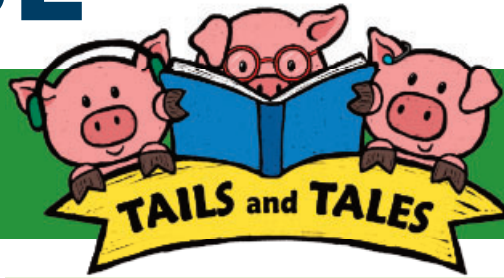


2021 Summer Reading Program
June 1 - July 31
Sign-up begins Monday, May 10!



Babies to adults can win prizes for reading! We're also planning in-person and virtual events, including some of your favorite performers!

Living Your Best Life

With the right therapy and approach, pain and Parkinson's can be tamed

As we grow older, health issues often mount and make life more challenging. It's why we sometimes hear our elders say, "It's no fun growing old" or "You have to be strong to grow old."

Two virtual library programs this spring will address health issues that while they might not be cured, they can be helped by better diagnoses and better therapy.

Dr. Read Wall, director of the Freudenthal Home-Based Healthcare's physical therapy services, will present the program "Pain: A Conversation That Will Change Your Life" at 10 a.m. Thursday, March 11, via a Zoom meeting. To register, go to March 11 on the library calendar at events.rhcl.org/events.

Pain is triggered by the nervous system responding to a threat on the body and can be classified in three categories, Wall said. One type comes from an acute injury,

while a second cause is that a nerve has been aggravated by an injury, a lack of blood to it or a lack of movement.

The third type is when the nervous system misinterprets the pain's cause. An old injury, for example, may continue to hurt years later and is accepted as being the cause of the pain, Read said. But the pain could be tied to other health and emotional issues. Physical and occupational therapy can help the body grow stronger and adjust to pain so that over time it eventually goes away.

Stephanie Stewart, executive director of the Freudenthal Center for Parkinson's Disease, will speak about living with the disease in a Zoom meeting at 10 a.m. Tuesday, April 6. Sign up at events.rhcl.org/events.

Stewart became impassioned about working with people with Parkinson's in 2018 when, in her role as an associate professor of nursing at Missouri Western State University, she attended a conference to improve nursing care for people with Parkinson's.

She learned how vital it was for people with Parkinson's to stay active. Exercise for them, she said, "is like medicine."

Stewart teamed up with Dr. Maureen Raffensperger, director of Missouri Western's physical therapist assistant program, and Tara Patterson, who owned the former Title Boxing, because boxing is a good exercise for people with Parkinson's.

Stewart's goal of providing free exercise classes grew into a desire to "offer a holistic program that could help people with Parkinson's disease live a high quality of life in spite of the disease."



Play It Again, Sam

Electronic resources have evolved and deserve a second look

If you tried e-books or e-audio years ago and decided it was not for you, then you need to take another look. If we all said no after trying something just once, no one would eat spinach or watch Jim Carrey movies. Trust me, some things need time to be appreciated.

When e-books first became available, devices were dedicated just for this purpose, like the Kindle or the Kobo or the Nook. They often had monochrome screens without backlighting because there was this idea that people wanted to read in the full sunshine. (Note: Readers do not love sweating, either when holding devices or paper books.)

It was even worse if you wanted to listen to an audiobook. You had to download multiple files to a computer and then transfer them to your listening device, like an iPod or Zune or Sansa. More often than not, you could not get the right file type for your device or the downloading and transferring corrupted the files. You had to really want it to stick with it.

Now, almost all of us carry a miniature computer in our pockets with bright colorful screens lit from within. You don't need a computer in-between, just an app and an account. You can adjust almost everything from text size to

background color to playback speed. Title selection is much better than it was. Downloads are fast, and you can return a title early when you are done. No file transfers are required for e-audio, just download and start listening. And if you finish a book unexpectedly, you can get another one right away even if it is sub-zero temperatures outside and your car won't start. You can stream videos on your phone as well with your library account. Movies and TV shows are available from Hoopla, and recorded concerts from Qello or shows from Australia and Great Britain on AcornTV.

Just like any new technology, at first it might be clunky and awkward but later it gets better. Now is the best time to give e-books and e-audio another try. Even though our library branches are open and we miss all of you terribly, we would rather see people stay safe and healthy. Get your phone or tablet, download one of the apps, and pretend like it is your first time trying an e-book or e-audio. I guarantee you will be pleasantly surprised.

Michelle Mears, *Rolling Hills Library Director*
mmears@rhcl.org

Other ways to reach and follow us

Text the library at **816-287-9828** using these keywords, and we'll help with your account:


Status for account information **Renew all** to renew everything on your account

Renew due to renew overdue items **Help** for a list of available commands
or text anything else to start a conversation with a librarian.

 www.goodreads.com/group/show/397463-rolling-hills-library

 facebook.com/RollingHillsLibrary

 twitter.com/RollingHillsLib

 www.instagram.com/Rolling_Hills_Library

 www.pinterest.com/rollinghillslib

Browse

a quarterly publication from Rolling Hills Library that is sponsored by the Friends of Rolling Hills Library

Rolling Hills Library

www.rhcl.org

Belt Branch

1904 N. Belt., St. Joseph
816-232-5479
HOURS: 9-8 Mon-Sat
12-6 Sun

Savannah Branch

514 W. Main, Savannah
816-324-4569
HOURS: 9-7 Mon-Fri
9-5 Sat/12-5 Sun

Business Office

1912 N. Belt, St. Joseph
816-236-2106

Bookmobile & Outreach

1912 N. Belt, St. Joseph
816-205-7100

Michelle Mears

Library Director

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The board generally meets at 5:30 p.m. on the fourth Tuesday of each month.

Friends of the Library

The Friends support the library through volunteer and fund-raising efforts. The Friends board meets monthly.

Rolling Hills Library Foundation

The Foundation strives to provide financial support for large endeavors and future growth of the library by seeking substantial gifts from patrons and supportive foundations.

This annual report reflects the activities of Rolling Hills Consolidated Library, serving Andrew and Buchanan counties, for the 2020 calendar year and the fiscal year ending June 30, 2020.

Just like everywhere around the world, COVID-19 had a major impact on the operations of the library in 2020. All locations closed from mid-March to the end of May, but we came back in April with curbside pickup and E-cards, which remain popular services even after reopening.

Virtual Programs and Other Adaptations

Library staff quickly pivoted library services to what could be offered safely. Storytime videos were posted on Facebook, and book clubs went online to discuss titles. Zoom was used for live, virtual programs and to offer Virtual Meeting Rooms to the public, which gave them longer meeting times and more controls compared to the free Zoom account anyone could get. Summer Reading Program 2020 had the theme “Imagine Your Story” and switched gears to become a virtual program. We mailed out or prepared pickup bags with all the information needed for kids and adults and had 847 people participate from June to August.

All locations reopened on May 26th with regular hours, 7 days a week. Limits were put on the length of visits (30 minutes) and a mask requirement was added. Returned items were put into a limited quarantine before being checked in. All in-person programs were cancelled for the remainder of the year as the virus surged again in the fall. Meeting rooms were needed for quarantine and furniture storage, so no room reservations were allowed.

Community Outreach and the Bookmobile

Our bookmobile also had to reduce services as schools closed and senior care centers locked down and barred any deliveries or visitors. Books by mail to STAR members increased, and staff made frequent personal phone calls to all participants to check on them and let them know we were thinking about them.

Looking to the Future

We hope to begin in-person programming by mid-2021. Our expanded hours at both branch locations began in January 2020, adding 292 hours of service annually that we did not get to fully implement due to the virus. Use of e-books, e-audio, and streaming video went up 45% in 2020, and we hope to continue these increases as more people learn about our digital offerings. Rolling Hills Library is committed to providing outstanding library services both in-person and online to our community of users, wherever they may be.

Prepared by: Michelle R. Mears, Library Director

Mission: To Engage the Community in Literacy and Life-Long Learning!



BY THE NUMBERS

FY 2020 Revenue

| | |
|------------------|-------------|
| Local Tax Income | \$2,902,672 |
| State Aid | \$35,849 |
| Grants | \$2,186 |
| Donations | \$34,113 |
| Rental Income | \$46,514 |
| Other | \$210,174 |

TOTALS \$3,231,508

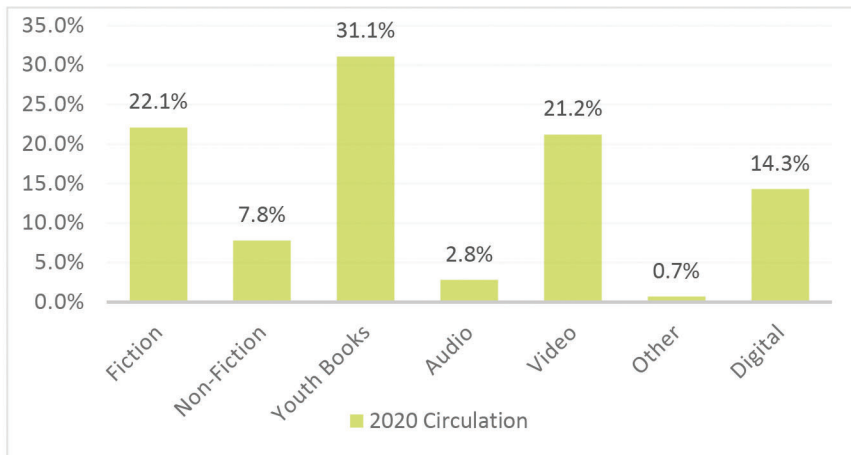
FY 2020 Expense

| | |
|----------------------------|-------------|
| Personnel & Benefits | \$1,224,044 |
| Collection/Materials | \$333,820 |
| General Operations | \$446,352 |
| Building Operations | \$151,025 |
| Other/Capital Improvements | \$242,840 |

\$2,398,081

Figures from Fiscal Year 2020, from July 1, 2019, to June 30, 2020. Audit completed January 26, 2021, by CliftonLarsonAllen LLP of St. Joseph, MO.

Statistics reported are for the calendar year ending December 2020.



Population of Service Area: **41,428**
 Active Registered Borrowers: **19,271**
 2020 Circulation (Physical & Digital): **326,017**
 Library Collection: **162,360**
 Number of Reference Transactions: **2,426**
 Computer Usage: **12,124**
 Number of Programs Offered: **184**
 Program Attendance: **1,645**
 Bookmobile & Outreach Stops: **328**
 Meeting & Study Room Usage: **493**

101,574
LIBRARY VISITS

OVER 12,000
public computers sessions

MORE THAN 279,000
items checked out

46,730 e-BOOKS, e-AUDIOS, & VIDEOS
downloaded, up 45%!

184 Live & 131 Virtual
LIBRARY PROGRAMS

Total Value of FY2020 Library Programs & Services:
\$5,908,687

Every tax dollar invested =
\$2.85 RETURN ON INVESTMENT



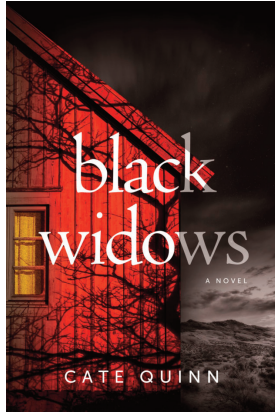
Plant Something New!

4-H field specialist Cindy Wells will help youths ages 10 and older try out their green thumbs by planting seeds using supplies provided by the library in this two-part Zoom program. Register at events.rhcl.org/events.
10 a.m. Tuesday, March 23, and Thursday, March 25, Virtual Branch

Mystery Meetings

Murder at the Library club members able to meet authors via Zoom programs

Rolling Hills Library has three monthly book clubs – Novel Ideas, Cover to Cover and Murder at the Library – that are offered virtually now for members to discuss the books they’ve read. But one has an added benefit – a chance to hear from the authors themselves.



The death of a polygamist, the disappearance of a burgeoning mystery queen, and who would use murder to frame a gentleman sleuth are the topics of the next three books for the Murder in the Library Virtual Book Club.



with his three wives who only have their husband in common. When he turns up dead, the three become suspects with the police and each other.

On Wednesday, April 28, the club will hear from Marie Benedict about **The Mystery of Mrs. Christie**, which is a novelization of Aga-

It’s really no mystery what the online-only Murder at the Library Book Club reads – whodunits and thrillers.

The club is sponsored by Baker and Taylor, the book distributor to schools and public libraries including Rolling Hills. The company provides access to digital versions of the books each month and organizes the national author webinars. When each webinar ends, members of the library club have their own Zoom meetings. To participate, library users must register at events.rhcl.org/events to receive the Zoom invitations.

British author Cate Quinn’s new book **Black Widows** will be discussed Wednesday, March 24, with her Zoom meeting at 6 p.m. and the local Zoom call at 7 p.m. Digital versions of the book can be checked out using Axis360 or SimplyE at <https://rhcl.org/digital-library>.

Quinn is a bestselling author who writes under the name C.S. Quinn in the United Kingdom. **Black Widows** is the tale of a polygamist who lives on a Utah homestead

tha Christie’s true-life disappearance in 1926 just before she found mystery-writing greatness.

Shanghai Secrets, the ninth book in author Sulari Gentill’s Rowland Sinclair series, is the focus on Wednesday, May 26. In this new episode, Sinclair runs into trouble on a trip to Shanghai when a girl is found dead in his suite.

As for the Novel Ideas and Cover to Cover book discussion groups, they will meet by Zoom through the spring. Participants need to register at events.rhcl.org/events.

Cover to Cover meets at noon Wednesday, March 17, to discuss **The Only Woman in the Room**; at noon Wednesday, April 21, to discuss **Behold the Dreamers**; and at noon Wednesday, May 19, to review **The Book of Unknown Americans**.

Novel Ideas will meet at 6:30 p.m. Tuesday, March 23, to review **7½ Deaths of Evelyn Hardcastle**; at 6:30 p.m. Tuesday, April 27, to discuss **Hillbilly Elegy**; and 6:30 p.m. Tuesday, May 25, to discuss **The Family Upstairs**.

To coin a phrase: The date of our money program is no coincidence

Numismatics is the study and collecting of coins and money – *bet you two bits you didn’t know that fancy word* – and the library will celebrate National Coin Week (April 18-24) with a virtual program at 4 p.m. Tuesday, April 20.

The experts from Kristen’s Coin and Jewelry will provide an introduction to collecting, discuss some of the rare coins



they have and take your questions about what to look for when collecting and the coins or paper money you have gathered.

Registration is required so the library can email you the link to attend this Zoom meeting. Register online at events.rhcl.org/events and search for the program’s date on the library calendar.

This Green Cake is Golden

Recipe lets you make a St. Patrick's Day dessert as green as you want it to be

The Cake Lady is going green in recognition of St. Patrick's Day and in hope that a thaw is coming after a brutal February. If you want a greener cake, add a few extra drops of food color to the filling until you have the desired color.

Key Lime Pie Poke Cake

Cake:

- 1 box white cake mix
- 1¼ cups water
- 1 tablespoon vegetable oil
- 4 eggs

Key lime filling:

- 1 can sweetened condensed milk (not evaporated)
- ¾ cup whipping cream
- ½ cup key lime juice or regular lime juice
- 1 teaspoon grated lime peel
- 4 drops yellow food color
- 1 drop green food color

Frosting:

- 1 container whipped vanilla frosting

2 teaspoons grated lime peel

Garnish with fresh strawberries or key lime slices if desired

Heat oven to 350 degrees. Spray bottom only of a 13x9-inch pan with baking spray with flour.

In large bowl, beat cake ingredients with electric mixer on low for 30 seconds then on medium for 2 minutes, scraping bowl occasionally. Pour into pan.

Bake 27-33 minutes or until toothpick inserted in center comes out clean. Cool 5 minutes. With handle of a wooden spoon (¼ to ½ in diameter) poke holes almost to the bottom of the cake every ½ inch, wiping handle occasionally to reduce sticking.

In medium bowl, stir together filling ingredients (mixture will thicken). Pour over cake, spread evenly over surface, working back and forth to fill holes. (Some filling will remain on top of cake.) Refrigerate one hour.

Spread frosting over cake and sprinkle with lime peel. Add garnish if needed.



Information about all library programs can be found at rhcl.org.

St. Joseph, Mo. 64506
1912 N. Belt
Administrative Office
Newsletter Sponsor

