Cancer Supportive Care Program
Living With, Through, and Beyond Cancer

Events Calendar
July – December 2019

Vea adentro las clases que se ofrecen en español.
The Cancer Supportive Care Program is here to partner with you to offer hope and personalized support for you or a loved one before, during, and after your treatment to heal your mind, body and spirit.

Call to schedule an appointment or speak to one of our Supportive Care nurses to discover which services best meet your needs. Services are free and open to all cancer patients no matter where you receive your care.

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

Email: CancerSupportiveCare@StanfordHealthCare.org
Website: www.stanfordhealthcare.org/CancerSupportiveCare

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

Contact Us

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Legend

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

- Stanford, Palo Alto, Portola Valley, and Redwood City
- San Jose, Los Gatos, and Sunnyvale
Defining Palliative Care and Dispelling Myths

Presenter: Christine Ritzo, RN, BSN
Clinical Outreach Nurse
Mission Hospice and Home Care

Palliative care is holistic symptom management for those faced with a life limiting illness. It focuses on treatment for the mind, body and soul. One of the most common myths is that when palliative support is suggested it means you will die soon. This is often far from actuality, especially if curative treatments are still an option.

August 14, 2019
6:30 pm – 8:00 pm
◆ Stanford Health Library
211 Quarry Road
2nd Floor, Suite 201
Palo Alto
Registration required. Call 650-725-9456.

Advances in the Detection and Treatment of Prostate Cancer

Presenter: Patrick Swift, MD
Clinical Professor, Radiation Oncology-Radiation Therapy, Stanford University School of Medicine

This lecture will be an overview of the most recent developments in the early detection of prostate cancer (nuclear and magnetic imaging), risk stratification algorithms, and treatment strategies for both early stage and late stage disease (radiation, surgery, advanced androgen blockade, immunotherapy).

October 2, 2019
6:30 pm – 8:00 pm
◆ Cambrian Branch Library
1780 Hillsdale Ave.
San Jose
Registration required. Call 650-725-9456.

Addressing Malnutrition During and Beyond Cancer Treatment

Presenters: Neha D. Shah MPH, RD, CNSC, CHES
Astrid Shapiro, MS, RD, CSO
Erika Connor, RD, CSO

Protein-calorie malnutrition can arise during cancer treatment when an individual is eating much less from the diet and has lost an excess amount of weight. Malnutrition can make an impact on how the individual may tolerate cancer treatment and how it can impact healing and recovery. This seminar will cover what malnutrition is, how it can arise during cancer treatment, the consequences, and treatment options to help reduce malnutrition.

December 3, 2019
6:30 pm – 8:00 pm
◆ Stanford Health Library
211 Quarry Road
2nd Floor, Suite 201
Palo Alto
Registration required. Call 650-725-9456.

Past lectures on a variety of topics can be viewed online by going to www.stanfordhealthcare.org/CancerSupportiveCare and click on Videos.
Chair Reiki
Chair Reiki sessions help you relax, reduce stress or discomfort, and decrease pain. In this technique, while sitting in a chair, the Reiki practitioner either gently puts his/her hands on your shoulders, head and upper parts of the body, or holds their hands slightly above your body in various positions to help your energy flow more easily. Reiki is very relaxing and often promotes a sense of peace and well-being.

Every Monday and Wednesday
1:00 pm - 3:00 pm

Every Thursday
10:00 am - 12:00 pm
No session: 9/2, 9/4, 9/5, 11/25, 11/28, 12/23, 12/25, 12/26, 12/30, 1/1/20, 1/2/20

◆ Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, CC2105, Palo Alto
Walk-ins welcome. Call 650-725-9456.

Healing Touch
Healing Touch is a relaxing, nurturing energy therapy provided by trained practitioners. It promotes deep relaxation, stress reduction and has been shown to reduce the side effects of chemotherapy and radiation therapy including fatigue, nausea, loss of appetite, pain, lymphedema and peripheral neuropathy.

Healing Partner
This program is personally designed for eight weekly Healing Touch sessions with the same provider while you are experiencing cancer.

For more information, or to be placed with a Healing Partner provider near you call 650-725-9461 or email csphealingpartners@stanfordhealthcare.org

Individual appointments are available if you want to discover the benefits of Healing Touch or are waiting to be placed in our Healing Partner program.

Registration required. To register, call 650-725-9456.

Every Monday and Thursday
5:30 pm, 6:30 pm, and 7:30 pm
No sessions: 7/1, 7/4, 9/2, 9/5, 11/25, 11/28, 12/23, 12/26, 12/30, 1/2/20

◆ Hoover Pavilion
Center for Integrative Medicine
211 Quarry Road
2nd Floor, Room 205, Palo Alto

Lymphedema Risk Reduction Workshop
Learn what every cancer patient needs to know about lymphedema - what causes it, the early signs and symptoms, how to decrease your risk, and what resources are available.

Second and fourth Mondays of the month
2:00 pm – 3:00 pm
No class: 11/25, 12/23

◆ Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300A, San Jose
Registration required. Call 650-725-9456.

Mindfulness Meditation
Receive instruction and practice in this blend of ancient wisdom traditions and modern neuroscientific research. Enjoy the peace and power of taking a pause in your day and learning valuable new skills that will serve you during treatment and beyond. Beginners welcome.

No registration necessary, just drop in.

Every Monday Starting 9/16/19
12:00 pm - 1:00 pm
No class: 11/25, 12/23, 12/30

◆ Redwood City Outpatient Center
450 Broadway
Pavilion B, 3rd Floor, Room B
Redwood City

Every Tuesday
3:30 pm – 4:30 pm
No class: 7/2, 9/3, 11/26, 12/24, 12/31

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

Every Thursday
2:00 pm – 3:00 pm
No class: 7/4, 9/5, 11/28, 12/26, 1/2/20

◆ Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300A, San Jose
Nutrition Information
For Newly Diagnosed 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: 7/4, 9/4

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
3:00 pm - 4:00 pm
No class: 8/13, 11/26, 12/24

Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300B, San Jose
Registration required. Call 669-233-2807.

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

July 10, 2019
2:00 pm – 3:00 pm

Stanford Women’s Cancer Center
Helen Salzman Boutique
900 Blake Wilbur Drive, 1st Floor
Palo Alto
Registration required. Call 650-725-9456.

September 18, 2019
2:00 pm – 3:00 pm

Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300AB, San Jose
Registration required. Call 669-233-2807.

The Radiation Therapy Experience
Your radiation therapy team is here to ease your mind, guide you, and answer all your questions about the radiation therapy process.

Every Thursday
5:00 pm – 6:30 pm
No class: 7/4, 11/28

Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, Room 3300B, San Jose
Registration required. Call 669-233-2807.

Understanding & Managing Your Cancer Treatment
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: 7/4, 8/12, 9/2, 11/28

Stanford Cancer Center
875 Blake Wilbur Drive
2nd Floor, Room CC2104, Palo Alto
Registration required. Call 650-725-9456.

Every Tuesday
5:00 pm – 6:30 pm
No class: 12/24, 12/31

Redwood City Outpatient Center
450 Broadway Pavilion B
3rd Floor, Room B3, Redwood City
Registration required. Call 650-724-6140.

Herramientas para entender y afrontar su tratamiento contra 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 los martes.

Todos Los Martes
5:00 a 6:30 p.m.
No habrá clase los días 24 y 31 de diciembre.

Redwood City Outpatient Center
450 Broadway Pavilion B
3rd Floor, Room B3, Redwood City
Llame para registrarse: 650-724-6140.

All Scarf Tying attendees receive a voucher for 20% off one item at the Boutique.
Exercise & Fitness

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: 7/2, 9/3, 11/26, 12/24, 12/31
◆ 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 muscular 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: 7/5, 9/6, 11/29, 12/27, 1/3/20
◆ 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 have recently become deconditioned or are chronically fatigued from their treatment and/or cancer diagnosis.

The goal of this program is to help patients build muscle mass and strength, increase flexibility and endurance, improve functional ability, and decrease fatigue. The group also provides emotional support and assists participants in developing their own physical activity program so they can continue to practice a healthy lifestyle as a way of life.

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

NIA | Non-Impact Aerobics
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: 7/3, 9/4, 11/27, 12/25, 1/1/20
◆ Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, San Jose
Registration required. Call 669-233-2807.

Every Thursday
10:30 am, 11:30 am, and 12:30 pm
No consultation: 7/4, 9/5, 11/28, 12/28, 1/2/20
◆ Stanford Cancer Center
875 Blake Wilbur Drive
1st Floor Desk, Palo Alto
Registration required. Call 650-725-9456.

Personal Exercise Consultation
Meet with an experienced and certified exercise specialist to develop an exercise plan that meets your goals and regain strength. Sessions are one hour and include one follow-up phone call.

Every Wednesday
11:30 am, 12:30 pm, and 1:30 pm
No consultations: 7/3, 9/4, 11/27, 12/25, 1/1/20
◆ Stanford Cancer Center South Bay
2589 Samaritan Drive
3rd Floor, San Jose
Registration required. Call 669-233-2807.

Every Thursday
12:30 pm and 1:30 pm
No consultations: 7/5, 9/6, 11/29, 12/27, 1/3/20
◆ Redwood City Outpatient Center
450 Broadway
Pavilion B, 3rd Floor
Infusion Treatment Center
Redwood City
Registration required. Call 650-725-9456.

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: 7/1, 9/2, 11/29, 12/27, 1/3/20
◆ YogaSource
16185 Los Gatos Blvd., Los Gatos
Every Thursday
12:00 pm – 1:00 pm
No class: 7/4, 9/5, 11/28, 12/26, 1/2/20
◆ Ladera Oaks
3249 Alpine Road, Portola Valley
Yoga

Gentle Yoga
Gentle yoga postures are introduced to improve total body conditioning, increase mobility and range of motion, improve circulatory flow, and relieve muscle tension. These classes are for students who can get on the floor without help.

Every Monday | 2:00 pm – 3:00 pm
No class: 7/6, 9/2, 11/25, 12/23, 12/30
- YogaSource
  16185 Los Gatos Blvd., Los Gatos

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

Yoga Basics for Survivors
Fundamental yoga practices such as alignment, steadiness and breathing are designed to assist survivors in rebuilding strength, awareness, grace and balance.

Every Sunday | 2:00 pm – 3:00 pm
No class: 6/29, 9/15, 11/24, 12/22, 12/29
- YogaSource
  16185 Los Gatos Blvd., Los Gatos

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

Restorative Yoga
This deeply relaxing and restful class will use restorative yoga poses done primarily on the floor with the support of bolsters, blankets, blocks and chairs. Designed to nurture, nourish and renew the body, mind and spirit.

Every Monday | 1:30 pm – 2:45 pm
No class: 7/6, 9/2, 11/25, 12/23, 12/30
- Samyama Yoga
  2995 Middlefield Road, Palo Alto

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

Support Groups

Acoustic Neuroma
November 6, 2019
5:30 pm – 6:30 pm
- Stanford Neuroscience Health Center
  213 Quarry Road
  Basement, Room 0511 Palo Alto
No registration necessary, just drop in.
For questions please call 650 725-9456.

Amyloidosis
Hosted by Northern California Amyloidosis
For support group dates, location, and registration please email dena.heath@att.net.

Bladder and Kidney Cancer
Second Thursday of the month
6:00 pm – 7:30 pm
9/12 group meets in Room CC2015
- 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.

Brain Tumor
Last Thursday of the month
5:30 pm – 7:30 pm
No group: 9/11
- 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.
Singing For Your Soul

A monthly singing gathering for Korean speaking cancer patients, their families, and caregivers regardless of age and religion.

Second Wednesday of the month
2:00 pm – 3:30 pm
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.

Adolescent & Young Adult Cancer Program
The Stanford Adolescent and Young Adult (SAYAC) Program provides a holistic approach for teens 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
Call 650-498-9404.
Email: sayac@stanfordchildrens.org
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.

Help for Parents with Cancer:
Parenting at a Challenging Time
Provided by the Stanford Cancer Institute, this program aims to help parents effectively navigate the challenges of raising children while undergoing treatment for cancer.
For questions or to set up an appointment call 650-497-8840.
Email: pactstanford@stanford.edu

HERS Breast Cancer Foundation
The mission of the HERS Breast Cancer Foundation is to support all individuals healing from breast cancer by providing post-surgical products and services regardless of financial status.
For more information visit HERSBreastCancerFoundation.org or email hersinfo@hersbreastcancerfoundation.org.

Lipstick Angels
Spa-like services are available several times a week while you receive your chemotherapy. Schedule posted weekly in the Infusion Treatment Area.
◆ Stanford Cancer Center
Infusion Treatment Area
875 Blake Wilbur Dr., 2nd Floor, Palo Alto

Palliative Care
Experts help you experience relief from the symptoms, pain, and stress of a serious illness. No matter your age or stage of your illness, they work closely with you and your doctors to help you navigate your healthcare and understand your treatment options. Their goal is to help you gain physical, emotional and psychological strength, and ensure you and your family experience the best possible quality of life. We welcome self-referral.
Call: 650-724-0385.
Website: https://stanfordhealthcare.org/medical-clinics/palliative-care.html

Quit Tobacco at Stanford Cancer Center
Quitting tobacco takes a team. The Tobacco Treatment Service at Stanford Health Care provides coaching, medication, and counseling, offering patients a single resource to help them quit smoking or tobacco. This is a free service for patients of the Stanford Cancer Center. Support is available in-person and through telemedicine.
For questions call 650-725-9456, or email SupportiveCarePrograms@stanfordhealthcare.org

The Stanford Storybank
Created in Partnership with StoryCorps
Everyone has a story. Storytelling emphasizes our shared humanity and deepens one’s understanding of self and others. StoryCorps stories are a 40-minute conversation audio-recorded 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, email cicare@stanfordhealthcare.org.

Wig Bank
In partnership with the American Cancer Society, wigs are available for women undergoing cancer treatment who are experiencing or anticipating hair loss. An experienced volunteer will 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.
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TBD: To be determined.
Holiday Closures & Cancellations

Programs will be closed during the following dates:

- June 30 - July 6, 2019
- September 1 - 7, 2019
- November 24 - 30, 2019
- December 22 - January 4, 2020

Programs are subject to cancellation. For the most up-to-date information, please check our online calendar at [www.stanfordhealthcare.org/CancerSupportiveCare](http://www.stanfordhealthcare.org/CancerSupportiveCare)