Office Locations

ALL BRANCHES ARE OPEN
MONDAY – FRIDAY 9 AM – 5PM.

MAIN BRANCH
Hoover Pavilion
211 Quarry Road, Suite 201
Palo Alto, CA 94304
650.725.8400
800.295.5177

STANFORD CANCER CENTER BRANCH
Liautaud Family Health Library
875 Blake Wilbur Drive, Room CC1108
Stanford, CA 94305
650.736.1713

EAST PALO ALTO BRANCH
1885 Bay Road
East Palo Alto, CA 94303
650.289.7711 Se Habla Español

SOUTH BAY BRANCH
Stanford Health Care South Bay
2589 Samaritan Drive, Room 3302
San Jose, CA 95124
408.353.0197

AFFILIATE
Vista Center for the Blind and Visually Impaired
3200 Hillview Ave
Palo Alto, CA 94304
650.858.0202

SPONSORS
Stanford Health Library, a community service of Stanford Health Care, is sponsored by Stanford Hospital Partners

If you have special requirements, please give us two weeks notice.

Stanford Health Library provides evidence-based medical information to help people make informed decisions about their health and healthcare.

This calendar is a selection of programs and classes presented by Stanford Health Care, Stanford University School of Medicine, Stanford Health Library, our sponsors, and affiliates. Programs are arranged in chronological order. Please be sure to check the registration phone number and location for each program.

For a complete, chronological listing of all programs, see our web page at: healthlibrary.stanford.edu

January – March, 2016
Health Library Calendar Programs

January 14
The Mystery Headache

January 28
Sleep Like a Baby: Myths About Insomnia and Aging

February 11
Understanding Bipolar Depression

February 25
Osteoporosis: Prevention and Treatment

March 10
Deep Brain Stimulation – Past, Present, Future

January 14

January 28

February 11

February 25

March 10

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Sleep Like a Baby: Myths About Insomnia and Aging

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Osteoporosis: Prevention and Treatment

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The Mystery Headache: Migraine, Positional Headache, Spinal Fluid Leak? Why it Hurts When You Stand Up
Presented by Stanford Health Library
Many people who suffer with chronic migraine live with symptoms that are baffling — headache, nausea, neck stiffness, ringing in the ear — and all of these symptoms worsen as the day goes on and the individual spends more time in the upright position. However, symptoms improve as long as they are lying down. In this talk, Ian Carroll MD, will discuss an often overlooked diagnosis that can be treated — spontaneous intracranial hypotension.
Speaker: Ian Carroll, MD, Assistant Professor of Anesthesiology, Perioperative and Pain Medicine (Adult Pain), Stanford University Medical Center

Thursday, January 14 7:00 pm
Stanford Health Library
Hoover Pavilion, Suite 201
211 Quarry Rd., Palo Alto, CA 94304
No fee. To register call 650.498.7826
Live Webcast: http://stanfordvideo.stanford.edu/stream/shvl.html

Surviviorship: The Importance of Nutrition and Exercise in the Cancer Journey
Presented by Stanford Cancer Supportive Care Program
This will be a collaborative lecture with Stanford’s Registered Dietitians and Certified Cancer Exercise Specialists addressing two topics that most cancer patients have questions about.

Speakers: Julie Grosvenor CET, HFI; Regan Fedric CET,HFI; Erika Connor RD, CSO; Alaina Castro RD, CNSC

Thursday, January 14 6:30 pm – 8:00 pm
San Jose Cambrian Branch Library
Community Room
1780 Hillsdale Ave, San Jose, CA 95124
No fee. No registration necessary.

Forgive for Good: The Art and Science of Forgiveness
Presented by Stanford Center for Integrative Medicine
The importance of practicing forgiveness has been extolled for centuries, but only recently has research demonstrated that forgiveness can reduce anger and depression as well as enhance helpfulness and self-efficacy. This workshop series has four sessions of lecture and discussion interspersed with guided practice of forgiveness tools. The format is not intended as group therapy; but rather to teach self-care skills to heal old wounds and prevent new ones.
Instructor: Frederic Luskin, PhD, Director of the Stanford University Forgiveness Project

Sleep Like a Baby: Myths About Insomnia and Aging
Presented by Stanford Health Library
This talk will present information on the definition, epidemiology, and impact of insomnia, while debunking common insomnia misconceptions and presenting available treatment options. Discussion of a non-pharmacological treatment study will also be included.
Speaker: Donn Posner, PhD, Clinical Associate Professor, Psychiatry and Behavioral Sciences, Stanford University Medical Center

Thursday, January 28 3:00 pm
Stanford Health Library
Hoover Pavilion, Suite 201
211 Quarry Rd., Palo Alto, CA 94304
No fee. To register call 650.498.7826
Live Webcast: http://stanfordvideo.stanford.edu/stream/shvl.html

Understanding Bipolar Depression
Presented by Stanford Health Library
This talk will provide a broad overview of bipolar depression in adults, with respect to diagnostic challenges and current treatment strategies for this condition.

Speaker: Shefali Miller, MD, Clinical Assistant Professor, Psychiatry and Behavioral Sciences, Stanford University Medical Center

Thursday, February 11 7:00 pm
Stanford Health Library
Hoover Pavilion, Suite 201
211 Quarry Rd., Palo Alto, CA 94304
No fee. To register call 650.498.7826
Live Webcast: http://stanfordvideo.stanford.edu/stream/shvl.html

Deep Brain Stimulation – Past, Present, Future
Presented by Stanford Health Library
This talk will focus on deep brain stimulation with respect to Parkinson’s disease reviewing the history of its discovery, current indications, and future direction. In addition there will be short updates on treatment and research regarding Parkinson’s disease.

Speakers: Melanie Lising, MD, Clinical Assistant Professor, Neurology and Neurological Sciences, Stanford University Medical Center; and Laurice Yang, MD, Clinical Assistant Professor, Neurology and Neurological Sciences, Stanford University Medical Center

Thursday, March 10 7:00 pm
Stanford Health Library
Hoover Pavilion, Suite 201
211 Quarry Rd., Palo Alto, CA 94304
No fee. To register call 650.498.7826
Live Webcast: http://stanfordvideo.stanford.edu/stream/shvl.html

Osteoporosis: Prevention and Treatment
Presented by Stanford Health Library
Over 50% of women and 25% of men over the age of 50 will sustain a fragility fracture due to osteoporosis. This talk will address risk factors, prevention and treatment options, as well as common questions about lifestyle, dietary supplements, and medications. The latest in osteoporosis research will also be discussed.

Speaker: Joy Wu, MD, PhD, Assistant Professor of Medicine, Endocrinology, Gerontology and Metabolism, Stanford University Medical Center

Thursday, February 25 7:00 pm
Stanford Health Library
Hoover Pavilion, Suite 201
211 Quarry Rd., Palo Alto, CA 94304
No fee. To register call 650.498.7826
Live Webcast: http://stanfordvideo.stanford.edu/stream/shvl.html

Healthy Toolkit: Internet 101
Presented by Stanford Cancer Supportive Care Program
Finding health-related information on the Internet that is reliable, current, and evidence-based takes knowledge and skill. With a focus on cancer, participants in this program will learn the basics of good research techniques and sources of trustworthy information online. There will be time after the class to continue researching and applying what has been discussed.

Speaker: Nancy Dickenson, MLIS, Librarian, Stanford Health Library
The Changing Landscape of Hereditary Cancer Genetic Testing
Presented by Stanford Cancer Supportive Care Program
Stanford genetic counselor Courtney Rowe-Teeter will discuss the recent advancements in hereditary cancer genetic testing and the importance of pre- and post-testing genetic counseling.
Speaker: Courtney Rowe-Teeter, MS, LGCG
Thursday, March 10
6:30 pm – 8:00 pm
San Jose Cambrian Branch Library Community Room
1780 Hillsdale Ave, San Jose, CA 95124
No fee.

STANFORD CANCER SUPPORTIVE CARE PROGRAM
Living With, Through, and Beyond Cancer
The Cancer Supportive Care Program follows the Stanford Health Care standard of providing high-quality care that addresses your physical and mental health needs. To view a complete listing of our support groups and classes, lectures, fitness programs, and services, search Cancer Supportive Care Program on the Stanford Health Care website or call 650.725.9546 for information about times and dates. Support groups include: Group Support for All Cancer Patients; Cancer Clinical Trials and the Future of Care: What You Should Know; Lymphedema: What You Need to Know.

New! MEET & MOVE™
We know how challenging it can be to care for an ailing family member or friend. We invite you to join MEET & MOVE, a “walk and talk” program designed for adult family caregivers. The program supports your wellbeing – it offers you an opportunity to connect with others who understand your situation while improving your physical activity in very simple ways.

Walks are scheduled at various locations: South Bay, Los Gatos, Redwood City, Rancho San Antonio, Mountain View, Cupertino and more. For more information call: 669.223.2807

Stanford Health Care Type 1 and Type 2 Diabetes Support Group
2nd WEDNESDAY of every month
6:00 pm to 8:00 pm
Stanford Health Library
Hoover Pavilion, Suite 201
211 Quarry Rd., Palo Alto 94304
For information, contact Anna Simos
650.380.3159

JOIN US AT HOME
Can’t come to a program?
Most Health Library presentations are now being hosted on the internet as live webcasts that you can view on your computer as they are happening.

If a program will be webcast, you can find the URL to access it displayed at the end of the program’s description. No registration is required to view a webcast.

If you miss a live webcast, a video will be posted in a few weeks on the Stanford Health Library website:
http://healthlibrary.stanford.edu/videolibrary/index.html

Our research service is free and available to everyone. When you cannot come into the library to do the research yourself, we will be happy to look for the answers to your questions and send the results to you. Just call the library and request an information packet, and we will do the rest. If you prefer to reach us via email, that’s fine too!

All research is free of charge.
Call us at 650.725.8400 or 800.295.5177 or email us at healthlibrary@stanfordhealthcare.org

ASK US

SUPPORT GROUPS

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Living With, Through, and Beyond Cancer

STANFORD CANCER SUPPORTIVE CARE PROGRAM

SUPPORT GROUPS

https://stanfordhealthcare.org for information about times and dates. Support groups include: Group Support for All Cancer Patients; Cancer Clinical Trials and the Future of Care: What You Should Know; Lymphedema: What You Need to Know.

Acoustic Neuroma Support Group

1st THURSDAY of Every Even Month
6:00 – 7:30 pm
Stanford Cancer Center
875 Blake Wilbur Dr
2nd Floor, CC2103-CC2104
For information and to RSVP, contact Christina Esfehani by email: esfehani@yahoo.com 650.575.6990 or Mark McClaren 925.838.8175

Meningioma Support Group

1st THURSDAY of Every Odd Month
6:00 – 7:30 pm
Stanford Cancer Center
875 Blake Wilbur Dr
2nd Floor, CC2103-CC2104
RSVP to Jackei Lo by email: jlo@stanfordhealthcare.org 650.724.6830

Stanford Pulmonary Fibrosis Support Group

2nd MONDAY of Every Even Month
Please call Susan Jacobs RN, MS 650.725.8083 to confirm date and location or email sjapulm@stanford.edu.

New Cancer Supportive Care Program!

Pilates Playground

Ever done Pilates? Never done Pilates? Either way have some serious fun as you circuit through various pieces of Pilates equipment: Reformers, Towers, Chair & Barrels. Two instructors will help you learn or relearn how to move in a wonderful healthy environment designed to get you moving!

Every TUESDAY
3:00 – 4:00 pm
Definiti Personal Training and Wellness Studio
981 Industrial Rd, San Carlos, CA 94070
Call for an appointment 650.725.9456

NEW SUPPORT PROGRAMS IN THE SOUTH BAY

New! The Stanford Letter Project
New research at Stanford shows that most doctors are reluctant to talk to their patients about what matters most to them in advance life care planning. The Stanford Letter Project, developed by Stanford Clinical Associate Professor, VJ Periyakoil, MD, will help you write a simple letter to your doctor about your values, life goals, and advance life care planning. This workshop will be led by a Stanford Medical Physician, Registered Nurse, Licensed Clinical Social Worker and Spiritual Care Chaplain.

Stanford Cancer Center South Bay
2589 Samaritan Drive, San Jose
3rd Floor, Conference Room 3300 A&B
Tuesday, January 26
3 – 4:30 pm
No registration necessary
For information call 669.223.2807

New! Tai Chi
Tai Chi is effective for health and healing. This class offers exercises that stretch and tone the body, increase flexibility and balance, and help reduce stress and anxiety.

Every MONDAY
1:30 – 2:30 pm
Bay Club Courtside
14675 Winchester Blvd, Studio A
Los Gatos
No registration necessary, just drop in.

New! Mindfulness Meditation
This on-going class will teach you how to cope with stress and anxiety by learning proven stress-reduction techniques. No prior meditation experience necessary.

Every THURSDAY
2:00 pm – 3:00 pm
Stanford Cancer Center South Bay
2589 Samaritan Drive, 3rd Floor, San Jose
No registration needed, just drop in.

New! Strength and Stretch
Strength training using light to moderate weights, bands and your own body weight will help combat the side effect of bone loss from chemotherapy. This class will enhance body strength, balance and flexibility.

Every WEDNESDAY
2:30 pm – 3:30 pm
Bay Club Courtside
14675 Winchester Blvd., Los Gatos

New! Writing Your Cancer Journey
Writing allows you to unearth and express all that defines your cancer experience, and make sense of it. The act of writing helps you heal and explore the impact of cancer on your life. A monthly workshop followed by weekly web-based exercises.

2nd and 4th WEDNESDAYS of the Month
1:15 pm – 3:15 pm
Stanford Cancer Center South Bay
2589 Samaritan Drive, 3rd Floor, San Jose
No registration needed, just drop in.

New! Exercise Consultations
One-on-one hour-long consultation with an experienced and certified exercise specialist. Intended for people in treatment, or those who have completed treatment. Includes individualized exercise program with follow-up phone calls.

Every WEDNESDAY
11:30 am and 12:30 pm
Stanford Cancer Center South Bay
2589 Samaritan Drive, 3rd Floor, San Jose
Call for appointment: 650.725.9456

New! Dance4Healing
Learn a different form of fun! Dance in person, and laugh together each week for both emotional and physical health benefits; have your own cancer buddy to help you stay on course.

1st and 3rd SATURDAYS
3:00 pm – 4:00 pm
Bay Club Cupertino
10101 Wolfe Road, Cupertino
To register, email hello@dance4healing.com

NEW SUPPORT PROGRAMS IN THE SOUTH BAY

Brain Tumor Support Group

Last THURSDAY of Every Month
6:00 – 7:30 pm
Stanford Cancer Center
875 Blake Wilbur Dr
2nd Floor, CC2103-CC2104
For information and to RSVP, contact Susan Jacobs RN, MS 650.725.8083 to confirm date and location or email sjapulm@stanford.edu.

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Every WEDNESDAY
2:30 pm – 3:30 pm
Bay Club Courtside
14675 Winchester Blvd., Los Gatos
A Fitness Program for Cancer Patients and Survivors

Sponsored by The Stanford Health Improvement Program and the YMCA

Living Strong Living Well (LSLW) is a twelve-week, small-group strength and fitness training program designed for adult cancer survivors who have recently become de-conditioned or chronically fatigued from their treatment and/or disease. Our goal is to help patients build muscle mass and muscle strength, increase flexibility and endurance, improve functional ability and quality of life.

Research is now showing that physical activity may decrease recurrence and increase survivorship for cancer patients. This program is available at no cost to participants and is not a source of revenue to Stanford or the YMCA. Registration is required, and class size is limited. To find out the availability of the current sessions, call the individual YMCA or JCC.

Central YMCA
1717 The Alameda, San Jose
Tuesdays & Thursdays
1/12 – 3/31/16
1:00 – 2:15 pm
5/3 – 7/21/16
1:00 – 2:15 pm

East Palo Alto Family YMCA
550 Bell St., East Palo Alto
Tuesdays & Thursdays
1/28- 4/19/16
11:00 – 12:15 pm
5/12– 8/2/16
11:00 – 12:15 pm

East Valley YMCA
1974 South White Rd., San Jose
Tuesdays & Thursdays
1/21 – 4/12/16
10:00 – 11:15 am
5/5 – 7/26/16
10:00 – 11:15 am

El Camino YMCA
2400 Grant Rd., Mountain View
Mondays & Wednesdays
1/27 – 4/20/16
1:30 – 3:00 pm
6/1 – 8/24/16
1:30 – 3:00 pm

Northwest YMCA
20803 Alves Dr., Cupertino
Mondays & Wednesdays
1/25 – 4/18/16
4:00 – 5:15 pm
5/16 – 8/10/16
4:00 – 5:15 pm

Palo Alto Family YMCA
3412 Ross Rd., Palo Alto
Tuesdays & Thursdays
1/26 – 4/14/16
12:30 – 1:45 pm
5/17 – 8/4/16
12:30 – 1:45 pm

Peninsula Family YMCA
1877 South Grant St., San Mateo
Tuesdays & Thursdays
1/19 – 4/7/16
11:30 – 12:45 pm
5/10 – 7/28/16
11:30 – 12:45 pm

Presidio Community YMCA
63 Funston Ave. San Francisco
Mondays & Thursdays
2/8 - 4/28/16
11:30 – 12:45 pm
5/9 – 8/5/16
11:30 – 12:45 pm

Sequoia YMCA
1445 Hudson St., Redwood City
Mondays & Wednesdays
1/11 – 4/6/16
2:00 – 3:15 pm
5/2 – 7/27/16
2:00 – 3:15 pm

South Valley Family YMCA
5632 Santa Teresa, San Jose
Mondays & Wednesdays
1/25 – 4/18/16
1:00 – 2:15 pm
5/16 – 8/10/16
1:00 – 2:15 pm

Southwest YMCA
13500 Quiko Rd., Saratoga
Wednesdays & Fridays
1/20 – 4/13/16
2:30 – 3:45 pm
5/11 – 8/3/16
2:30 – 3:45 pm

Stonestown Family YMCA
333 Eucalyptus Dr., San Francisco
Mondays & Wednesdays
2/1 – 4/20/16
1:00 – 2:15 pm
5/23 – 8/17/16
1:00 – 2:15 pm

Goldman Sports and Wellness Center
Call Bonnie to register 650.223.8719
3921 Fabian Way, Palo Alto
Tuesdays & Thursdays
2/9 – 4/28/16
12:00 – 1:15 pm

New groups starting every 12 weeks
No fee. To register* contact Joyce Hanna, MA, MS, LSW Director at (650)725-5014 or livingstrong@stanford.edu.

*Advance registration required. Class size limited.
Calendar of Events

January – March, 2016