

# **Health-e @ Work & Home**

Catalogue of  
Health, Safety and Wellness Resources  
In the  
Chatham-Kent Public Library

2006

## **What is Health-e @ Work & Home?**

Health-e @ work & home is a collection of resources available at the Chatham-Kent Public Library which provides workers and workplaces with information on health , wellness, safety, injury prevention and work-life balance.

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## Child Development

372.2109713 Ear Early Years Study: reversing the real brain drain, final report/  
Hon. Margaret Norrie McCain & J. Fraser Mustard. Toronto:  
Canadian Institute for Advance Research, 1999.

### Videos

649.122 HEA Healthy babies, healthy children program / Toronto Public  
Health, 2002. (11 MIN)

305.231 HEA The heart of learning. Ken Murch Productions. (27 MIN)

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## Chronic Disease

### *Cancer*

- 616.99449 KNO The breast cancer care book: a survival guide for patients and loved ones / Sally M. Knox. Zandervan, 2004.
- 616.99499 BRE Breast cancer early detection practices in Ontario / Central West Health Planning Information Network, 1999.
- 616.99449 ELK Breast cancer for dummies / Ronit Elk. Wiley, 2003.
- 616.99449 WIL Breast cancer: landscape of an illness / Penelope M. Williams. Penguin Canada, 2004.
- 616.99449 MUR Fighting for our future: how young women find strength, hope and courage while taking control of breast cancer / Beth Murphy. McGraw-Hill, 2003.
- 616.99499 KEE Living through breast cancer / Carolyn Kaelin. McGraw-Hill, 2005.
- 616.99449 MOR Man to man: a practical guide for male caregivers when breast cancer strikes their loved ones / Carl Morgan. Benchmark pub., 2003.
- 616.99465 CON Ovarian cancer: your guide to taking control / Kristine Conner. O'Reilly, 2003.
- 616.99449 KEL What you need to know about breast cancer / Pat Kelly. Key Porter Books, 2002.
- 616.944 BUC What you really need to know about cancer: a comprehensive guide for patients and their families / Robert Buckman. John Hopkins University Press, 1997.

### *Videos*

- 616.994 LIV Living with Cancer: a message of hope / Fred Silverman. Silverman Communications, 1998. (75 MIN)

### *Diabetes*

- 616.4620654 POW American Dietetic Association guide to eating right when you have diabetes / Maggie Powers. John Wiley & Sons, 2003.

- 616.462 NAT Beating diabetes / David M. Nathan. McGraw-Hill, 2005
- 616.462 ROS 2004 The Canadian type 2 diabetes sourcebook / Sara M. Rosenthal. MacMillan Canada, 2004.
- 616.4620654 BER The diabetes diet: Dr. Bernstein's low-carbohydrate solution / Richard K. Bernstein. Little, Brown and Co., 2005.
- 616.462 BUT2004 The diabetes sourcebook / Diana W. Guthrie. McGraw-Hill, 2004.
- Gestational diabetes / American Diabetes Association, 2005.

*Heart Disease*

- 616.12305 SUP Before the heart attacks / H. Robert Superko. Plume, 2004.
- 616.12305 MOG Every heart attack is preventable: the twenty risk factors / Michael Mogadam. Lifeline Press, 2001.
- 616.12 MYE Heart disease / Rob Myers. Key Porter Books, 2004.
- 616.1205 RIP Heart disease for dummies / James M. Rippe. Wiley, 2004.
- 616.12305 ARN Seven steps to stop a heart attack / Robert Burns Arnot. Simon & Schuster, 2005.
- 616.120082 GOL Women are not small men: life-saving strategies for preventing and healing heart disease in women / Nieca Goldberg. Ballantine Books, 2002.

*Stroke*

- 158.1 PEA Stroke: a comprehensive guide to "brain attacks" / Vladimir Hachinski. Key Porter Books, 2003.

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## **Conflict Management**

158.2 CON Assert yourself! / Lisa Contini. SkillPath Publications, 1996.

155.264 DOB Exploring Personality Styles: a guide for better understanding yourself and your colleagues / Michael Dobson. SkillPath Publications, 1999.

152.47 SCH Putting anger to work for you! / Ruth & Joel Schroeder. SkillPath Publications, 1995.

### **Books on CD**

158.2 BRA Dealing with different, diverse (and difficult) people. SkillPath Publications, 2001.

### **Videos**

658.473 VIO Violence keeping it out of the workplace / Workwell Training Videos, 2001. (12 MIN) Public Performance Rights.

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## Grammar

- 428.2 DAV      Grammar? No problem! / Dave Davies. SkillPath Publications, 1997.
- 808.042 HIN      Power writer: a practical guide to words that work / Helene Hinis. SkillPath Publications, 1989.
- 428.1 AND      Proof positive: how to find errors before they embarrass you / Karen L. Anderson. SkillPath Publications, 1996.

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## **Infection Control**

### **Video**

616.9792 HIV      HIV and Aids: Staying Safe / Marlin Motion Pictures Ltd.  
(15 MIN) (Public Performance Rights)

616.9792 HIV      HIV & Teens: Remembering Krista Blake / Marlin Motion  
Pictures Ltd. (15 MIN) (Public Performance Rights)

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## **Job Searching**

650.1 HAL

Discovering your purpose / Ivy Haley. SkillPath Publications, 1996.

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## **Learning Disabilities**

371.903 TUR      The encyclopedia of learning disabilities / Carol Turkington.  
Facts on File, Inc., 2002.

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## Nutrition

- 641.5 BAS The basic shelf cookbook. City of York, Ont.: City of York Health Unit, 1996.
- 641.56 MEN Food to grow on: give your kids a healthy start in life. Toronto: HarperCollins, 1994.
- 641.56311 STE Heartsmart cooking for family and friends / Bonnie Stern. Toronto: Random House Canada, 2000.
- 649.3 SAT How to get your kid to eat – but not too much / Ellyn Satter Palo Alto, Calif.: Bull Pub. Co., 1987.
- 616.975 OH How to live with a nut allergy: everything you need to know if you are allergic to peanuts or tree nuts / Chad, OH. New York: McGraw-Hill, 2005.
- 613.2083 EVE How to teach nutrition to kids: an integrated, creative approach to nutrition education for children ages 6-10 / Connie Liakos Evers. Tigard, OR.: Carrot Press, 1995.
- 641.563 BEC Leslie Beck's 10 steps to healthy eating: how to boost energy, manage weight and prevent disease with food, diet and nutrition / Leslie Beck. Toronto: Viking Canada, 2002.
- 613.2082 BEC Leslie Beck's nutrition guide for women: managing your health with diet, vitamins, minerals and herbs / Leslie Beck. Toronto: Prentice-Hall, 2001.
- 618.242 BEC Leslie Beck's nutrition guide to a healthy pregnancy / Leslie Beck. Toronto: Penguin Books, 2004.
- 641.56311 STE More heartsmart cooking with Bonnie Stern: over 200 new healthful recipes from the people who brought you Simply Heart Smart Cooking / Bonnie Stern. Toronto: Random House Canada, 1997.
- 613.2 CLA Nancy Clark's sports nutrition guidebook / Nancy Clark. Champaign, Ill.: Leisure Press, 1990.
- 613.2 SAT Secrets of feeding a healthy family / Ellyn, Satter. Madison, WI.: Kelcy Press, 1999.

641.53 ROB

Suppertime survival: the complete weekly meal planner /  
Lynn Roblin and Bev Callaghan. Toronto: MacMillan  
Canada, 1996.

## Video

641.56311 HEA

Heartsmart cooking class with Bonnie Stern. 1997. (40 Min)  
Public Performance Rights.

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## Organizational Culture

- 658.812 LAN      The care and keeping of customers: a treasury of facts, tips, and proven techniques for keeping your customers coming back! / Roy Lantz. SkillPath Publications, 1995.
- 658.406 DEF      Challenging change: five steps for dealing positively with change / Holly DeForest & Mary Steinberg. SkillPath Publications, 1996.
- 152.4 KRA        Emotional intelligence works: developing "people smart" strategies / S. Michael Kravitz & Susan D. Schubert. Boston: Thomson, 2000.
- 302.3 MCG        Learning to laugh at work: the power of humor in the workplace / Robert McGraw. SkillPath Publications, 1995.
- 658.456 CAR      Meetings that work / Marlene Caroselli. SkillPath Publications, 1996.
- 658.314 KAY      Saying "No" to negativity: how to manage negativity in yourself, your boss and your co-workers / Zoie Kaye. SkillPath Publications, 1996.
- 658.404 FED      Taking charge: a personal guide to managing projects and priorities / Michal E. Feder. SkillPath Publications, 1989.
- 158.1 POL        A Winning attitude: how to develop your most important asset! / Michelle Fairfield Poley. SkillPath Publications, 1992.

### Books on CD

- 158.1 LAR        12 Secrets to high self-esteem / Linda Larsen. SkillPath Publications, 1999.

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## Parenting

- 649.1 NEU      Hold on to your kids: why parents matter / Gordon Neufeld.  
Alfred A. Knopf Canada, 2004.
- 649.10971 DOU      The mother of all parenting books: an all-Canadian guide to  
raising a happy, healthy child from preschool through the  
preteens / Ann Douglas. J. Wiley, 2003.
- 649.64 BOR      No more misbehavin': 38 difficult behaviours and how to stop  
them / Michele Borba. Jossey-Bass, 2003.
- 649.1 AND      Self-Esteem for tots to teens / Anderson, Eugene. MN:  
Parenting & Teaching Pub., 1991.

### Video

- 618.92 ART      The Art of Breastfeeding / La Leche League Canada. Saint-  
Laurent, QU: La Leche League Canada. (55 MIN)
- J363.1257 BOO      Boost me up! Guelph, ON: Co-op TV, 2003. (11 MIN)
- 618.92 BRE      Breastfeeding / Healthy Ontario, 2003. (22 MIN)
- 649.33 BRE      Breastfeeding & Basketball. Boulder, CO: Injoy Videos,  
1999. (8 MIN)
- 618.92 BRE      Breast is Best. Oslo, Norway: Health Info Video. (35 MIN)
- 362.82 COM      Communicating with preschoolers. Mississauga, ON:  
Meridian Education Corporation, 1996. (15 MIN)
- 616.57 HEA      Head to head with lice / Dept. of Health Care &  
Epidemiology, UBC and Biomedical Communications. 1992.  
(9 MIN)
- 649.1 REA      I am your child: ready to learn, New Screen Concepts. 2000.  
(24 MIN)
- 618.24 PLA      Planning for Parenthood. Peterborough, ON: Peterborough  
County-City Health Unit, 1994. (30MIN)
- 306.81 SEX      Sex, love & babies: How babies change your marriage.  
Injoy Productions, 1993. (30 MIN)

613.9071 GEO Talking About Sex: Am I Normal? And Thinking Ahead /  
Georgopolus, Alexis. Pleasantville, NY: Sunburst  
Communications, 2000. (22 MIN)

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## Physical Activity

- 613.7 BLA      Active living every day / Steven Blair. Canada: Human Kinetics, 2001.
- 613.71 EAR      Fit forever: 30 days to healthy habits you can handle for life! / Jeanne Earnst. 2002.
- 615.82 MAR      Motivating people to be physically active / Bess H. Marcus & LeighAnn H. Forsyth. Canada: Human Kinetics, 2003

### Video

- 613.71 SHA      Shaping up with weights for dummies / Robert M. Malachowski. 2000. (58 MIN)

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## Safety and Injury Prevention

363.1409713 LIF The Drowning report: a profile of drownings and water-related deaths in Ontario. Toronto: Lifesaving Society, 2003.

### Video

363.1072 ERG Ergonomics: the practical approach. Safetycare Inc., 1993. (20 MIN) Public Performance Rights.

363.11 LOO Look around: you have rights “what every young worker should know”. Toronto: Workplace Health and Safety Agency, 1995. (29 MIN)

J615.905 YOU You be safe!: host U.B. Safe and his friends the smart kids know how to prevent accidental poisonings. Toronto: Markay Enterprises, 1991. (10 MIN) Public Performance Rights.

### *Occupational Health & Safety*

363.11 EME Emergency response: planning guide. Hamilton, ON: Canadian Centre for Occupational Health and Safety, 2004.

620.82 OFF Office ergonomics safety guide. Hamilton, ON: Canadian Centre for Occupational Health and Safety, 2002.

658.473 VIO Violence in the workplace. Hamilton, ON: Canadian Centre for Occupational Health and Safety, 2001.

### *Websites*

Workers Health and Safety  
[www.whsc.on.ca](http://www.whsc.on.ca)

Canada Safety Council  
[www.safety-council.org](http://www.safety-council.org)

Workplace Safety  
[www.safecanada.ca](http://www.safecanada.ca)

Farm Safety Association  
[www.farmsafety.ca/](http://www.farmsafety.ca/)

CCOHS – Canadian Centre for Occupational Health and Safety  
[www.ccohs.ca/](http://www.ccohs.ca/)

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## Shiftwork

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## Stress Management

- 650.13 CAR Don't sweat the small stuff at work: simple ways to minimize stress and conflict while bringing out the best in yourself and others / Richard Carlson. New York: Hyperion, 1998.
- 155.9042 POS The little book of stress relief / David Posen. Key Porter Books, 2003.
- 155.24 JOH Who moved my cheese?: an amazing way to deal with change in your work and your life / Spencer Johnson. New York: G.P. Putnam's Sons, 2002.

### *Websites*

Job Stress Network  
<http://www.workhealth.org>

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## Substance and Alcohol Use

362.290835 MAS Drug abuse and teens: a hot issue / Shelagh Ryan Masline.  
Enslow Publishers, 2000.

362.2950835 CER Marijuana: what's a parent to believe? / Timmen L. Cermak.  
Hazelden, 2003.

### *Video*

362.292 ALC Alcohol: Think, Don't Drink / Marlin Motion Pictures. (24 MIN)  
(Public Performance Rights)

### *Websites*

Canadian Centre on Substance Abuse  
[www.ccsa.ca](http://www.ccsa.ca)

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## **Tobacco**

- 613.85 BUR      The American cancer society's "Freshstart": 21 days to stop smoking. 1986.
- 613.86 FIS      American Lung Association 7 steps to a smoke-free life / Edwin B. Fischer. John Wiley, 1998.
- 613.85 BRI      Dying to quit: why we smoke and how we stop / Janet Brigham. Joseph Henry Press, 1998.
- 362.2967 FOR    For smokers who want to quit: One step at a time / Tracey Lamb. Canadian Cancer Society, 1999.
- 649.125 NEW    Generation Risk: How to protect your teen from smoking and other dangerous behavior / Corky Newton. M. Evans, 2001.
- 362.2967 SMO    Smoke-Free Public Places: You can get there. Health Canada, 2004.
- 613.85 STE      Smoking / Gail B. Stewart. Kidhaven, 2003.
- 362.2960973 HUD Smoking bans / David Hudson. Chelsea House Publishers, 2004.
- 613.25 CAN      Towards a Healthier Workplace: A Guidebook on Tobacco Control Policies / Canada. Health Canada. Ottawa: Health Canada, 2003.

### **Videos**

- 613.85 BUT      Butt out! Wood Knapp Video, 1992. (40 MIN)
- 613.25 STO      Stop Smoking: A Program for Women. Ottawa, ON: Canadian Public Health Association, 1996. (11 MIN)

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## Work- Life Balance

158.1 MER Life matters: creating positive momentum through a dynamic balance of work, family, time and money / Roger A. Merrill. McGraw-Hill, 2003.

The pleasure prescription: to love, to work, to play – life in the balance / Paul Pearsall. Hunter House, 1996.

306.360971 DUX Voices of Canadians: seeking work-life balance / Linda Elizabeth Duxbury. Human Resources Development Canada, Labour Program, 2003.

### Video

362.60971 CAR Caregivers: Madeleine and Rose Episode One. Montreal: NFB, 1997. (49 MIN) Public Performance Rights.

362.60971 CAR Caregivers: Doris and Tom Episode Two. Montreal: NFB, 1997. (50 MIN) Public Performance Rights.

362.60971 CAR Caregivers: Kurt and Elizabeth Episode Three. Montreal: NFB, 1997. (49 MIN) Public Performance Rights.

362.60971 CAR Caregivers: Pat and Molly Episode Four. Montreal: NFB, 1997. (49 MIN) Public Performance Rights.

362.60971 CAR Caregivers: Paul and Jean Episode Five. Montreal: NFB, 1997. (50 MIN) Public Performance Rights.

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## **Workplace Wellness Programs**

613..62 SHE

Wellness in the workplace: how to plan, implement and evaluate a Wellness program / Merlene T. Sherman. Crisp Publications, 1990.

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## Miscellaneous

361.61309713 ONT Pursuing equity, phase one: report of the equity and access.  
Toronto: Premier's Council on health, Well-Being and Social  
Justice, 1995.

158 COV The seven habits of highly effective people: restoring the  
character ethic / Stephen R. Covey. New York: Simon &  
Schuster, 1990.

### *Websites*

Consumer Information

<http://ConsumerInformation.ca>

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## **Workplace Resource Sponsors**

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**Visit the library location nearest you!**

Blenheim Library  
16 George Street  
N0P 1A0  
676-3174

Bothwell Library  
320 Main Street  
N0P 1C0  
695-2844

Chatham Library  
120 Queen Street  
N7M 2G6  
354-2940

Dresden Library  
187 Brown Street  
N0P 1M0  
683-4922

Highgate Library  
291 King Street  
N0P 1T0  
678-3313

Merlin Library  
13 Aberdeen Street  
N0P 1W0  
689-4944

Ridgetown Library  
54 Main Street  
N0P 2C0  
674-3121

Thamesville Library  
3 London Road  
N0P 2K0  
692-4251

Tilbury Library  
2 Queen Street  
N0P 2L0  
682-0100

Wallaceburg Library  
209 James Street  
N8A 2N4  
627-5292

Wheatley Library  
35 Talbot Road West  
N0P 2P0  
825-7131

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