

Cumberland County Libraries to Participate in 2020 Summer Read

Mechanicsburg, PA – Cumberland County libraries are participating in Transforming Health's Eighth Summer Read. "Option B: Facing Adversity, Building Resilience, and Finding Joy" by Sheryl Sandberg and Adam Grant is a powerful, inspiring, and practical book that focuses on building resilience and moving forward after life's inevitable setbacks.

All summer long, readers throughout Central Pennsylvania are encouraged to check the book out from their local library and talk about it with friends, family, coworkers, book discussion groups, and beyond. More than 80 libraries, including Cumberland County's Amelia Givin, Bosler, Coy, East Pennsboro Branch, Fredricksen, John Graham, New Cumberland, and Simpson, are participating. "This collaboration is a perfect fit for libraries as a PA Forward Health Literacy initiative," noted Karen Hostetter, library liaison for the Summer Read. "The goal is to connect our readers to resources that help them take charge of their own and their families' well-being."

"We've all experienced so much stress this year," said Cara Williams Fry, WITF Senior Vice President and Chief Content Officer. "The 2020 Summer Read is inspirational with a special focus on behavioral health and mental resiliency. Working in partnership with Central PA library systems, we'll help make both hard and digital copies of the Summer Read available to library systems throughout the mid-state."

Book discussions and related events will be held online this year. Online book discussions will be presented throughout the summer months. "Cumberland County libraries are on board for 'A Summer Read,'" stated Carolyn Blatchley, executive director of the Cumberland County Library System. "All of our libraries are open, at least for curbside pickup, and we have multiple copies of 'Option B: Facing Adversity, Building Resilience, and Finding Joy' ready to be checked out. Also, our libraries' Summer Read events can be found at www.cumberlandcountylibraries.org."

Participants in "A Summer Read" will have the chance to win an autographed copy of the book and hear the authors speak at an online event to be held in the fall. Thirty winners will be chosen from submitted surveys. Visit transforminghealth.org for details.

The Cumberland County Library System (CCLS) in Pennsylvania has seven local libraries, one branch facility, a system administrative office, and a non-profit foundation. The library system provides service to more than 250,000 people in Cumberland County, PA and a small portion of Franklin County, PA.

