



## Book to Action 2021 Case Study

### Library: Sacramento Public Library

#### Book to Action 2021 Summary & Impact Reflection

*Please summarize your Book to Action 2021 public programming series. Write for an audience that has never heard of your library, your community, or the Book to Action concept. Start by introducing your library and community. Be sure to show how the Book to Action topic and titles met a specific community need or aspiration. Be sure to highlight your community partners, explain significant, innovative, or new models for public programs, and show how this program impacted your community. Limit 2-3 paragraphs.*

Sacramento Public Library serves nearly 1.4 million residents throughout the Sacramento County. Although time and trends have changed the delivery of library services over time, the Library has not changed its commitment to providing services with excellence and professionalism. Today, the Library remains the heart of the community, meeting the needs of its diverse population and responding to changing interests.

Amid the current pandemic, caring for one's mental health is incredibly important, especially for those who are caring for others. Caregiving can be very isolating and stressful without the added considerations that Covid-19 presents. Whether it's a child, parent, or friend that one is caring for, the stresses of caregiving have become compounded at this time, and caregivers often forgo self-care. Through Book to Action activities, we provide a supportive virtual environment for local caregivers to learn self-care tips, how to get connected to valuable resources, and hear from experts on topics related to caregiving during Covid-19.

#### Community Member Quotes

*Please enter 1-2 community member quotes from surveys or public comments that may be anonymized and used in future grant applications and program model sharing.*

"It gave me new insights into my own mental health and how I can be supportive of others."

"I found it very helpful to know how I might feel when stressed and what to do. For myself and others to help."

#### Impact on Professional Development

*Please summarize how participating in the Book to Action 2021 initiative impacted you and your team's professional development. As a result of participating in this program, what skills did you or your team learn? What professional takeaways would you share with others looking to improve community engagement with adults & intergenerational groups?*

The staff involved learned new skills such as networking, collaboration, and negotiation. Staff improved time management and organization skills. Due to the COVID-19 pandemic, the team learned skills required for virtual programming, such as Zoom and social media skills. It's important to keep the whole team informed of everything so that the team is informed of all changes.

**Final Words of Advice**

*What brief bit of advice (1-2 sentences) would you give to library staff members interested in coordinating a Book to Action or similar community engagement series for adults and intergenerational groups in their community?*

Plan early and develop talking points to give staff to promote Book to Action programming. Be flexible with partners and programming.

**Total # Programs:** 4

**Total Attendance at Programs:** 150

**Book to Action URL(s):** [saclibrary.org/BooktoAction](http://saclibrary.org/BooktoAction)

**Book to Action Images:**

**Please attach 1-2 images (.jpg or .png files only) that best represent your Book to Action 2021 series**

**Sample File Name: BTA 2021 San Leandro Library Image 1.jpg**

**Image 1 File Name:**

**Image 1 Caption:** BTA 2021 Sacramento Public Library Programming

**Image 2 File Name:**

**Image 2 Caption:**

**Book to Action Program Coordinator Name & Title:** Katie Ball, Special Projects Associate

**Contact:** [kball@saclibrary.org](mailto:kball@saclibrary.org)

**May others contact you with questions?**     Yes     No

# Book to Action

**Registration required. Visit [saclibrary.org/events](http://saclibrary.org/events) and find the event to register**



## **COVID-19 & Caregiving with Alzheimer's Association**

**11a.m on Tuesday, May 4**

This program provides simple tips caregivers can put in place whether the person living with dementia lives at home, in a residential facility, or care providers are coming into the home.



## **Mental Health Support with NAMI Sacramento**

**3p.m on Tuesday, May 11**

When a friend or family member develops a mental health condition, it's important to know that you're not alone. Family members and caregivers often play a large role in helping and supporting the millions of people in the U.S. who experience mental health conditions each year.



## **Caring for the Caregiver with Health Net**

**5 p.m on Tuesday, May 18**

Self-care is critical for those who are caring for a family member, friend, or neighbor. Learn strategies to reduce stress, and care for your heart, mind, body, and soul while you care for others.



## **Author Presentation with Laura Van Dernoot Lipsky**

**5 p.m on Tuesday, May 25**

Laura has helped caregivers worldwide keep themselves emotionally, psychologically, spiritually and physically healthy in the face of overwhelming times. In this conversation, we'll visit very concrete strategies on how to sustain ourselves, individually and collectively.

For more information on Book to Action visit [saclibrary.org/ BookToAction](http://saclibrary.org/BookToAction)