Cancer Supportive Care Program

*Living With, Through, and Beyond Cancer*

Calendar of Services

July–December 2018

Vea adentro las clases que se ofrecen en español.
A little help can go a long way. The Cancer Supportive Care Program is here to help you feel prepared and confident to heal the mind, body and spirit. We are here to partner with you before, during and after treatment.

Contact Us

Talk or meet with a nurse to find out what might be a good program for you. Services are free and open to all cancer patients.

**Stanford Cancer Center**
875 Blake Wilbur Drive
Palo Alto, CA 94305
650-725-9456

**Stanford Cancer Center South Bay**
2589 Samaritan Drive
San Jose, CA 95124
669-233-2807

Email: CancerSupportiveCare@StanfordHealthCare.org
Website: [www.stanfordhealthcare.org/CancerSupportiveCare](http://www.stanfordhealthcare.org/CancerSupportiveCare)
Online calendar: [www.calendarwiz.com/care.](http://www.calendarwiz.com/care.)
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Legend

Supportive Care Programs are offered throughout the Bay Area and online. Find a class or service near you by following the icons.

- Stanford, Palo Alto, Menlo Park, and Redwood City
- San Jose, Los Gatos, and Santa Clara
Beyond Stress and Anxiety: how stress affects the body and what you can do to manage it

Presenter: Maria Juarez-Reyes MD, PhD, Clinical Assistant Professor, Medicine - Primary Care and Population Health at Stanford

Stress is common. Learn how the body responds to stress and causes physical symptoms such as: fatigue, headache, stomach pain, sleep, and mood disturbances. Tools for stress management like exercise and mindfulness will be discussed.

August 27, 2018
6:30 pm – 8:00 pm

Redwood City Downtown Library
1044 Middlefield Road
Community Room
Redwood City, CA

Registration required. Call 650-725-9456.

Sleep and Cognition: bedmates in cancer

Presenter: Sheila Lahijani MD, Assistant Clinical Professor of Psychiatry and Behavioral Sciences at Stanford

Many cancer patients have sleep problems. Sleep is needed for good health. Dr. Lahijani will talk about sleep disorders cancer patients may have and how they affect cognition.

October 17, 2018
6:30 pm – 8:00 pm

Stanford Health Library
211 Quarry Road
2nd Floor, Suite 201
Palo Alto, CA

Registration required. Call 650-725-9456.

Adolescent & Young Adult Cancer Services

The Stanford Adolescent and Young Adult (SAYAC) Program provides a holistic approach for adolescents and young adults ages 15-29 with all types of cancer. For more information on workshops and programs, visit stanfordchildrens.org/en/service/adolescent-young-adult-cancer

Brave Beauty in the Face of Cancer

This 90-minute class teaches soothing skincare routines and quick fix makeup tricks to help restore glow, and appearance of brows and lashes that may be affected by cancer treatment. For more information, call 650-725-9456 or visit sephorastands.com/classes_for_confidence/
Cancer Clinical Trials at Stanford

Stanford conducts research called clinical trials, to evaluate new approaches to cancer treatment.

Call: 650-498-7061
Email: ccto-office@stanford.edu
Website: cancer.stanford.edu/trials

Financial Assistance

Financial counselors are available to meet with you to discuss healthcare expenses.
Call 650-498-2900.

Health Information

Finding current, reliable health information on the internet requires knowledge and skill. Meet with a Stanford Medical Librarian to learn good research techniques and sources of trustworthy information online.

Call with questions or to schedule a one-on-one appointment with a Medical Librarian.

Stanford Cancer Center
Health Library
875 Blake Wilbur Dr., Palo Alto
Call 650-736-1960.

Stanford Cancer Center South Bay
Health Library
2589 Samaritan Drive, 3rd Floor, San Jose
Call 408-353-0197.

Look Good...Feel Better

Learn techniques to reduce the appearance-related side effects of cancer treatment. This American Cancer Society service is open to female cancer patients in active treatment.

July 16, September 17, November 19
1:00 pm – 3:00 pm

Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto
Registration required. Call 650-725-9456.

Wig Bank

Wigs are available for women undergoing cancer treatment. In partnership with the American Cancer Society, an experienced Stanford volunteer is on hand to personally assist in wig selection.

Second Thursday of the month
11:00 am – 2:00 pm

Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto
Registration recommended, walk-ins welcome.
Call 650-725-9456.
**Caregivers Workshop**

Helping a loved one through cancer treatment can be stressful. The Caregiver Workshop gives caregivers and family members skills and resources to help.

**July 26 and October 18**
5:00 pm – 7:00 pm

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, CC2105, Palo Alto

Registration required. Call 650-725-9456.

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**September 25 and December 11**
5:00 pm – 7:00 pm

◆ Stanford Cancer Center South Bay
2589 Samaritan Drive, 3rd Floor
Room 3300B, San Jose

Registration required. Call 669-233-2807.

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**Healing Touch**

Healing touch is a research-based therapy that uses gentle hand techniques by trained practitioners. It provides relaxation and stress reduction to manage the side effects of chemotherapy and radiation therapy.

**Every Monday and Thursday**
5:30 pm, 6:30 pm, and 7:30 pm

◆ Hoover Pavilion
Center for Integrative Medicine
211 Quarry Road, 2nd Floor, Palo Alto

Registration required. Call 650-725-9456.

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**Knitting with Friends**

The repetitive rhythm and movement of knitting and crocheting can be relaxing for the mind and body. No experience is necessary, and supplies are provided for beginners. If you are an experienced knitter, bring your projects and knit with friends.

**Every Wednesday**
11:00 am - 1:00 pm

*No meeting: 7/4, 9/5, 11/21, 12/26, 1/2/19*

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd floor, waiting area by elevator
Palo Alto

No registration necessary, just drop in.

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**Lymphedema Workshop**

Learn what causes lymphedema, the early signs and symptoms, and how to decrease your risk.

**Second and fourth Mondays of the month**
2:00 pm – 3:00 pm

*No class: 12/24*

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto

Registration required. Call 650-725-9456.

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**Offered on a day, time, and location near you.**

Call 650-725-9461.
Managing & Understanding Your Chemotherapy

Are you or someone you care for about to start chemotherapy for the first time? An experienced oncology nurse provides up-to-date information about chemotherapy, biotherapy, and immunotherapy along with a tour of the infusion center.

**Every Monday and Thursday**
2:00 pm – 3:30 pm

*No class: 9/3, 11/22, 12/24, 12/31*

- **Stanford Cancer Center**
  875 Blake Wilbur Drive
  2nd Floor, Room CC2104, Palo Alto

Registration recommended, walk-ins welcome. Call 650-725-9456.

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**Mindfulness Meditation**

Receive instruction and guidance in Mindfulness Meditation. This a blend of ancient wisdom traditions and modern neuroscientific research, providing proven benefits in reducing stress and anxiety. No prior experience necessary.

No registration necessary, just drop in.

**Every Tuesday**
3:30 pm – 4:30 pm

*No class: 7/3, 9/4, 11/20, 12/25, 1/1/19*

- **Redwood City Outpatient Center**
  450 Broadway Pavilion B
  3rd Floor, Room B35, Redwood City

Registration required. Call 650-724-6140.

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Herramientas Para Entender y Manejar Su Tratamiento Para el Cáncer

Esta clase ayudará a los pacientes a entender los posibles efectos secundarios de los medicamentos que reciben, así como a aprender técnicas útiles para asegurar que su experiencia con la quimioterapia sea eficaz y manejable. Una enfermera de habla hispana estará disponible todos los martes.

**Todos Los Martes**
5:00 a 6:30 p.m.

- **Redwood City Outpatient Center**
  450 Broadway Pavilion B
  3rd Floor, Room B35, Redwood City

Llame para registrarse: 650-724-6140

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**Mindfulness Meditation**

Receive instruction and guidance in Mindfulness Meditation. This a blend of ancient wisdom traditions and modern neuroscientific research, providing proven benefits in reducing stress and anxiety. No prior experience necessary.

No registration necessary, just drop in.

**Every Tuesday**
3:30 pm – 4:30 pm

*No class: 7/3, 9/4, 11/20, 12/25, 1/1/19*

- **Stanford Cancer Center South Bay**
  2589 Samaritan Drive
  3rd Floor, Room 3300B, San Jose

Registration required. Call 669-233-2807.

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Every Thursday
2:00 pm – 3:00 pm

*No class: 7/5, 9/6, 11/22, 12/27, 1/3/19*

- **Stanford Cancer Center South Bay**
  2589 Samaritan Drive
  3rd Floor, Room 3300A, San Jose
Nutrition Class  
For NEW Cancer Patients
If you are interested in learning more about nutrition as you begin treatment, this class is for you! A cancer dietitian will teach you about nutrition-related side effects from cancer treatment. This class is for patients who have been diagnosed in the last 3 months or are less than 2 weeks into their cancer treatment. Patient and caregivers are welcome to attend together.

First and third Thursday of the month
12:30 pm - 1:30 pm
No class: 7/5, 9/6, 1/3/19

◆ Stanford Cancer Center  
875 Blake Wilbur Drive  
2nd Floor, Room 2104, Palo Alto

Registration required. Call 650-725-9456.

Second and fourth Tuesday of the month
12:30 pm - 1:30 pm
No class: 12/25

❖ Stanford Cancer Center South Bay  
2589 Samaritan Drive  
3rd Floor, Room 3300, San Jose

Registration required. Call 669-233-2807.

The Radiation Therapy Experience
We understand that the news of needing radiation treatment can be frightening and stressful. Your radiation therapy team is here to ease your mind, guide you, and answer all your questions about the process.

Every Thursday
5:00 pm – 6:30 pm

❖ Stanford Cancer Center South Bay  
2589 Samaritan Drive  
3rd Floor, Room 3300B, San Jose

Registration required. Call 669-233-2807.

Scarf Tying Class
This class will demonstrate techniques for head scarf tying. Bring your own scarf from home to practice with during class.

July 25, 2018
1:00 pm – 2:00 pm

◆ Stanford Women’s Cancer Center  
Helen Salzman Boutique  
900 Blake Wilbur Drive, 1st Floor  
Palo Alto

Registration required. Call 650-725-9456.

October 17, 2018
1:00 pm – 2:00 pm

❖ Stanford Cancer Center South Bay  
2589 Samaritan Drive  
3rd Floor, Room 3300B, San Jose

Registration required. Call 669-233-2807.
Singing For Your Soul
A monthly singing gathering for Korean speaking cancer patients, their families, and caregivers regardless of age and religion.

**First Wednesday of the month**
2:00 pm – 3:30pm

*No class: 7/4*

**Seoul Books**
1082 E El Camino Real
Sunnyvale

No registration necessary, just drop in. For questions please call Chaplain Yona Park at 408-966-1149.

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**The Stanford Storybank**
*Created in Partnership with StoryCorps*

Everyone has a story. Storytelling emphasizes our shared humanity and deepens understanding of self and others. StoryCorps story is an audio-recorded 40-minute conversation between two people. Stories can be archived in the US library of Congress in Washington, DC as part of the oral history project.

The Stanford Storybank creates space for patients, families, and staff at Stanford Health Care to share their experiences, providing an opportunity for all to learn, connect, heal and inspire.

To share your story or ask questions about this project, call 650-725-9456.

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**Quit Smoking at Stanford Cancer Center**

Quitting smoking is not an easy task. The Tobacco Cessation Program at Stanford Health Care focuses on providing the latest comprehensive, individualized, evidence-based treatment to help patients quit smoking or tobacco.

For questions please call 650-498-9111 (select option 2).

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**Writing Your Cancer Journey**

This class helps patients and caregivers come to terms with the impact and meaning of cancer in their lives. Writing about your cancer experiences can help you find healing and peace. Join this safe, supportive community to write during your cancer journey. Beginner and experienced writers are welcome.

**Third Wednesday of the month**
1:30 pm – 3:00 pm

*No class: 7/18*

**Hoover Pavilion**
211 Quarry Road
2nd Floor, Conference Room 208
Palo Alto

No registration necessary, just drop in.
Exercise for Health
Weekly classes to focus on core strength, functional movement and stability. The class uses bands and an individual’s own body weight to enhance range of motion, flexibility, balance and strength.

Every Tuesday
1:30 pm – 2:30 pm
No class: 7/3, 9/4, 11/20, 12/25, 1/1/19

Samyama Yoga
2995 Middlefield Road, Palo Alto
No registration necessary, just drop in.

Gentle Pilates
Practicing core stability can improve your range of motion, reduce musculature pain, improve back strength, and increase flexibility. The mindfulness aspect of this training renews energy, reduces stress and anxiety, and rejuvenates awareness of the body, mind, and spirit. This is the first step to regaining overall physical confidence and comfort.

Every Friday
2:00 pm – 3:15 pm
No class: 7/6, 9/7, 11/23, 12/28, 1/4/19

YogaSource
16185 Los Gatos Blvd, Los Gatos
No registration necessary, just drop in.

Living Strong Living Well
A Strength and Fitness Program
This 12-week, small group program is designed for adult cancer survivors who are deconditioned or chronically fatigued from treatment or disease. Goals are to help patients build muscle mass, muscle strength, flexibility, endurance, and functional ability.

Registration required.
For program dates, location, and enrollment information, go to LSLW.stanford.edu.

Non-Impact Aerobics | NIA
This mind/body conditioning program combines martial arts, modern dance, and yoga into a workout that is set to music. It empowers patients to connect with their body, mind, emotions, and spirit.

Every Wednesday
1:15 pm – 2:15 pm
No class: 7/4, 9/5, 11/21, 12/26, 1/2

Oshman Family Jewish Community Center
3921 Fabian Way, Palo Alto
No registration necessary, just drop in.
Personal Exercise Plan
Experienced and certified exercise specialists are available to meet with you to develop an exercise plan. Sessions are one-hour and follow-up phone calls are included.

**Every Thursday**
10:30 am, 11:30 am, and 12:30 pm

◆ **Stanford Cancer Center**
  875 Blake Wilbur Drive
  1st Floor Desk, Palo Alto

Registration required. Call 650-725-9456.

**Every Wednesday**
11:30 am and 12:30 pm

◆ **Stanford Cancer Center South Bay**
  2589 Samaritan Drive
  3rd Floor, San Jose

Registration required. Call 669-233-2807.

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Tai Chi
Tai Chi is a slow, graceful and rhythmic exercise. It stretches and tones the body, increases strength, flexibility, and balance, and helps reduce stress and anxiety. The step-by-step teaching makes it easy to learn and follow. The friendly and positive atmosphere will help you achieve the goals of finding peace of mind and harmonizing internal energy.

No registration necessary, just drop in.

**Every Monday**
1:45 pm – 3:15 pm

No class: 7/2, 9/3, 11/19, 12/24, 12/31

◆ **YogaSource**
  16185 Los Gatos Blvd., Los Gatos

**Every Thursday**
12:00 pm –1:00 pm

No class: 7/5, 9/6, 11/22, 12/27, 1/3/19

◆ **Ladera Oaks**
  3249 Alpine Road, Portola Valley
Yoga

Yoga is a total body conditioning activity. It can increase mobility and range of motion, improve circulatory flow, and relieve muscular tension. These classes are for students who can get on the floor without help.

No registration necessary, just drop in.
For questions, please call 650-725-9456.
See back cover for holiday closures.

Every Monday 1:30 pm – 2:45 pm
Every Wednesday 1:30 pm – 2:45 pm
Every Thursday 1:30 pm – 2:45 pm

◆ Samyama Yoga
2995 Middlefield Road
Palo Alto

◆ YogaSource
16185 Los Gatos Blvd.
Los Gatos

Support Groups

Amyloidosis
Hosted by Northern California Amyloidosis
October 21
10:00 am-2:00 pm
◆ Stanford Cancer Center
875 Blake Wilbur Drive, 2nd Floor
Rooms CC2103-2105, Palo Alto
For questions please email
dena.heath@att.net.

Blood and Marrow Transplant Patient and Caregiver
Every Wednesday
11:00 am – 12:00 pm
No class: 7/4, 8/29, 10/31
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2104, Palo Alto
Registration preferred, drop-ins welcome.
For questions, please call 650-529-5942.

Blood Cancer Patient & Family Support
The Leukemia & Lymphoma Society sponsors and facilitates this class for the Cancer Supportive Care Program.

Second Wednesday of the month
6:00 pm – 7:30 pm
◆ Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300AB, San Jose
No registration necessary, just drop in.
For questions please call 669-233-2807.
Brain Tumor
Last Thursday of the month
5:30 pm - 7:30 pm
No meeting: 12/27
◆ Stanford Neuroscience Health Center
213 Quarry Road
Wellness Room 1511, Palo Alto
No registration necessary, just drop in. For questions please email slamb2942@gmail.com or momredwood@gmail.com.

Gastrointestinal Cancer: Liver
Rectal, Gallbladder, Colon and Esophagus Cancer
Fourth Wednesday of the month
5:30 pm - 7:00 pm
No meeting: 12/26
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Rooms CC2103–2104, Palo Alto
No registration necessary, just drop in. For questions please call 650-743-4672.

Gynecological Cancer
First and third Thursday of the month
11:00 am – 12:30 pm
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto
No registration necessary, just drop in. For questions please call 650-725-9456.

Head & Neck Cancer
First Tuesday of the month
4:00 pm – 5:30 pm
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto
No registration necessary, just drop in. For questions please call 650-223-1422.

Kidney Cancer
Second Thursday of the month
6:00 pm - 7:30 pm
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2103, Palo Alto
No registration necessary, just drop in. For questions please call 650-308-6274.

Leukemia & Lymphoma
Second Tuesday of the month
6:30 pm – 8:00 pm
◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2105, Palo Alto
No registration necessary, just drop in. For questions please call 650-308-6274.
### Lung Cancer

**First Wednesday of the month**  
11:00 am – 12:30 pm  
No meeting: 7/4

**Stanford Cancer Center**  
875 Blake Wilbur Drive  
Ground Floor, Room G109, Palo Alto

No registration necessary, just drop in. For questions please call 650-353-8571.

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### Meningioma

**September 6 and December 6**  
6:00 pm – 7:30 pm

**Stanford Cancer Center**  
875 Blake Wilbur Drive  
2nd Floor, Room CC2103, Palo Alto

No registration necessary, just drop in. For questions please call 650-725-9456.

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### Multiple Myeloma

*Hosted by Bay Area Multiple Myeloma*

**September 15**  
10:00 am - 1:00 pm

**Stanford Cancer Center**  
875 Blake Wilbur Drive  
2nd Floor, Room CC2103-2105, Palo Alto

No registration necessary, just drop in. For questions please email jackaiello@comcast.net

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### Myelodysplastic Syndromes (MDS)

**First Friday of the month**  
1:30 pm – 3:00 pm  
No class: 7/6, 12/7

**Stanford Cancer Center**  
875 Blake Wilbur Drive  
2nd Floor, Room CC2105, Palo Alto

No registration necessary, just drop in. For questions please call 650-725-9456.

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### Pancreatic Cancer

**Second Wednesday of the month**  
5:30 pm – 7:00 pm

**Stanford Cancer Center**  
875 Blake Wilbur Drive  
2nd Floor, Rooms CC2104–2105, Palo Alto

No registration necessary, just drop in. For questions please call 650-743-4672.

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### Sarcoma

**Third Thursday of the month**  
1:00 pm – 2:00 pm

**Stanford Cancer Center**  
875 Blake Wilbur Drive  
2nd Floor, Room CC2103, Palo Alto

For questions please call 650-575-6685.
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Holiday Closures & Cancellations

Programs will be closed during the following dates:

- July 1 - 7
- September 2 - 8
- November 19 - 25
- December 23 - January 5, 2019

Programs are subject to cancellation. For the most up-to-date information, please check our online calendar at www.calendarwiz.com/care.