

# What's Upstairs?

*Reference at the Framingham Public Library*

## Explore Our New Health Database

The *Natural Standard* collection of databases provides high quality, evidence based information about complementary and alternative health therapies, such as herbs, acupuncture, diets and dietary supplements.

The use of complementary and alternative medicine has grown in recent years, with patients spending more than \$58 billion annually on natural products and integrative therapies. Validated research on alternative therapies such as herbs and functional foods can be difficult to find.



Evidence-based and peer-reviewed research is collected and arranged into easy-to-use databases and interactive tools. Natural Standard is a full-text source, and contains additional references to the primary literature.



Use this valuable resource to screen for possible adverse effects, interactions, learn about treatment options for various conditions, look up brand name product information or use the alternative medicine dictionary.

This database is accessible at the library and remotely. Multiple reading levels and English and Spanish content is provided. Go to our web site [www.framinghamlibrary.org](http://www.framinghamlibrary.org) and click on **Databases & Articles**, scroll down to find *Natural Standard*.



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Holiday time is here!  
Click here:

<http://allrecipes.com>

And search "turkey"  
for all your turkey  
roasting needs!

Find holiday cook-  
books at 641.56



### Did you know...

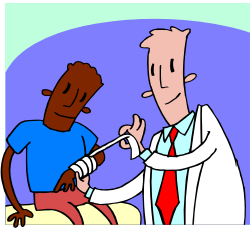


The Federal Reserve's new rules for credit cards also provides important protections when you purchase or use gift cards. Here are some key changes that apply to gift cards sold on or after August 22, 2010:

[http://www.federalreserve.gov/consumerinfo/wyntk\\_giftcards.htm](http://www.federalreserve.gov/consumerinfo/wyntk_giftcards.htm)

## News About Health Care

In March of 2009 the Federal government enacted major new health care legislation. The terms of the Affordable Health Care Act will become law on a staggered schedule over multiple years. Some of the provisions already in effect include access to health insurance for uninsured Americans with previously existing conditions. Extension of health care coverage is now mandated on family plans for young adults up to age 26 if coverage is not otherwise available to them.



New insurance plans will be held to new standards such as coverage of certain preventative procedures without charging co-pays or deductibles. Financial incentives were introduced for training primary care physicians and nurses.

Effective January 1, 2011, seniors who reach the coverage gap for prescription drugs will receive a discount on certain brand name prescription drugs. Annual well-

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ness visits and personalized prevention plans for seniors on Medicare become available. The Community Care Transitions Program will help high risk Medicare beneficiaries who are hospitalized avoid unnecessary readmissions by coordinating care and connecting patients to services in their communities.



For more information go to [www.healthcare.gov](http://www.healthcare.gov) or check out The New Health Care System: Everything you need to know by David Nather 362.1 Nather

## Get Involved in Your Community

As we begin the holiday season enjoying family and friends, remember that there are many in our community less fortunate. One way of helping others and giving back to the community is to donate time, food, or money to food pantries or soup kitchens; they rely on the generous support of people like us during this holiday season and throughout the coming year to feed those in need of a good meal. Contact local soup kitchens, pantries and shelters to ask what they need most.

Hope Worldwide New England - groceries  
113 Irving Street (moving shortly to the former Civic League Building)  
Framingham 508.904.0653 or  
508.788.3663

Salvation Army – groceries and meals  
35 Concord Street  
Framingham 508.875.3341

St. Bridget's Food Pantry  
15 Wheeler Ave.  
Framingham 508.879.4271

Grace House - groceries and meals  
20 Beech Street  
Framingham 508.270.7555

Natick Service Council Food  
Pantry  
2 Webster Street  
Natick 508.655.1791

A Place to Turn—food  
99 Hartford Street  
Natick 508.655.8868

