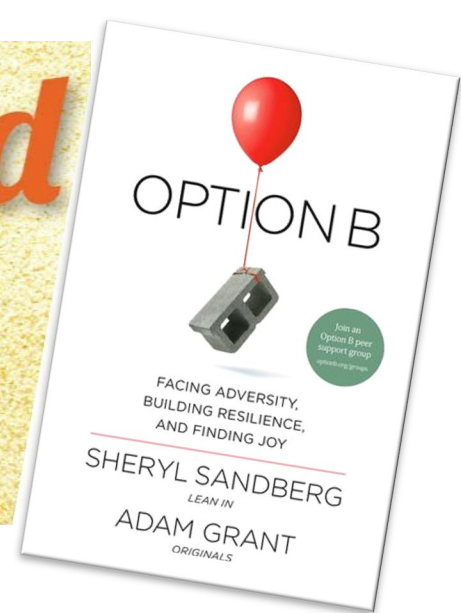


A Summer Read

OPTION B: Facing Adversity, Building Resilience, and Finding Joy

By Sheryl Sandberg & Adam Grant



Option B Online Discussions

Join York Libraries and experts from WellSpan Health for a series of online discussions about building resilience in the face of adversity.

These discussions will be held on Zoom. Registration is required. Please sign up at yorklibraries.org/events.

8/06/20—Health, Illness, & Injury

8/13/20—Becoming Resilient & Raising Resilient Kids

8/20/20—Incarceration

8/27/20—Divorce & Family Challenges

9/03/20—Grief & Loss

Option B combines stories, research, and practical advice to help you build strength for life's challenges and help your family and community do the same. This engaging and inspiring book is written by Sheryl Sandberg, business leader, philanthropist, and Facebook executive, and Adam Grant, psychologist and professor at UPenns' Wharton School.

The 8th annual Summer Read, *Option B* is an extension of Transforming Health's "Here With You" campaign designed to support communities in Central PA during and after the COVID-19 health crisis.

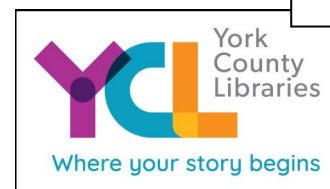
Attend an Online Author Event & Win an Autographed Copy of *Option B*

Attend a virtual author visit with Sheryl Sandberg and Adam Grant on September 29! Details TBA.

Complete a survey about the **Summer Read** program and enter to win a VIP invitation to the author event and a signed copy of *Option B*.

Go to transforminghealth.org/2020-summer-read.php or your local library to fill out your survey by September 7.

See reverse side for community & library resources on resilience, building health, & coping with illness & injury.



Community Resources for Maintaining Health and Coping with Illness and Injury

(For more Community resources, please go to: contacthelpline.org/)

Resources	About the Program	Contact Information
Active Living Center—Ages 60+	A welcoming space for older adults to access community resources & receive the support needed to stay active & independent.	Monday-Friday, 9 a.m. to 3 p.m., except holidays Crispus Attucks, York Robin Beatty-Smith, 717-848-3610, ext. 267
HOPE Support Group (Help for Oncology Problems & Emotional Support)	Support and educational group for southern York County. Focuses on cancer education & emotional needs of patients & their families.	2nd Wednesday of each month. For more info, call the HOPE office at 717-227-2824
INSPIRE—Brain Injury & Stroke Survivors and Family	Support group for brain injury & stroke survivors and their caregivers. Share your story & recovery, receive encouragement & support, and engage in activities.	3rd Tuesday of each month, 6-7:30 p.m. Activity Room (2nd floor), WellSpan Surgery & Rehabilitation Hospital, 55 Monument Rd., York Haley Smith, 717-812-6476, hsmith10@wellspace.org or Lauren Ruth, 717-812-6475, lruth2@wellspace.org
Living Well with Parkinson's	Support group for participants to share information, discuss triumphs and concerns, and problem-solve common difficulties. Speakers present topics related to Parkin-	1st Wednesday of each month, noon to 1 p.m. Conf. Rm 211, WellSpan Adams Health Ctr, Gettysbg. Jennifer Haines, PT, 717-339-2620, jhaines2@wellspace.org
Transplant Support Group	Presented by the Care Management and Social Service Department.	4th Monday of each month, 7-9 p.m. Location: Suite 193, Apple Hill Medical Center, York. Contact: Dwight Johnson, 717-764-2320

Selected York Libraries Resources on Resilience and Coping with Illness and Injury

- Amen, D. *The End of Mental Illness: How Neuroscience is Transforming Psychiatry and Helping Prevent or Reverse Mood and Anxiety Disorders, ADHD, Addictions, PTSD, Psychosis, Personality Disorders, and More.*
- Groopman, J. *The Anatomy of Hope: How People Prevail in the Face of Illness.*
- Jackson, V. *Living with Cancer: A Step-By-Step Guide for Coping Medically and Emotionally with a Serious Diagnosis.*
- Kabat-Zinn, J. *Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness.*
- Larson, E. *Enlightened Aging: Building Resilience for a Long, Active Life.*
- Lipman, F. *How to Be Well: The Six Keys to a Happy and Healthy Life.*
- Marinella, S. *The Story You Need to Tell: Writing to Heal from Trauma, Illness, or Loss.*
- McGonigal, J. *Super Better: A Revolutionary Approach to Getting Stronger, Happier, Braver, and More Resilient.*
- Pataki, A. *Beauty in the Broken Places: A Memoir of Love, Faith, and Resilience.*
- Reiss, M. *Lessons in Loss and Living: Hope and Guidance for Confronting Serious Illness and Grief.*

For more resources, check the online catalog at yorklibraries.org/ or call your local library.

The Summer Read Project is a community partnership of WITF's Transforming Health, Aligning Forces for Quality-South Central PA and over 80 South Central & Central PA library systems with additional support from WellSpan Health & Capital BlueCross.

