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## RRH Library Newsletter, December 2010

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## Rochester General Hospital Edition

December 2010



### HOLIDAY ACCIDENTS & HOLIDAY STRESS

The holiday season, which begins for most Americans with Thanksgiving and continues through New Year's Day, often brings unwelcome guests — accidents and stress. Accidents and illnesses during the holidays send thousands to seek medical help each year, interrupting what is usually a

joyful and festive time. The holidays are also a time of stress for many people. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any library team member.

"Hold onto health through the holidays." *American Institute for Cancer Research Newsletter*, (1):1, 3, 2010 Winter

"Holiday travel and your health." *Johns Hopkins Medical Letter, Health After 50*, 21(9):1-2, 2009 Nov.

"Simple strategies can help relieve holiday loneliness: re-examining your expectations and reaching out to others may help you overcome feelings of isolation." *Mind, Mood & Memory*, 5(12):3, 2009 Dec.

"Tips for beating the holiday blues." *American Geriatrics Society Newsletter*, 40(4): 5-6, 2009 4th Quarter.

**Courtemanche J. Peterson RG.**, "Beware the mistletoe." *CMAJ Canadian Medical Association Journal*, 175(12):1523-4, 2006 Dec 5.

**D'Ippolito A. Collins CL. Comstock RD.**, "Epidemiology of pediatric holiday-related injuries presenting to US emergency departments." *Pediatrics*, 125(5):931-7, 2010 May.

**Donnelly GF.**, "Happiness and the holidays: reframing seasonal stress." *Holistic Nursing Practice*, 21(6):283, 2007 Nov-Dec.

**Kimia A. et al.**, "Holiday ornament-related injuries in children." *Pediatric Emergency Care*, 25(12):819-22, 2009 Dec.

**McKenney J.**, "The best holiday gift." *Nursing*, 40(12):42-3, 2010 Dec.

**Phillips D. Barker GE. Brewer KM.**, "Christmas and New Year as risk factors for death." *Social Science & Medicine*, 71(8):1463-71, 2010 Oct.

**Tsatsos M. et al.**, "Christmas-related eye injuries: a prospective study." *Clinical & Experimental Ophthalmology*, 38(1):85-6, 2010 Jan.

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### December 2010 LIBRARY HOURS

- ❖ Mon -Fri 8 AM – 9 PM
- ❖ Sat 8:30 AM – 5 PM
- ❖ Sun 12 NOON – 5 PM
- ❖ **CLOSED December 24, 25, 31<sup>st</sup> -- January 1<sup>st</sup> for the Holidays. Enjoy!**

### CYBERTOOLS

Werner Library's online catalog

<http://maple.cybertoolsforlibraries.com/cgi-bin/CyberHTML?RGHRNYHO>

### Additional Management Books

We have additional copies of Studer: Hardwiring Excellence and Jazwiec: Eat that Cookie. Additionally we have several copies of Studer Group: The Nurse Leader Handbook. These management titles will soon be added to the Management shelf across from the front office.

