



# Neuroscience Supportive Care Program

**Calendar of Services**  
January – June 2020

[stanfordhealthcare.org/nscp](https://stanfordhealthcare.org/nscp)



**Stanford**  
HEALTH CARE



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The Neuroscience Supportive Care Program follows the Stanford Health Care standard of providing not only state-of-the-art medical care, but also the highest quality of patient care. Our vision is to optimize the quality of life and well-being of patients and their caregivers.

These free classes are open to all neuroscience patients regardless of where they receive their care.

**Graham Wellman**  
Program Coordinator  
Supportive Care Programs

**For more information:**  
Call: 650.721.8500  
Email: [nscp@stanfordhealthcare.org](mailto:nscp@stanfordhealthcare.org)  
Visit us online at: [stanfordhealthcare.org/nscp](http://stanfordhealthcare.org/nscp)

## **Holiday Closures & Cancellations**

Programs will be closed during the following dates:

- December 29 - January 4, 2020
- January 20, 2020
- May 24 - 30, 2020
- June 29 - July 5, 2020

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

# Fall Prevention Resources

## A Matter of Balance

Every Friday for 8 weeks

1/24, 1/31, 2/7, 2/14, 2/21, 2/28, 3/6, 3/13

10:15 am - 12:15 pm

**Stanford Neuroscience Health Center**

213 Quarry Road, Wellness Room 1511

Palo Alto, CA 94304

A Matter of Balance is an evidence-based program for older adults. 10 – 12 older adults meet for a two hour session every week for 8 weeks. Through facilitated discussions, group activities and exercise, older adults learn strategies to help reduce fear of falling and fall risks.

To enroll or for more information, call 650-724-9369.

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## Farewell to Falls

This free, home-based fall prevention program sends an occupational therapist to the home to look at the multi-faceted risk factors associated with falls. The therapist assesses strength and balance, and a home safety evaluation with recommendations is completed. Medications are reviewed by a Stanford Health Care pharmacist, home exercises are recommended, and information and education on other risk factors are provided.

This program offers two visits, and follow-up phone calls are made monthly. After one year, the occupational therapist returns to the home for a third visit and re-evaluation. Self-referrals are welcome.

To enroll or for more information, call 650-724-9369.

## MS Free From Falls

Offering canceled

*See catalog for other Fall Prevention Resources.*

The National MS Society has developed a fall prevention program designed for people living with MS who may be at risk for falling. Each session's 2-hour program has two parts: a lecture and discussion component.

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## Stepping On

Every Friday for 7 weeks

*Postponed. New date TBD*

10:15 am - 12:15 pm

**Stanford Neuroscience Health Center**

213 Quarry Road, Wellness Room 1511

Palo Alto, CA 94304

Stepping On has been shown to decrease falls by 31%. Older adults meet in a group setting for two hours once a week for seven weeks. Sessions include facilitated discussions and guest speakers, including a physical therapist, pharmacist, and vision specialist. Exercises are taught and practiced each week. A home visit is offered at the end of the seven weeks, and participants come together for a "booster session" three months later.

To enroll or for more information, call 650-724-9369.

## Active Caregiving: Empowerment

# Classes & Workshops

## Skills Caregiver Workshop

**Workshop 4:** 6/3, 6/10, 6/17, 6/24

10:00 am - 12:00 pm

### Stanford Neuroscience Health Center

213 Quarry Road

Basement Floor, Room 0511

Palo Alto, CA 94304



This is a small interactive group workshop for caregivers of people with Alzheimer's disease and related dementias. This free evidence-based workshop will help you learn concrete skills to better manage stress and challenging behaviors.

Registration required. Call 650-721-8500.

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## Chair Reiki

Every Monday and Tuesday | 10 am - 12 pm

Every Thursday | 1:00 pm – 3:00 pm

*No sessions in May, 6/29, 6/30, 7/2*

### Stanford Neuroscience Health Center

213 Quarry Road, 3<sup>rd</sup> Floor

Patient lobby area & Infusion Center

Palo Alto, CA 94304

Chair Reiki sessions help you relax, reduce stress or discomfort, and decrease pain. 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.

Walk-ins welcome. For more information, call 650-721-8500.

## Everyday Matters: Living Your Best

## Life with Multiple Sclerosis

Every Monday for 6 weeks

*Postponed. New date TBD*

10:30 am - 12:30 pm

### Stanford Neuroscience Health Center

213 Quarry Road

Basement Floor, Room 0511

Palo Alto, CA 94304



This program strives to increase participants' knowledge about the fundamental teaching of positive psychology and how to apply these tenets to addressing the everyday challenges of living with MS. Through this course you will participate in an interactive learning experience, increase your confidence in developing a personal approach to addressing challenges, and identify additional community resources for support and connection.

Registration required. Call 800-344-4867.

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## Finding Reliable Health Information

Dates and times vary. Appointments only.

### Hoover Pavilion

Stanford Health Library

211 Quarry Road, Suite 201

Palo Alto, CA 94304

Finding health-related information on the Internet that is reliable, current, and evidence-based takes knowledge and skill. With a focus on neuroscience, participants in this program will learn the basics of good research techniques and sources of trustworthy information online. Led by a Stanford medical librarian.

To schedule an appointment, call 650-725-8655.

## **Lifestyle Strategies for Multiple Sclerosis**

**January 13, 2020 | 1:00 pm - 2:30 pm**

### **Stanford Center for Integrative Medicine**

211 Quarry Road  
Second Floor, Room 205  
Palo Alto, CA 94304

Join Dr. Payrovi for an evidence-based discussion on non-pharmaceutical therapies for Multiple Sclerosis. We will cover research-backed lifestyle strategies such as nutrition, sleep, exercise, and stress management to optimize MS outcomes. The safe use of supplements and other healing art will also be discussed.

**Cost:** Each weekly session is billed to your insurance as a medical office visit with a Stanford physician specialist.

**Registration required.** To register or for more information, call 650-498-5566.

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## **Stanford Speech Communication Group**

**Third Monday of the month 6/15**

*No class: 5/18*

**3:30 pm –5:00 pm**

### **Stanford Hospital**

300 Pasteur Drive  
3rd Floor  
Neuroscience Conference Room H3150  
Stanford, CA 94305

Stanford's highly skilled speech language pathologists facilitate this group and provide participants with the opportunity to practice speech, language, and cognitive skills.

Experience the camaraderie of those with similar challenges and take pleasure in the social aspect of group therapy.

**Registration required.** To register or for more information call 650-721-8500 or email [swallcave@stanfordhealthcare.org](mailto:swallcave@stanfordhealthcare.org).

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## Exercise & Fitness

### **Ai Chi - Aquatic Therapy**

**Fridays for 6 weeks**

Session 1: 1/17 - 2/21

Session 2: 2/28 - 4/3 - **Canceled**

Session 3: 4/10 - 5/15 - **Canceled**

Session 4: 5/22 - 7/3 *No classes in May*

**12:00 pm - 1:00 pm**

### **De Anza Cupertino Aquatics**

1080 S. De Anza Blvd.

San Jose, CA 95129

Ai Chi is an active relaxation program that uses a combination of deep breathing and slow, broad movements in flowing continual patterns. Performed in shallow warm water, it has been shown to improve balance, decrease fatigue and pain, and positively affect many chronic conditions.

**Registration required.** To register or for more information, call 650-721-8500.

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### **Chair Yoga Now offered online!**

**Every Wednesday | 10:30 am–11:15 am**

*No in-person classes in May, 7/1*

### **Stanford Neuroscience Health Center**

213 Quarry Road

Wellness Room 1511

Palo Alto, CA 94304

Class is designed to safely provide caregivers and patients with a set of moderate, stretching, strengthening, and balance exercises. This yoga sequence proceeds with gentle breathing, self-confidence bolstering, warmups, and standing balances (with chair support).

Walk-ins welcome. For more information, call 650-721-8500.

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### **Cycling for Parkinson's Disease**

**Tuesdays and Thursdays for 8 weeks**

Session 2: 1/7 - 2/27

Session 3: 3/3 - 4/23 **Canceled**

Session 4: 5/5 - 6/25 *No classes in May*

**2:00 pm - 3:00 pm**

### **Arrillaga Outdoor Education and Recreation Center**

285 Santa Teresa Street

Stanford, CA 94304

*See website for parking information.*



This class is designed specifically for Parkinson's patients. In each session, a professional cycling instructor guides participants through an hour-long workout on a stationary bike. Brain connectivity, balance and everyday activity are all improved through cycling. No previous experience with cycling or spin classes is necessary. This program is supported by a community grant from the Parkinson's Foundation.

**Registration required.** To register or for more information, call 650-721-8500.



## Dance for Parkinson's

### Special online offering

See website for details

**Every Monday and Friday | 1:30 pm–2:45 pm**

*No classes in May, 6/29, 7/3*

**Stanford Neuroscience Health Center**

213 Quarry Road

Wellness Room 1511

Palo Alto, CA 94304



Class is based on the innovative Dance for PD program designed by the Mark Morris Dance Group and the Brooklyn Parkinson Group. Dancing in chairs, at a barre, or standing, experienced teaching artists lead participants in an enjoyable blend of modern dance, ballet, and social dancing.

Walk-ins welcome. For more information, call 650-721-8500.

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## Mindful Meditation

**Every Monday | 10:00 am–11:00 am**

*No classes in May, 7/3*

**Stanford Neuroscience Health Center**

213 Quarry Road

Wellness Room 1511

Palo Alto, CA 94304

Mindful Meditation is an ancient practice of maintaining moment-by-moment awareness through a gentle and nurturing lens.

Clinical researchers have reported that mindfulness practices can help with managing stress, reducing pain, fatigue, anxiety, depression, and improve ability to cope with serious illness. No prior experience necessary.

Walk-ins welcome. For more information, call 650-721-8500.

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## Parkinson's Exercise Class

**Every Thursday**

*No classes in May, 7/3*

**1:30 pm – 2:30 pm**

**2:30 pm – 3:30 pm**

(2 classes back-to-back)

**Stanford Neuroscience Health Center**

213 Quarry Road

Wellness Room 1511

Palo Alto, CA 94304

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**Every Tuesday**

*No classes in May, 6/30*

**1:30 pm - 2:30 pm**

**Ladera Oaks**

3249 Alpine Road

Portola Valley, CA 94028

This exercise program is designed specifically to target PD symptoms. Exercise moves performed in this class are the building blocks for everyday movement and are performed with large amplitude, high effort, and attention to action in multiple postures. There are two class options depending on the participants' physical strength and mobility.

**Registration required.** To register or for more information, call 650-721-8500.

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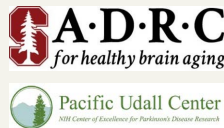
## Qi Gong for Vitality

Every Thursday | 3:30 pm – 4:30 pm

*No classes in May, 7/2*

### Stanford Neuroscience Health Center

213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304



In this class, people of all ages and stages can engage in exercises that work on mindful breathing, movement, posture, coordination, and energetic flow, weaving in meditative and mindful awareness to enhance vitality. We will also include evidence-based practices to help those with neurorehabilitative needs.

Walk-ins welcome. For more information, call 650-721-8500.

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## Tai Chi Now offered online!

Every Tuesday | 2:30 pm – 3:30 pm

*No classes in May, 6/30*

### Stanford Neuroscience Health Center

213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304

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Every Thursday | 12:00 pm – 1:00 pm

*No classes in May, 7/2*

### Ladera Oaks

3249 Alpine Road  
Portola Valley, CA 94028

This class will help build balance, coordination, flexibility, and strength and can be performed by anyone regardless of age or physical condition. Tai Chi strengthens the body, quiets and calms the mind and emotions, and improves overall health and well-being.

Walk-ins welcome. For more information, call 650-721-8500.

## Tango for PD

Every Wednesday | 2:15 pm – 3:45 pm

*No classes in May, 7/1*

### Stanford Neuroscience Health Center

213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304

This class teaches Argentine Tango as an exercise for improving movement and balance for adults with Parkinson's. Students must be able to walk onto the dance floor to join the class. No previous experience in Tango or any other form of dance is necessary. Bringing a partner is preferred but not necessary.

Walk-ins welcome. For information call 650-721-8500.

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## Yoga for Strength Now offered online!

Every Tuesday | 11:45 am – 12:45 pm

*No in-person classes in May, 6/30*

### Stanford Neuroscience Health Center

213 Quarry Road, Wellness Room 1511  
Palo Alto, CA 94304

Yoga for Strength will incorporate the mindful practices of yoga, breath work, and meditation to build physical, mental and emotional strength, and stamina. In the process, the class will help increase mental and physical flexibility, loosen tight and painful muscles, and create an opportunity to relax. The class is appropriate for all levels and will utilize both chair and standing postures.

Walk-ins welcome. For more information, call 650-721-8500.

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# Support Groups

## Acoustic Neuroma

May 6 | 5:30 pm – 6:30 pm **Canceled**

**Stanford Neuroscience Health Center**  
213 Quarry Road  
Basement Floor, Conference Room 0511  
Palo Alto, CA 94304

Walk-ins welcome. For more information, email [JLo@stanfordhealthcare.org](mailto:JLo@stanfordhealthcare.org).

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## ALS Support Group

Second Thursday of the month 6/11

*No group: 5/14*

6:00 pm – 7:30 pm

**Stanford Neuroscience Health Center**  
213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304

For more information, call Shannan Sonnicksen at 510-342-9313 or email at [ssonnicksen@alsgoldenwest.org](mailto:ssonnicksen@alsgoldenwest.org).

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## Brain Injury Peer Support

Meets select Saturdays | 1:00 pm – 2:30 pm  
6/13, 6/27

*No group in May.*

**Hoover Pavilion**  
211 Quarry Road  
Room 408  
Palo Alto, CA 94304

For more information, call 650-319-6110 or visit [ssbi.stanford.edu](http://ssbi.stanford.edu).

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## Brain Injury Social Workshops

Meets select Saturdays | 1:00 pm – 2:30 pm  
6/6, 6/20

*No group in May.*

**Hoover Pavilion**  
211 Quarry Road  
Room 408  
Palo Alto, CA 94304

For more information, call 650-319-6110 or visit [ssbi.stanford.edu](http://ssbi.stanford.edu).

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## Brain Tumor

Patients and caregivers welcome

Last Thursday of the month 6/25

*No group: 5/28*

5:30 pm – 7:30 pm

**Stanford Neuroscience Health Center**  
213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304

Walk-ins welcome. For more information, email Sharon Lamb at [slamb2942@gmail.com](mailto:slamb2942@gmail.com) or Joanie Taylor at [momredwood@gmail.com](mailto:momredwood@gmail.com).

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## Deep Brain Stimulation

June 18 | 11:00 am -12:45 pm

**Stanford Neuroscience Health Center**  
213 Quarry Road  
Wellness Room 1511  
Palo Alto, CA 94304

Registration required. To register or for more information, email Steven Russell [swrussell@stanford.edu](mailto:swrussell@stanford.edu).

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## Epilepsy

**First Thursday of the month 6/4**

*No group: 5/7, 7/2*

**7:00 pm – 9:00 pm**

**El Camino Hospital - YMCA Building**

2400 Grant Road

Room K

Mountain View, CA 94040

Walk-ins welcome. For more information,  
email [mv\\_epilepsysupprtgroup@yahoo.com](mailto:mv_epilepsysupprtgroup@yahoo.com).

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## Huntington's Disease

**In-person**

**Second Tuesday of the month 6/9**

*No group: 5/12*

**7:00 pm – 8:30 pm**

**First Baptist Church of Palo Alto**

305 N. California Street

Palo Alto, CA 94301



To register, or for more information, call Andrea Hanson-Kahn at 650-725-6571 or email [andreak@stanford.edu](mailto:andreak@stanford.edu).

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## Telephone

**February 21 and May 1, 2020**

**12:30 pm - 1:30 pm**

Registration required. To register, go to [stanfordhealthcare.org/nscpRegister](http://stanfordhealthcare.org/nscpRegister)

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## Live Fully with MS Discussion Group **Now offered online!**

**Second Thursday of the month 6/11**

*No in-person group: 5/14*

**10:00 am – 12:00 pm**

**Stanford Neuroscience Health Center**

213 Quarry Road

Wellness Room 1511

Palo Alto, CA 94304

For more information, call 415-999-7378 or email [susansteakley@gmail.com](mailto:susansteakley@gmail.com).

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## Memory Disorders Caregiver Support Telephone

**Fourth Wednesday of the month 6/24**

*No group: 5/27*

**12:00 pm – 1:00 pm**

Registration required. To register, go to [stanfordhealthcare.org/nscpRegister](http://stanfordhealthcare.org/nscpRegister)

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## In-person

**Fourth Tuesday of the month 6/23, 7/28**

*No group: 5/26*

**10:30 am – 11:30 am**

**Stanford Neuroscience Health Center**

213 Quarry Road

Basement Floor, Conference Room 0511

Palo Alto, CA 94304

Walk-ins welcome. For more information, call 650-721-8500.

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## Memory Disorders Patient Support

Now offered online!

Second and fourth Tuesday of the month

6/9, 6/23

No in-person group: 5/12, 5/26

10:30 am – 12:00 pm

Stanford Neuroscience Health Center

213 Quarry Road

Third Floor, Room 3511

Palo Alto, CA 94304

If interested, please call 650-213-6261 for more information prior to attending.

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### Memory Support Program

The Memory Support Program through Aging Adult Services at Stanford offers customized person-centered care planning including home visits, family meetings, education, patient and caregiver support, and resource linkage.

For more information, please call Jennie Clark at 650-213-6261.

## Meningioma

March 4 and June 3, 2020

5:30 pm – 6:30 pm

Stanford Neuroscience Health Center

213 Quarry Road

Basement Floor, Conference Room 0511

Palo Alto, CA 94304

No registration necessary, just drop in.

For questions please call 650-725-9456.

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## Moyamoya Support Group

First and third Monday of the month

6/1, 6/15

No group: 5/4, 5/18

5:00 pm – 6:00 pm

Stanford Neuroscience Health Center

213 Quarry Road, Wellness Room 1511

Palo Alto, CA 94304

Walk-ins welcome. For more information, call 408-836-4169.

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### Peer 2 Peer Program

The Moyamoya Peer 2 Peer Mentoring Program offers trained, experienced peer mentors to talk with patients and caregivers about their experiences. Contact can be in person, via phone, text, or email, and frequency depends on your comfort level.

For more information, contact your social worker or program coordinator Morgan Gross at 650-474-1011 or email [MoGross@stanfordhealthcare.org](mailto:MoGross@stanfordhealthcare.org)

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## Myasthenia Gravis

June 9, 2020

6:00 pm – 7:30 pm

Stanford Neuroscience Health Center

213 Quarry Road, Wellness Room 1511

Palo Alto, CA 94304

Registration required. To register, or for more information call 650-725-4341 or email [neuromuscularresearch@stanford.edu](mailto:neuromuscularresearch@stanford.edu).

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## Parkinson's

**Second Wednesday of the month 6/10**

*No group: 5/13*

**2:30 pm - 4:00 pm**

### Channing House

850 Webster Street  
Palo Alto CA 94301

Walk-ins welcome. For more information, call 650-724-6090 or visit [parkinsons.stanford.edu](http://parkinsons.stanford.edu).

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## Parkinson's Caregiver Support

**Dates & times vary**

**Locations in Belmont, Daly City, Los Altos, and Menlo Park**

To register or for more information, call 650-724-6090 or visit [parkinsons.stanford.edu](http://parkinsons.stanford.edu).

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## Parkinson's Young Onset

**Second Tuesday of the month 6/9**

*No group: 5/12*

**6:30 pm - 8:15 pm**

### Lucile Packard Children's Hospital

725 Welch Road  
Board Room  
Palo Alto, CA 94304

To register, or for more information, call 650-248-7363 or email [jmamin@sbcglobal.net](mailto:jmamin@sbcglobal.net).

## Smart Patients

Peer support for stroke or brain injury patients and their caregivers. Smart Patients provides a secure, supportive online community where those affected by illness can connect, share questions and concerns, learn from each other and benefit from online peer support. For information call 650-721-8500 or visit us online at:

[www.smartpatients.com/shc-caregivers](http://www.smartpatients.com/shc-caregivers)  
[www.smartpatients.com/shc-stroke](http://www.smartpatients.com/shc-stroke)  
[www.smartpatients.com/shc-brain-injury](http://www.smartpatients.com/shc-brain-injury)

Stanford Health Care will not disclose patient health information to Smart Patients.

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## Stanford Stroke Support Group

**Second Thursday of the month 6/11**

*No group: 5/14*

**12:30 pm - 2:00 pm**

### Stanford Neuroscience Health Center

213 Quarry Road  
Basement Floor, Room 0511  
Palo Alto, CA 94304



Registration required for new members. To register or for more information, call 650-721-8500.

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## Trigeminal Neuralgia

**Virtual and In-Person | 5:30 pm - 6:30 pm**

3/11 Virtual / online meeting

6/10 **Stanford Neuroscience Health Center**

213 Quarry Road  
Basement Floor, Room 0511  
Palo Alto, CA 94304

Registration required. Email [veevo@stanford.edu](mailto:veevo@stanford.edu) or call 650-736-0262.

# Services

## Caregiver Center

You start by dropping by their house and doing laundry or taking them to a doctor's appointment. Gradually, you are doing more and more... you are a caregiver. While Stanford Health Care's excellent clinical teams treat your loved one, the Caregiver Center is here to support you! Call or visit the Caregiver Center to connect with other caregivers, to receive guidance, or to take a much needed break.

### Stanford Hospital

500 Pasteur Drive  
3rd Floor  
Palo Alto, CA 94304

For more information, call 650-497-7100 or email [Caregiver@stanfordhealthcare.org](mailto:Caregiver@stanfordhealthcare.org)

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## Clinical Trials at Stanford

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

Visit <http://clinicaltrials.stanford.edu/> to see if there is a clinical trial for your disease group.

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## Financial Assistance

Financial counselors are available to meet with you to discuss healthcare expenses.

Call 650-498-2900.

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## 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>

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## Quit Tobacco at Stanford

The Tobacco Cessation Program at Stanford Health Care provides physician coaching, medication, and counseling, offering patients a single resource to help them quit smoking or tobacco.

The program is covered by most insurance plans (except MediCal).

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

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## 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.

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](mailto:cicare@stanfordhealthcare.org).

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### **Neuroscience Supportive Care Program**

213 Quarry Road, Palo Alto, CA 94304 | 650-721-8500

[www.stanfordhealthcare.org/nscp](http://www.stanfordhealthcare.org/nscp)

Current as of 5/2020

Stanford Health Care Patient Experience/Health Education, Engagement, and Promotion

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