Neuroscience Supportive Care Program

Calendar of Services
July–December 2019

stanfordhealthcare.org/nscp
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

Table of Contents

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Driving Rehabilitation</td>
<td>1</td>
</tr>
<tr>
<td>Fall Prevention Resources</td>
<td>1</td>
</tr>
<tr>
<td>Classes &amp; Workshops</td>
<td>2</td>
</tr>
<tr>
<td>Exercise and Fitness</td>
<td>4</td>
</tr>
<tr>
<td>Support Groups</td>
<td>7</td>
</tr>
</tbody>
</table>

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

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.

---

Chronic Disease Self-Management

10/15, 10/22, 10/29, 11/5, 11/12, 11/19
(6 consecutive Tuesdays)

1:30pm - 4pm

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.

---

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.

---

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.
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

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 arts 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.

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.

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
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.

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.

The Stanford Storybank

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.
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

---

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.

---

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.

---

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

**Every Thursday | 12:00pm–1:00pm**

*No class: 7/4, 9/5, 11/28, 12/26, 1/2/20*

**Ladera Oaks**
3249 Alpine Road
Portola Valley, CA 94028

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.
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.

Yoga for Strength

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.

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.

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.

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.

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.

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.

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.

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, 12/9, 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.

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.
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.

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.

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.

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.

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.

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).