Research Program. Below are programs-in-a-box created with All of Us in mind. Visit the All of Us Community Engagement Network for more resources, including the CEN Programming Guide.
What is ‘Engage for Health’?

Community Education Program

• Patient Advocacy Program
• Improve Doctor-Patient Communication
• Encourage partnerships (hospitals, libraries and community-faith based organizations)

‘Engage for Health’ Resource Guide
(nnlm.gov/mar/guides/engageforhealth)
NNLM Reading Club Book Kits

Gorilla and the Bird

Everything Here Is Beautiful

RX

nnlm.gov/all-of-us/nnlm-reading-club
Book Selections and Health Resources: Mental Health

NNLM Reading Club Book Kit

Do you want to share this book with your reading club? NNLM has made it easy to download the discussion questions, promotional materials, and supporting health information from this page.

However, if you are short on time or resources, apply®️ for the free "program-in-a-box" NNLM Reading Club Book Kit which includes books as well as discussion questions and health topic materials.

Book

In her early twenties in New York City, diagnosed with bipolar disorder, Rachel Lindsay takes a job in advertising in order to secure healthcare coverage for her treatment. But work takes a strange turn when she suddenly finds herself on the other side of the curtain, developing ads for an antidepressant drug. Day after day, she sees her own suffering in the ads she helps to create, trapped in an endless cycle of treatment, insurance and medication. Overwhelmed by the stress of her professional life and the self-scrutiny it inspires, she begins to destabilize and finds herself hospitalized against her will. In the ward, stripped of the little control over her life she felt she had, she struggles in the midst of doctors, nurses, patients and endless rules to find a path out of the hospital and this cycle of treatment. This is the author's story of being treated for a mental illness as a commodity and the often unavoidable choice...
RX: A Graphic Memoir by Rachel Lindsay
Discussion Guide

These are a few sample questions that could be used to spark discussion in your book club.

1. What do you think of the visual aspects of this book? How does the format of a graphic novel influence what is conveyed in this memoir?
2. Sections of the book discuss how people with mental health conditions are depicted in ads and media. What are some stereotypes from ads that you see reflected in real life marketing? How do these depictions influence the public view of mental health?
3. What aspects of your own life does the book remind you of? A particular event? Or a feeling? A person – like a friend, family member, co-worker, etc.? Can you point to specific passages/panels that struck you personally? Why?
4. If you've read other memoirs or stories about bipolar disorder (or mental illness in general), how does RX: A Graphic Memoir compare to them?
5. Most of us have an idea of what therapy and recovery should look like. How does RX: A Graphic Memoir challenge or reaffirm your personal image of what therapy, hospitalization, and mental health recovery is supposed to look like?
6. The book shows various interventions and attempts to help by Rachel's family and friends. What do you think of the intervention methods used by those closest to Rachel? What things do you find to be effective in supporting friends and family with mental illness?
7. When she receives a promotion at work, Rachel expresses a worry that people may realize that she has bipolar disorder. What are some factors (both stated and assumed) that feed into this fear?
8. How does Rachel's job at a pharmaceutical company affect how she views her own mental health?
9. What do you think the author's purpose was in writing this book? What ideas do you think she was trying to get across? What factors do you think may influence the author's message and telling her own story?
10. In what ways did the book change your own opinion of how you view bipolar disorder (or mental illness in general)?

Extension activity:
Your book club can tap into their creative abilities by creating their own graphic medicine comic book. Book clubs can utilize materials from the National Library of Medicine exhibit "Graphic Medicine: Ill Conceived & Well Drawn" (https://www.nlm.nih.gov/exhibition/graphicmedicine) for additional information and activity plans. The Comics Making Project (https://goo.gl/5aFm) provides an activity plan for people to have hands-on interaction with telling their own story in a comic format.

This discussion guide was created by the National Network of Libraries of Medicine and does not reflect the views or opinions of the author or publisher. Created Spring 2019.
What is Graphic Medicine?

“Graphic Medicine is the intersection of the medium of comics and the discourse of healthcare.”

Ian Williams, MD and cartoonist
Graphic medicine is the use of comics to tell personal stories of illness and health.
Graphic medicine is the use of comics to tell personal stories of illness and health.
Exhibit on display

August 19 — September 30

Falk Library
Scaife Hall, 2nd Floor

AN EXPLORATION OF PRESENTING PERSONAL ILLNESS NARRATIVES AND HEALTH INFORMATION THROUGH COMICS

www.hsls.pitt.edu/exhibit

EXHIBIT FEATURES

Graphic Medicine Display
Information about this literary field, curated by experts

Book Collection
Explore popular Graphic Medicine titles

Creativity Station
Try your hand at drawing a medical comic

SPECIAL LECTURE EVENT

“The Art and Science of Science Comics”
with
Dr. Jay Hosler, Biologist and Cartoonist

Tuesday, August 27, 2019
11:30 a.m. – 12:30 p.m.

Scaife Hall Room 1104 (11th floor)

Refreshments provided

This exhibition was produced by the US National Library of Medicine
Graphic medicine is the use of comics to tell stories of illness and health. Most graphic medicine is memoir, the author as patient. The language of words and pictures gives approachability and emotional impact to these personal stories, and even to the clinical data they sometimes include.

When reading (or creating) comics, the text and images work together to create meaning that neither conveys alone.

Other common aspects of this storytelling language include visual metaphor, combined or altered symbols, and humor. Words tell the specifics of the scene... art shows the emotion.
Activity Station: Student Submission

THE HEAVY STAGES OF HEMOCHROMATOSIS

FROM A BLOOD CELL

www.PrintablePaper.net
Feeling stressed? Get moving!
Do you know the mental health benefits of regular exercise?
LEARN MORE

ACTIVITIES
A change in season can be a great time to try a new exercise.

MOTIVATION
Many people find it hard to make time to exercise. Go4Life can help!

NUTRITION
The holiday season can make it tricky to eat healthy. Stay on track!
Exercise & Physical Activity: Your Everyday Guide from The National Institute on Aging

Get moving! This 120-page, illustrated guide describes the benefits of exercise and physical activity for older people, with sample exercises and tips.
Let's Move in Libraries

MUSIC AND MOVEMENT

Music and movement are important at every stage of a child's development, and can be brought together in fun, dynamic library programs. Librarians already sing, clap, and play during storytime. Music and Movement deepen this tradition by bringing in physical activity.

RUNNING

Running is one of the best things you can do for your health. Libraries help people start running through Couch to 5K programs and sustain this healthy habit through running clubs. These programs are great opportunities to form partnerships with runners in your community.

CHAIR-BASED EXERCISE

Did you know that you can work your whole body without standing up? Chair-based exercises are great ways to make fitness more accessible to individuals with mobility problems. Yoga, Zumba, Cardio: You can do it all without getting out of your chair!

PARKS PARTNERSHIPS

Local, state, and national parks are all wonderful partners. By partnering with parks you can start circulating hiking backpacks, set-up StoryWalks®, take your summer reading outside, and encourage a lifelong love of being active in nature.
LET’S MOVE IN LIBRARIES RESOURCES

Let’s Move in Libraries is the place for library professionals to share, learn and be inspired to develop excellent programs for their communities. This page contains general resources applicable to any library program that includes physical activities. Visit the Program Ideas page for resources specific to a particular program (such as Yoga Story Times). Contact us to add resources you have developed in your library!

SAFETY FIRST

Accidents are rare but they can happen during one of your programs. Protect your library by requiring participants to sign liability waivers. Participants (or their guardians) only have to sign a form once. These examples of liability forms used by public libraries throughout North America includes forms for Tai Chi, Exercise Classes, Yoga, Bicycling, Nerf Capture the Flag, Walking, and many other types of programs (UPDATE SEPTEMBER 2018 – More examples of Liability Forms: Ex.1, Ex.2, Ex.3). In the U.S., instructors of fitness classes in libraries may be required by your local government to have additional insurance coverage. Consult your city or county administrators for guidance.
National Poetry Month celebrates poems and poets, with annual events taking place nationwide in April.

Here's what LP Fisher Public Library learned when they brought storytime to the farmers' market.

In honor of Black History Month, Louisville's Portland Library branch celebrates black superheroes.

How did tiny Meservey Public Library get a free visit from a bestselling author? Two words: they asked.

News

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National Poetry Month
in News
Read more

Bilingual Market Storytime
in Blog

Black Superhero Showcase
in Program Models

Small-Town Library, Big-Time Author
in Blog

Blogs

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Failure: You Can Plan on It!
By: Laura Ishizaka & Deb Ripley

McPherson Square Library Photography Exhibit Spotlights
By: Community-Centered Libraries

NIH
U.S. National Library of Medicine
National Network of Libraries of Medicine
Storytime Online Resources
by Lindsey Krabbenhoft

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Storytime Online
Videos, eBooks, Audiobooks, Podcasts

U.S. National Library of Medicine
National Network of Libraries of Medicine
Health & Digital Literacy

Use a computer to do almost anything!

Choose a course below to start learning or search courses.

If you are new to computers, haven't used them for a while, are a little unsure and uncomfortable, or just need a bit of a refresher, we have the tools to help you tackle technology at your own pace and gain the confidence you need to succeed.
Virtual Engagement

Public Libraries respond to closure with increased online activity. Examples. Accessibility. More Learning.
Streaming Storytime

Livestreaming Storytimes

The following libraries are livestreaming storytimes while they are closed. They can be viewed by anyone. You can also check out this Google Calendar for online KidLit events hosted by authors and illustrators.

- St. Catharines Public Library – via Facebook
- West Vancouver Memorial Library – via Instagram Live
- Fairview Free Public Library – via YouTube and Facebook Live
- Ann Arbor District Library – via YouTube
- Brooklyn Public Library – via Facebook Live
- Northvale Public Library – via Facebook Live and Instagram Stories
- Mulvane Public Library – via Facebook Live
- Meriden Public Library – via Facebook Live
- Rahway Public Library – via Facebook Live
- Maywood Public Library – via Facebook Live
- Suffolk Public Library – via Facebook Live
- Frisco Public Library – via Facebook Live
- Waunakee Public Library – via Facebook Live
- Moon Township Public Library – via Facebook Live and YouTube
- Elisha D. Smith Public Library – via Facebook Live
- Utah’s Online Library – via Facebook Live
- Zionsville Public Library – via Facebook Live
- Public Library of Cincinnati and Hamilton County – via Youtube
- Framingham Public Library – via Zoom (email for invite)
- Dakota County Library – via Facebook Live
- Rockbridge Regional Libraries – via Facebook Live
Digital Meditation for Teens

📅 Tue, Apr 7 🕒 4:00 pm to 5:00 pm  📍 Virtual

Brooklyn Public Library invites teens to come together to find a moment of peace in these stressful times. Instructor Lavender Suarez will guide participants through simple meditation techniques (breathing exercises, gentle movement, relaxing...)

Pet Partners Reading to Dogs Program

📅 Wed, Apr 8 🕒 3:30 pm to 4:00 pm  📍 Virtual

Kids  Literacy  Therapy dogs

Read with Scout and have fun practicing your reading.
Virtual Reading Challenge

Let's read alone together! The "Stay In & Read" challenge starts Monday, March 23. Register today!
Digital Escape Rooms

Hogwarts Digital Escape Room

Hello and welcome to our Harry Potter themed Digital Escape Room!

You can complete this escape room as a group or as individual. You can compete against friends and try it multiple times. Just make sure you have fun!

If you are accessing this through a social media app, we recommend opening this escape room in a separate web browser so you don't lose progress when clicking on necessary links.

This escape experience was created by Sydney Krawiec, Youth Services Librarian at Peters Township Public Library in McMurray, PA. www.ptlibrary.org
Sydney Krawiec can be contacted via email at skrawiec@pt-library.org
A look inside the Library!
Features from Let’s Move in Libraries

Join us for a Nature Special Live-Stream e-book Review on our Facebook Page

Friday 27 at 3.30pm
#KingstonLibrariesLive

FITNESS CLASSES WITH KELLEY!

Brought to you by:
Norton Senior Center,
Cumberland Senior Center,
& Norton Public Library

NIH U.S. National Library of Medicine
National Network of Libraries of Medicine
Nature Cams
Design and Accessibility

- Screenreaders and other text-to-voice tools
- Closed captioning for video, television or other digital media
- Use color effectively and correctly
- Good contrast is essential for readability
- Recorded Webinar: Digital Accessibility: Techniques for Creating User-friendly Presentations, Documents, and other Content
Citizen Science

Getting Started. Remote opportunities for Citizen Science Month. Webinars and Resources.
Citizen science is at the intersection of:

- Public participation
- Technology
- Existing research projects
The Audubon Bird Guide App
April is Citizen Science Month 2020

JOIN FROM ANYWHERE!

NIH
U.S. National Library of Medicine
National Network of Libraries of Medicine
Citizen Science Month is observed annually in April to celebrate and promote all things citizen science: amazing discoveries, incredible volunteers, hardworking practitioners, inspiring projects, and anything else citizen science-related! This global celebration includes events hosted by libraries, institutions, community groups, museums, and individuals all around the world.

The National Network of Libraries of Medicine (NNLM) has partnered with SciStarter to support Citizen Science Month in April 2020. In 2019, the two organizations worked collaboratively to promote Citizen Science Day in libraries, to increase awareness of citizen science in communities across the nation, and help individuals explore the impact of their environment on health.

In 2020, during the month of April, NNLM and SciStarter seek to host citizen science activities in
GLOBE AT NIGHT
Help gather light pollution data.

FLU NEAR YOU
Spread the word. Not the flu.

DEBRIS TRACKER
Submit sightings of litter where you are.

ISEECHANGE
Document change in weather and climate in your community.

STALL CATCHERS
Accelerate Alzheimer's research by playing an online game.

CROWD THE TAP
Help create a national inventory of tap water pipes.
Upcoming Webinars

Related upcoming webinars about libraries and the response to COVID-19.
Providing Virtual Programming in a Health Crisis

Our buildings may be closed, but our libraries should be open. See how you can provide vital health programming to your patrons at little cost and without extensive technology. Join Tony lovino, Assistant Director for Community Services for the Oceanside (NY) Library as he discusses how his library has already provided dozens of virtual health information programs for patrons of all ages. Topics discussed will be types of programming, technology used, staff training, use of outside experts, and how to present health programming at little or no cost.

Tony lovino has been the Assistant Director for Community Services for the Oceanside Library since 2015. Prior to that, he was the head of litigation and managing partner for a law firm in Garden City, NY that he started in 1986. Tony received his undergraduate degree from the University of Richmond, his juris doctorate from St. John's University School of Law, and is currently enrolled at the University of Kentucky, seeking his Masters in Library Information Science.

Tony is a published author (Notary Public Enemy, Diversion Press) and poet. He served on the Oceanside School District Board of Education, and has served as a board member and attorney for dozens of non-profit and public boards. He and his wife of 40 years, Angela, have two grown daughters.

Class Date:
Region/Office: National
Apr 10, 2020
11:30AM - 12:30PM CT

Kernel of Knowledge

The Kernel of Knowledge is an expert-speaker webinar series from the Greater Midwest Region which provides one-hour sessions on topics of interest to National Network of Medical Libraries (NNLM) members throughout the year. Sessions are scheduled on an ongoing basis, check back often for upcoming presentations! All Kernel of Knowledge sessions are eligible for 1.0 contact hour of Medical Library Association continuing education credit.

Webinars from this series are recorded. Recordings can be found on the main page for this series or on our YouTube channel.
OCLC Virtual Town Hall: Libraries and the COVID-19 Crisis

A 90-minute virtual town hall exploring how libraries of all types are managing the impact of the COVID-19 crisis.

The COVID-19 crisis has created a strain on both the personal and professional lives of library staff everywhere. As libraries respond to rapidly evolving information and guidelines, building closures, and loss of resources, staff are considering new, virtual ways to connect with and support patrons and colleagues.

Join us for a 90-minute OCLC virtual town hall with a welcome from Skip Prichard, President and CEO of OCLC. This live event will feature WebJunction and OCLC Research Library Partnership program staff and four guest panelists from public, academic, special, and school libraries who will share their experiences with the shifting landscape, including how libraries are moving services, programming, and learning online.

Register to attend

Date
13 April 2020

Time
3:00 PM – 4:30 PM
Eastern Daylight Time, North America [UTC -4]
Questions and Thank You!

Michael Balkenhol, MLIS
Health Programming Coordinator
National Network of Libraries of Medicine
Middle Atlantic Region (NNLM MAR)
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Please complete the short evaluation upon exit!

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