

The Fine Print.

South Hadley Public Library News—November 2010

Author Joanna Lillian Brown to discuss *Caring for Dying Loved Ones*

Local author Joanna Lillian Brown will speak on her new book, *Caring for Dying Loved Ones: A Helpful Guide for Families* on **Monday, November 15 at 6:30**. Her new book is a useful guide book for current and future caregivers as well as anyone who wishes to consider their options for end of life care.



The author is a South Hadley native and her talk will be followed by questions from the audience and a book signing.

Coping with Anxiety and Depression During the Holidays

We love our family, and the holidays, but they can also be times of stress and worry. This program may make this season a little bit easier. Come learn how to *Cope with Anxiety and Depression During the Holidays* on **Tuesday, November 9th @6:00**. The program will be presented by Bonnie Coopersmith of River Valley Counseling/ Holyoke Hospital.

Find help for you or loved ones with answers to questions such as: **What is anxiety and depression? What are the signs? What are the possible triggers? Learn some basic coping techniques. When is it time to see a professional? Treatment is three fold: Medication, Exercise, and Therapy.**

This program is free and open to the public through the generosity of the Friends of the Library.



In the Nook of Time

Is a new e-book reader on your holiday list? Come learn how to use the library's Overdrive software to download e-books and e-audio to the Barnes and Noble Nook device on **Monday November 22nd at 6:30**. Staff from the Hadley Barnes and Noble will be here to assist with the use of Nook devices, and there will be Nooks there for you to try out and use. There will also be a presentation on the use of the Overdrive program and its compatible devices besides the Nook. Already have an E-reader? Check out digitalcatalog.cwmars.org for downloadable library books and video!



November Holiday Schedule

Thursday, November 11
• **CLOSED**—Veterans Day

Wednesday, November 24
• **Closing** at 5:00

Thursday, November 25
• **CLOSED**—Thanksgiving

Friday, November 26
• **CLOSED**

Saturday, November 27
• **OPEN** 9:30-1:00





Thanksgiving Craft



Children are invited to attend a Thanksgiving craft workshop on **Tuesday, November 16th at 3:30** when they will be making handprint turkeys to display at home. Pre-register for this program at the circulation desk, youth room or by calling the library.



Veterans Program for Homeschool Families

We welcome new and returning homeschool families to our monthly Homeschool Hour which will take place on **Tuesday, November 9th at 1:00**. This month's focus will be on the significance and importance of Veterans Day. Former Marine Sergeant Russ McKenna will talk about Veterans Day and his experiences while in the service. He will also talk about the different branches of the service and have some hands-on displays. Children can come with questions for him to answer. All homeschooling families are welcome to attend the Homeschool Hour.



Pre-school story time continues each and every Thursday at 10:30. No need to pre-register - just come in and enjoy a half hour of new and exciting picture books.

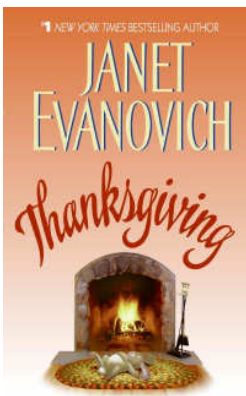


Nature as Your Library: Exploring Your State Parks in Winter

Join us on **Saturday November 20th at 11:30am** - for "Nature as Your Library: Exploring Your State Parks in Winter" by the Massachusetts State Forests and Parks.

Massachusetts has one of the largest state park systems per capita in the country and each one has its own unique character. See gorgeous photos of what the state has to offer and hear about DCR's special programs, including the parks pass that you can borrow with your library card. Department of Conservation and Recreation Regional Educator Gini Traub will lead the "tour" and asks you to share your own state park memories.

SHPL BOOK CLUB Wednesday, November 10 @6:30



One of best-selling author Evanovich's early works is our SHPL Book Club selection for November. In summary: *When Megan Murphy discovered a floppy-eared rabbit gnawing on the hem of her skirt,*

she meant to give its careless owner a piece of her mind, but Dr. Patrick Hunter was too attractive to stay mad at for long. Soon the two are making Thanksgiving dinner for their families. New members are always welcome to our monthly book discussion group!

Mistakes Couples Make When Facing Divorce—Free Seminar

Certified Divorce Financial Analyst Freda Brown will be reviewing the details of divorce in an upcoming free seminar on **Wednesday, November 17th at 6:00**. She will dig into the long-term effects of when marriages go wrong and how to best prepare for a settlement that stands the test of time, especially during a recession. In Brown's view, the number one reason married couples are choosing to stay together and not divorce is fear.