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 improve the quality of life for our patients and their caregivers living with, through, and beyond disease.

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

TC Cowles, BSN, RN  
Manager, Health Education Programs

Graham Wellman  
Program Coordinator, Supportive Care Programs

For more information:  
Call: 650.721.8500  
Email: nscp@stanfordhealthcare.org  
Visit us online at: stanfordhealthcare.org/nscp

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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/nscp.
Driving Rehabilitation

Adaptive Driving Workshop
October 3 | 10:30am–11:30am
Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

This class will cover the referral process for a driving evaluation; identify the needs for adaptive driving controls; types of adaptive controls—mechanical vs electronic; costs associated with installing these adaptations, DMV requirements; and outline time frames associated with achieving competency for using adaptive controls.

Registration required. To register or for more information, call 650.721.8500.

Driving Rehabilitation Lecture
October 17 | 10:30am–11:30am
Stanford Neuroscience Health Center
213 Quarry Road, Wellness Room 1511
Palo Alto, CA 94304

This is an informative driving rehabilitation session which will discuss requirements by the DMV for those who have had a change in medical status, suspended license, or who have let their license expire. Resources will be available including those for individuals who may be interested in modified hand controls and ideas about wheelchair vans.

Registration required. To register or for more information, call 650.721.8500.

Fall Prevention Resources

A Matter of Balance
Every Monday for 8 weeks
9/9, 9/16, 9/23, 9/30, 10/7, 10/14, 10/21, 10/28
3:00pm - 5:00pm
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.

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.
Classes & Workshops

**Chronic Disease Self-Management**
8/20, 8/27, 9/3, 9/10, 9/17, 9/24 | 1:30pm - 4pm (6 consecutive Tuesdays)
**Stanford Health Library**
211 Quarry Road
2nd Floor, Room 201
Palo Alto, CA 94304

A free self-management workshop for those living with a chronic condition. During each session, facilitators will introduce tools and techniques to help you manage your health, so you can enjoy life more. Participants learn how to eat healthy, manage stress, develop and maintain an exercise program, and communicate with family, friends, and physicians. Caregivers are also invited to participate. *Sponsored by Aging Adult Services at Stanford Health Care*

Registration required. Call 650.721.8500.

**Active Caregiving: Empowerment Skills Caregiver Workshop**

**Workshop 1:** 9/11, 9/18, 9/25, 10/2
**Workshop 2:** 10/30, 11/6, 11/13, 11/20
10:00am - 12:00pm
**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.

**CogniFitness**
11/4, 11/11, 11/18, 11/25 | 10:30am to 12:30pm (4 consecutive Mondays)
**Stanford Neuroscience Health Center**
213 Quarry Road
Basement Floor, Room 0511
Palo Alto, CA 94304

Realize your optimal thinking skills utilizing techniques that have everyday applications. Learn to facilitate focus and concentration, improve memory using new strategies, and improve organization, problem solving and critical thinking skills.

Registration required. Call 800.344.4867.

**Chair Reiki**
Every Monday and Tuesday | 10am - 12pm
Every Thursday | 1pm – 3pm
No session: 7/1, 7/2, 7/4, 9/2, 9/3, 9/5, 11/25, 11/26, 11/28, 12/23, 12/24, 12/26, 12/30, 12/31, 1/2/20
**Stanford Neuroscience Health Center**
213 Quarry Road, 3rd 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.
**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.

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**Lifestyle Strategies for Multiple Sclerosis**  
9/9 and 11/11 | 1:00pm - 2:30pm  

**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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**Live Fully, Live Well**  
6 consecutive Thursdays | 10am–12pm  

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

Room 0511: 7/11, 8/8  
Wellness Room 1511: 7/18, 7/25, 8/1, 8/15  

Live Fully, Live Well covers topics affecting the whole family living with MS to strengthen relationships, increase understanding and promote improved health and quality of life. Participants will be introduced to six dimensions of wellness that act and interact in ways that contribute to the well-being of each individual.

For more information, call 800.344.4867.

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**Moyamoya 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. All mentors are Stanford volunteers who have been through similar treatment. They have completed training on privacy, navigating the health care system, and how to support others. They have also all completed health screenings and background checks to ensure safety of participants.

For more information, contact your social worker or program coordinator Morgan Gross at 650.474.1011 or MoGross@stanfordhealthcare.org
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 KHayes@stanfordhealthcare.org and Mfoy@stanfordhealthcare.org

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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.

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Ai Chi - Aquatic Therapy
Fridays for 6 consecutive weeks | 12pm-1pm
Session 6: 7/12-8/23 No class 7/26
Session 7: 8/30-10/11 No class 9/6
Session 8: 10/18-11/22

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
Every Wednesday | 10:30am–11:15am
No class: 7/3, 9/4, 11/27, 12/25, 1/1/20

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

This chair yoga 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.
Cycling for Parkinson’s Disease  
Tuesdays and Thursdays | 2pm-3pm
for 8 consecutive weeks 9/10-10/31

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

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Mat Yoga
Every Friday thru 8/30 | 10:30am–11:15am
No class: 7/5

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

Mat yoga is for clients who can get up and down without another person’s assistance. Caregivers are welcome to attend. Attendees will be guided through stretches and circulatory warm-ups, a complete set of joint-mobilizations, and several strengthening exercises, supplemented with classical yoga asanas (positions), and finishing with a few minutes of progressive relaxation.

Walk-ins welcome. For more information, call 650.721.8500.

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Dance for Parkinson’s
Every Monday and Friday | 1:30pm–2:45pm
No class: 7/1, 7/5, 9/2, 9/6, 11/25, 11/29, 12/23, 12/27, 12/30, 1/3/20

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 | 10:00am–11:00am
No class: 7/1, 9/2, 11/25, 12/23, 12/30

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.
Parkinson’s Exercise Class
Every Thursday
1:30pm–2:30pm
2:30pm–3:30pm
(2 classes back-to-back)
No class: 7/4, 7/16, 9/5, 11/28, 12/26, 1/2/20

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

Every Tuesday | 1:30 - 2:30pm
No class: 7/2, 9/3, 11/26, 12/24, 12/31

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.

Qi Gong for Vitality
Every Thursday | 3:30pm–4:30pm
No class: 7/4, 9/5, 11/28, 12/25, 1/2/20

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.

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

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

This Tai Chi 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.

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-stroke
www.smartpatients.com/shc-brain-injury

Stanford Health Care will not disclose patient health information to Smart Patients.
**Tango for PD**

*Every Wednesday | 2:15pm–3:45pm*

*No class: 7/3, 7/10, 9/4, 11/27, 12/25, 1/1/20*

**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**

*NEW*

*Every Tuesday | 11:45am–12:45pm*

*Starting 9/10*

*No class: 11/26, 12/24, 12/31*

**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**

*8/7, 11/6 | 5:30pm–6:30pm*

**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.

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**Brain Injury Peer Support**

*Meets select Saturdays | 1:00pm–2:30pm*

7/13, 7/27, 8/10, 8/24, 9/7, 9/21, 10/5, 10/19, 11/2, 11/16, 11/30

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

For more information, call 650.319.6110 or visit ssbi.stanford.edu.

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**Brain Injury Social Workshops**

*Meets select Saturdays | 1:00pm–2:30pm*

9/28, 10/12, 10/26, 11/9, 11/23

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

For more information, call 650.319.6110 or visit ssbi.stanford.edu.
Brain Tumor
Patients and caregivers welcome.

**Last Thursday of the month | 5:30pm–7:30pm**
7/25, 8/29, 9/26, 10/31, 11/21
No group: 11/28, 12/26

**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 or Joanie Taylor at momredwood@gmail.com

**Deep Brain Stimulation**

9/19 and 11/19 | 11:00am-12:45pm

**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.

**Epilepsy | Mountain View**

**First Thursday of the month | 7:00–9:00pm**
8/1, 9/5, 10/3, 11/7, 12/5
No group: 7/4

**El Camino Hospital - YMCA Building**
2400 Grant Road, Room K
Mountain View, CA 94040

Walk-ins welcome. For more information, email mv_epilepsysupportgroup@yahoo.com.

**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.

**Huntington Disease**

**Second Tuesday of the month | 7:00 – 8:30 pm**
7/9, 8/13, 9/10, 10/8, 11/12, 12/10

**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.

**Live Fully with MS**

**Second Thursday of the month | 10am–12pm**
7/11, 8/8, 9/12, 10/10, 11/14, 12/12

**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.

**Financial Assistance**
Financial counselors are available to meet with you to discuss healthcare expenses.
Call 650-498-2900.
Memory Disorders Caregiver Support
Fourth Friday of the month | 3:00pm–4:30pm
7/26, 8/23, 9/27, 10/25, 11/22
No group: 7/26, 12/27

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.

Memory Disorders Patient Support
Second and Fourth Tuesday of the month
10:30am–12:00pm
7/9, 7/23, 8/13, 8/27, 9/10, 9/24, 10/8, 10/22, 11/12, 11/26, 12/10, 12/24

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

If interested, please call 650.213.6261 for more information prior to attending.

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 650.723.1303.

Meningioma
9/4, 12/4 | 5:30pm–6:30pm

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.

Multiple Sclerosis
Second and Fourth Monday of the month
7/8, 7/22, 8/12, 8/26, 9/9, 9/23, 10/14, 10/28, 11/11, 11/25, 12/19, 12/23
7:00pm–9:00pm

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

For more information, call 480.921.9888.

Myasthenia Gravis
8/12 and 12/10 | 6:00pm–7:30pm

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.
Parkinson’s
Second Wednesday of the month | 2:30–4pm
7/10, 8/14, 9/11, 10/9, 11/13, 12/11

Avenidas Senior Center
450 Bryant Street, Art Room (2/F)
Palo Alto, CA 94301

Walk-ins welcome. For more information, call 650.724.6090 or visit parkinsons.stanford.edu.

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.

Parkinson’s Young Onset
Second Tuesday of the month | 6:30–8:15pm
7/9, 8/13, 9/10, 10/8, 11/12, 12/10

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.

Stanford Stroke Support Group
Second Thursday of the month | 12:30–2pm
7/11, 8/8, 9/12, 10/10, 11/14, 12/12

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.

Trigeminal Neuralgia
Virtual and In-Person | 5:30 pm - 6:30 pm
8/14 Virtual / online meeting
11/13 Stanford Neuroscience Health Center
213 Quarry Road
Basement Floor, Room 0511
Palo Alto, CA 94304

Registration required. Email veevo@stanford.edu or call 650.736.0262.

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).