

Books gifts that *inspire*

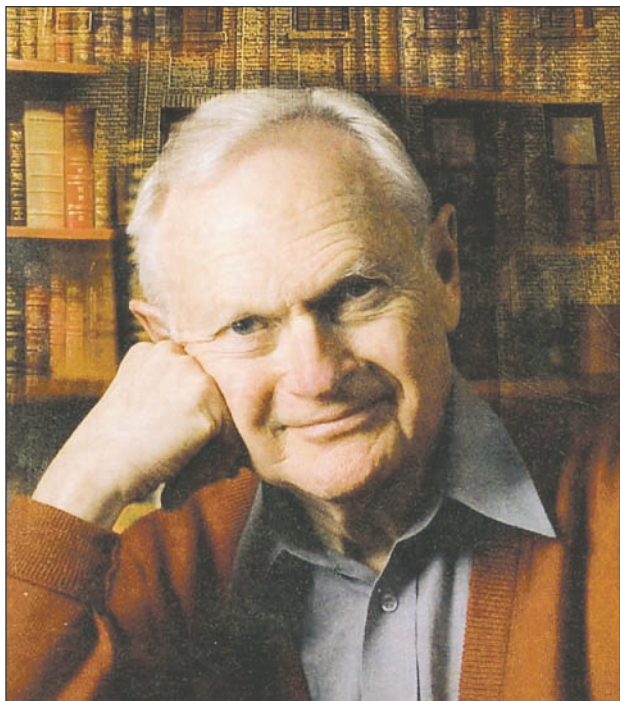


Photo left: Dr. Sherwin Nuland will open the Cary Library Health & Wellness Series with a talk entitled *The Human Body and the Human Spirit*. Dr. Nuland is currently Clinical Professor of Surgery at the Yale School of Medicine and Fellow of the university's Institution for Social and Policy Studies.

Sunday,
January 10, 2010

2PM
Cary Hall at 1605 Mass.
Ave. Lexington

By Judy Buswick

It may be a fair estimate to say that 95% of all New Year's resolutions hinge on health issues, such as diet, exercise, positive thinking, and making wise choices. Fortunately, with the New Year comes a new series of "Health and Wellness" programs at the Cary Memorial Library presented by national leaders in their fields who will inspire those seeking to improve their lifestyles. A most-welcomed financial donation has made this series possible.

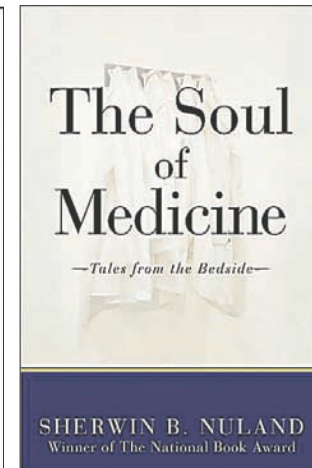
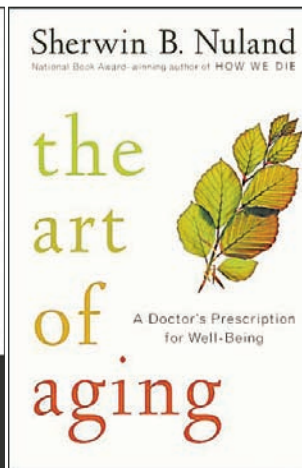
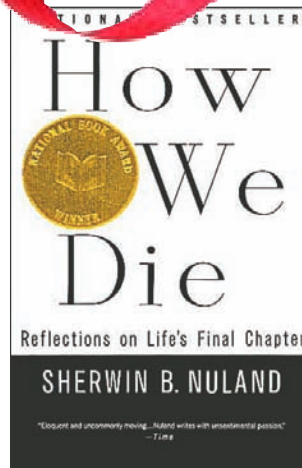
Library Director Connie Rawson says, "We are delighted that the Shire Pharmaceutical Corporation chose the Cary Memorial Library as a recipient for this multiple-year gift. It will be dispersed over five years. The donation has been given to us through the Cary Memorial Library Foundation and will provide the funding to present programs by notable speakers in the medical world and will benefit our materials collection."

Best-selling author, surgeon, and medical historian Dr. Sherwin Nuland will open the series by shar-

ing his medical philosophy in a talk titled *The Human Body and the Human Spirit*. Nationally recognized, Dr. Nuland is currently Clinical Professor of Surgery at the Yale School of Medicine and Fellow of the university's Institution for Social and Policy Studies.

Elizabeth Dickinson, Public Relations and Programming Librarian, believes this series is sure to "touch people's lives." She encourages readers to mark Sunday, January 10, 2010, on their new calendars for this first lecture in the *Health and Wellness Series*. The program starts at two o'clock in Cary Hall at 1605 Mass. Avenue, (note: that this is NOT at the Library).

Dickinson explains that for over 20 years, Dr. Nuland has been an expert in the field of medical ethics. He has crafted thought-provoking commentary on how medical ethics play a part in our lives and in defining modern healthcare trends. His views on aging and the ethics surrounding the extension of natural life will provide inspiration for sticking with those newly-made resolutions. Recognized as one of the country's



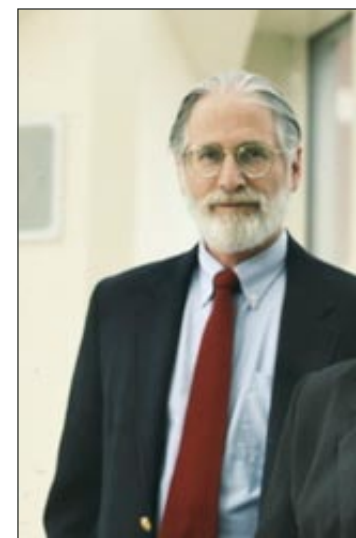
Recipients of December gift books written by Dr. Nuland may want to have him autograph the gifts in January. A selection of his books will be available for sale and signing at Cary Hall on January 10th, as well.

leading medical authorities, he has profoundly contributed to modern medical knowledge.

Dr. Nuland's monumentally successful book *How We Die: Reflections on Life's Final Chapter* (Borzoi, 1993) won the National Book Award and was a finalist for the 1995 Pulitzer Prize. His new book, *The Soul of Medicine: Tales from the Bedside*, (Kaplan Publishing, 2009) presents stories recounted by colleagues during more than 30 years of clinical practice. Readers see how physicians handle medical and ethical dilemmas. The stories the doctors tell of their most memorable patients have lessons about medicine, as well as humanity.

The Art of Aging: A Doctor's Prescription for Well-Being (Random House, 2007) by Dr. Nuland covers an overview of growing old and strives to improve our attitude about our autumn years. The doctor argues that aging is not a disease, but rather a condition with risk factors for many disorders. He suggests ways to improve health, enhance personal relationships, increase creativity, and maintain physical fitness.

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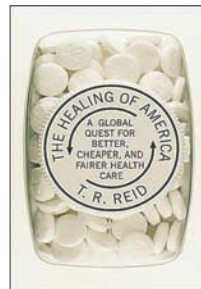
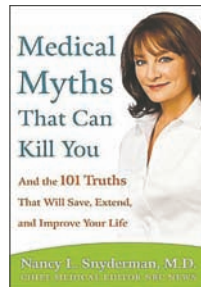
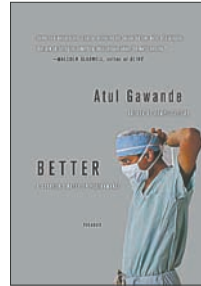
The second speaker in the Cary Library's "Health and Wellness Series" will be present on Sunday, February 28, 2010, at two o'clock in the Large Meeting Room at Cary Library. Lexingtonian, Dr. Alan Sager, a professor at Boston University's School of Public Health, will speak on *Affordable Health Care for All*, addressing the critical issues in the nation's health care system. A nationally recognized expert in the field, Professor Sager will describe the political, financial, legal, and clinical steps

THE UPCOMING CARY LIBRARY HEALTH & WELLNESS SERIES is made possible through a grant from Shire Pharmaceuticals.

that are essential to fixing our health care system -- and will show why these measures are practical and politically workable. More information about this second program and about two more in the fall of 2010 will be made available in the months ahead.



Left: Cary Memorial Library Director Connie Rawson and Program Librarian Elizabeth Dickinson with a selection of books by Dr. Sherwin Nuland. (photo by Judy Buswick)



Since health care is currently a timely topic, Dickinson has listed a few other books on the topic for interested readers. *The Healing of America: A Global Quest for Better, Cheaper, and Fairer Health Care* (Penguin Press, 2009) by Washington Post correspondent T.R. Reid who explores health-care systems around the world, building on his first-hand experience in living abroad as an international correspondent. He points out that the U.S. spends more money on health care than any other nation, but also leaves 45 million residents uninsured, thus resulting in thousands dying from diseases that might have been easily treated.

Another politically-based book on health-care issues come from bestselling author/doctor Andrew Weil. *Why Our Health Matters: A Vision of Medicine That Can Transform Our Future* (Hudson Street Press, 2009) presents Dr. Weil's prescription for reforming our system and is a stimulus for thinking broadly and clearly about today's most important domestic concern.

Surgeon and MacArthur fellow Dr. Atul Gawande eloquently describes a variety of medical and ethical issues in *Better: A Surgeon's Notes on Performance*

(Metropolitan Books, 2007), a collection of 12 inspiring as well as unsettling essays. Gawande believes the medical profession must constantly attempt to "do better" because lives hang in the balance. His essays bear witness to the remarkable levels of care that have been achieved, through innovative and adaptive practices in hospitals from Boston to a rural Indian village, from Pittsburgh to Iraqi battlefields.

Medical Myths That Can Kill You: And the 101 Truths That Will Save, Extend, and Improve Your Life (Crown, 2008) by Dr. Nancy Snyderman, the medical editor for NBC News, tells readers about common medical myths that may harm them: such as only old people have heart attacks, "natural" means safe, etc. She explains why these common myths are wrong and includes lots of useful advice for staying healthy

Both Connie Rawson and Elizabeth Dickinson are "very excited about this Health and Wellness series" and they predict the fall programs will be as interesting as the two this winter. For more information, contact the Reference desk at Cary Memorial Library at 781 862-6288, extension 250; or review the many programs for children and adults at the Library's Website:

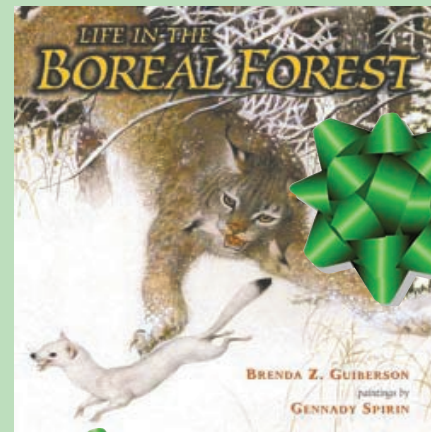
www.caryllibrary.org

Ruth Lynn Recommends Book Gifts for Children

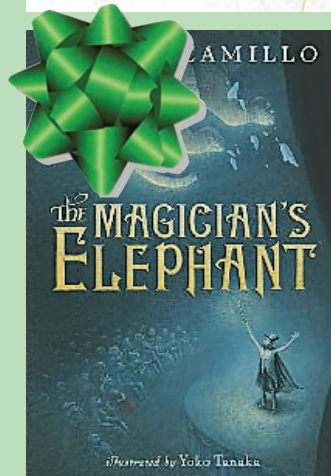
On a lighter note, Children's Librarian Ruth Lynn has some new children's books to recommend:



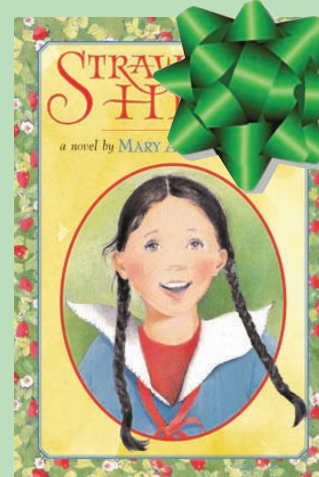
The *Lion and the Mouse* by Jerry Pinkney (Little, Brown, 2009) is a beautifully-illustrated, wordless retelling of an Aesop fable for ages 4 – 8. An adventuresome mouse proves that even small creatures are capable of great deeds, when he rescues the King of the Jungle.



Life in the Boreal Forest by Brenda Z. Guiberson (Holt, 2009) shows the wildlife of the endangered boreal forest ecosystem during all four seasons in the great northern forest, in paintings by Gennady Spirin. For ages 9 -12.



The Magician's Elephant by Newbery Medalist Kate DiCamillo, illustrated by Yoko Tanaka (Candlewick, 2009) tells how orphaned Peter Augustus Duchene encounters a fortune teller. She tells him that his sister, presumed dead, is alive; and this propels him on a series of adventures, as he desperately tries to find her. For ages 9-12.



Strawberry Hill by Mary Ann Hoberman (Little, Brown, 2009) is an old-fashioned novel about a ten-year-old girl named Allie, whose family moves from the city to the country during the Great Depression. For ages 9-12.

