

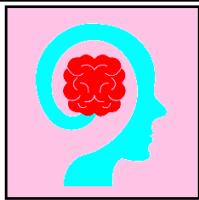


# NEWSNOTES

VOLUME 34 ISSUE 4

APRIL 2019

## MENTAL HEALTH SERIES



Almost everyone knows the foundations to being physically healthy. A proper diet, exercise, and a good night’s sleep. What about mental health? Are there basic factors that can help you stay mentally healthy? There are many factors in your lives that affect the way you emotionally react to situations and stressors, and if you have a better understanding of those factors you can be better prepared to handle your reactions.

According to Johns Hopkins, “In the past decade, clinical depression and anxiety among adolescents age 12-17 have gone up.” The teen years are already filled with an abundance of emotions, hormonal changes, and social stresses, so sometimes it’s hard to determine what is a typical teenage mood and what may be a sign of anxiety or depression.

Everywhere you look there is a product, a person, or a place that wants to help you take care of your physical health, and in April the Jay County Public Library and Meridian Services want to help you take care of your mental health.

Jessica Hamlyn, a Clinical Program Manager at Meridian Health Services, will present a two-part series addressing some of these very issues. Each part will be offered at two different times.

**APRIL 4 AT 6:00 PM OR APRIL 11 AT 10:00 AM**

**Understanding the Risk and Protection Factors in Mental Health:**

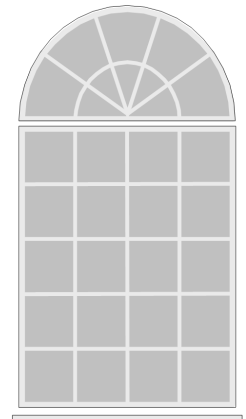
Gain a basic understanding of how personal history and current stress factors impact mental health.

**APRIL 18 AT 6:00 PM OR APRIL 25 AT 10:00 AM**

**Understanding Depression and Anxiety in Youth:**

Learn common traits to look for in behavior and various options for treatment.

Registration is requested for these sessions. Please contact the library at 260-726-7890 for more details or to register.



## HEARD AT THE LIBRARY

*“I always see movies playing at the theater and think I’ll wait for the DVD then forget about it. So, this is wonderful!”*

Many similar responses have been heard when patrons are given the schedule of upcoming new DVD releases. Now that new DVD’s will be available on their release dates here at the library, we want to be sure you know what’s coming and when.

Not only can you see the release dates posted near the new DVDs and at the desk, but you can grab a list of your own to take with you when you come to check out. Updated lists will be made available each month.

This way, you can put the titles you’ve been waiting for on hold and not miss out. Don’t know how to place a hold? Stop by the desk for assistance!

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## GIFTS TO THE LIBRARY

Many thanks to those who have made gifts to the library in memory or in honor of friends and loved ones.

**Given in memory of Nilah Wolford  
by Rita Leggett**

*Monkey time* / Michael Hall  
*Sea Bear* / Lindsay Moore  
*When I Die* / Monty McCord

**Given in Memory of Penny Imel  
by Phil and Linda Frantz**

*First Lady* / James Patterson

**Given in Memory of Penny Imel  
by Fairview United Methodist Church**

*Funny Man: Mel Brooks* / Patrick McGilligan  
*Run Away* / Harlan Coben

**Given in Memory of Penny Imel  
by George and Julie Hageman**

*All the Wrong Places* / Joy Fielding  
*Catalogue of Shipwrecked Books* / Edward Wilson-Lee

**Given in Memory of Penny Imel  
by Friends of the Jay County Public Library**

*With the End in Mind* / Kathryn Mannix  
*Living at the End of Life* / Karen Bell



Would you like to make a gift to the library?

Ask for a gift form at the circulation desk or print one from our website. Drop it off or return it by mail.

Gifts may also be made to further the work of the library through the endowment at The Portland Foundation. More information is available at the library or at the Foundation's website <http://portlandfoundation.org>.

### Let's Move @ the Library: Tai Chi/Qigong

Originally developed for self defense, tai chi and qigong are gentle ways to reduce stress, control breathing, and also increase flexibility and balance. Join in April 2, 9, and 30 at 7:00 pm and April 16 at 7:15 pm. Allow your stress to melt away. Come in comfortable clothes that allow you to stretch and move.



## A TASTE OF SPRING



Back by popular demand, another tasting event for the whole family, this time with spring in mind. Come out Wednesday, April 17th at 6:30 pm to try out the varieties of uniquely-flavored jelly beans and marshmallow PEEPs. Vote for the ones you like the best!

## SEASON SABOTAGE!

Dr. Axis has created a machine that can manipulate the seasons. It is too hot for him outside and thus has created a snow-storm! Now the machine is jammed. He needs your help to get it fixed and get the seasons back in order.

JCPL Breakout!

JCPL Breakout! is back with more puzzle-solving, brainteasing challenges on Wednesday, April 24 at 6:30 pm. Grades 3-8 with a limit of 10. Sign up as soon as possible!

## BUG BOTS!

We're going BUGGY here in the library! Buggy for Bug Bots, that is! Come to Family STEAM Lab to create and decorate your own robotic bug on Saturday, April 27 from 9:30-11:00 am. All supplies will be provided.



## FIREFLY FINALE

Find this firefly display in the Children's area and start sharing these picture books with the preschooler in your life. Read them all and vote for your child's favorite.



Indiana children ages 0-5 can vote with a caregiver for their favorite of five titles nominated for the Indiana Early Literacy Firefly Award beginning April 22nd. Last day to vote at the library is May 4th.

## FROM THE DIRECTOR



Do you enjoy getting new stuff? We look forward to getting new stuff here at the library too! Are you aware of the new items we add to our collection?

In March we added a way for you to keep up with our new stuff, specifically focused on new movie releases. Toward the end of each month be sure to look at the front desk for a list of movie releases and release dates for the upcoming month.

Also, we not only want you to know what is coming, but also how you can get your hands on it. There are two options to get your name on the waiting list - ask a staff person to place a hold for it, or go on-line and place a hold from your account. If you are unsure of how to set holds in your account, ask a friendly JCPL staff member!

Another way to keep up with new additions to our collection is to subscribe to our on-line newsletter, Wowbrary. That weekly email will give you a list of what has been added to our collection over the past week. This newsletter can be subscribed to from the JCPL website.

We are proud of our new materials. We are setting a goal of getting items on our shelf upon their release date, so when you see it at Wal-Mart or Amazon, you should see it and be able to get it at your library!

## TIME FOR A GARDEN

Spring is the time to start thinking about new growth and planting a garden, but maybe you weren't born with a green thumb. DIY Home welcomes Master Gardener, Larry Temple, to solve some of those mysteries on Monday, April 8 at 6:00 pm.

Larry will not only offer some great tips and tricks for tackling our gardens, but he will also share the emotional and physical benefits of gardening that we don't often think about.



## FRIENDS OF THE LIBRARY NEWS

Have you been one of the Friends?  
Would you like to join this great group of volunteers?  
Plan to attend the next Friends meeting:  
**Tuesday, April 16th at 6:30 pm**

*(Come early at 6:00 pm to help fold the May newsletter and get the scoop on library news.)*

Afternoon  
at the **MOVIES**

**April 12 @ 3:30 pm**  
**Free Movies and Popcorn!**  
**Kids 7 & under must with an adult**

## CLUB DATES

**DIY Home:** Monday, April 8, 6:00 pm  
Master Gardener, Larry Temple presents the many benefits of gardening along with some tips and tricks.

**JayCPL Book Club:** Monday, April 15th, 7:00 pm  
The group will discuss *Woman in the Window* by A.J. Finn. New members welcome!

**Friends of JCPL:** Tuesday, April 17th, 6:30 pm

**Hook & Needles Club:** Tuesday, April 23rd, 10:30 am  
Bring your own supplies and ideas to share.

**Writers & Readers Circle:** Monday, April 29th, 6:30 pm  
Theme: Cozy Mysteries



JAY COUNTY PUBLIC LIBRARY  
 315 N. SHIP STREET  
 PORTLAND, IN 47371  
 TELEPHONE: (260) 726-7890

[WWW.JAYCPL.LIB.IN.US](http://WWW.JAYCPL.LIB.IN.US)

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LIBRARY HOURS

MONDAY-FRIDAY 8:00 A.M. TO 8:00 P.M.  
 SATURDAY 8:00 A.M. TO 5:00 P.M.

Sign up for the **NEWSNOTES** e-mail list.



Cut paper & postage costs!  
 Receive a monthly e-mail  
 reminder and link to an online  
 version of the newsletter.

Send request to: [newsnotes@jaycpl.lib.in.us](mailto:newsnotes@jaycpl.lib.in.us)

Return Service Requested

Address label

Look what's at  
 the library.

The votes (ping pong balls) were tallied, and you chose to have 10 new outdoor games for the library. The games will be ready for checkout just in time for your outdoor gatherings this spring!

BOCCE

CROQUET

SPIKEBALL

CORNHOLE

GIANT YAHTZEE

GIANT  
 CONNECT FOUR

CHECKERS

KAN JAM

GIANT TUMBLE  
 TOWER

LADDER TOSS

Thank you to all who participated in Love Your Library Month and congratulations to all of our weekly prize winners!