

Healthy Lifestyle Resources at UCSF

EXERCISE & MOVEMENT

- Contact the instructor before your first class to introduce yourself and to let them know that you will be attending.
- Participants in all exercise classes are required to complete a Health History form and Informed Consent form. Your physician will need to sign the bottom of the informed consent.
- Bring both forms to the first session of the program in which you are participating. If you plan to participate in more than one program, make copies of your signed forms.
- You can get the Consent form either at the Cancer Resource Center, or website <http://cancer.ucsf.edu/crc/exercise.pdf>

	Time	Place	Instructor	Registration
Healing Through Dance	Tuesdays, 11:00-12:30 pm	1701 Divisadero St. at Sutter, Suite 150	Anne Krantz, (415) 771- 1430	Registration required

In this class, participants use movement, expression, imagery, and creativity to facilitate their own healing. Re-awakening the body to action enhances participants' confidence and freedom, while rehabilitative exercise improves function, mobility, and strength.

Promoting Health with Qi Gong	10 selected Wednesdays 11 am - 12 pm Call for dates	1701 Divisadero St. at Sutter, Suite 150	Joseph Acquah, (415) 885- 3693	Registration required
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Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention. It promotes good health by facilitating the body's internal healing mechanisms to relieve stress, develop flexibility, improve coordination and increase stamina.

Restorative Movement Class	Wednesdays, 12:00-1:15 pm	2200 Post St. at Scott, Hellman Conf. Rm., 1st fl.	Alice Brydges, (415) 383- 7536	Registration required
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In this fun and supportive class, you might explore such common human functions as standing, sitting, turning, bending and reaching, or even recreate movement patterns you learned as an infant, such as crawling or rolling. These gentle and pleasurable movement explorations help you to discover new options for moving and acting with more comfort, precision and power.

Core & More	Fridays, 10:00- 11:30 am	1701 Divisadero St. at Sutter, Rm. 110	Jane Clark, (415) 722- 5314	Registration required
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This class includes Pilates based mat exercises to work on core strength and stability. We also use rollers, bands, balloons and body weight as tools to enhance range of motion, flexibility, balance and muscular strength.

PHYSICAL & SOCIAL & EMOTIONAL WELLNESS RESOURCES

Social Work Department

- As an oncology patient at the UCSF Helen Diller Family Comprehensive Cancer Center at Mt.Zion, you have an assigned social worker available to you. Social workers can help with family issues, financial needs, short term counseling, and other practical needs.
- Social workers see patients by appointment, and they keep their own schedules. You need to contact them directly for any needs you have. (Breast care center social worker: **Kerry Keough: (145) 353-9874**)

Psycho-Oncology & Symptom Management Services

- Psycho-oncology services & Symptom management services are available by referral from your physician. Unlike the other services on this sheet, these are for fee. That means you or your insurance must pay for these services.
- For more information, please contact

Psycho-Oncology

Dr. Dianne Shumay
Dr. Laura Dunn
Contact: Missy Buchanan (415) 353-7019

Symptom Management Services (SMS)

Dr. Michael Rabow
Dr. BJ Miller
Contact: Adrienne (415) 885-7671

Peer Support

- Although each person's experience is unique, many individuals find it helpful to talk to someone who has had or is currently in a similar situation.
- The Peer Support Program offers cancer patients the opportunity to speak to survivors or other veteran patients who have already "been there."
- If you are interested in talking with a peer or becoming a volunteer, please call the Resource Center at (415) 885-7604

For patients requesting peer support:

Patients can be matched with volunteers according to criteria such as diagnosis and stage, age, and gender. Please fill out the request form.
http://cancer.ucsf.edu/crc/peer_support_request.pdf

For those interested in volunteering:

Veteran patients receive the opportunity to share the knowledge and insight gained from their cancer experience.

Peer Support Volunteers must:

- Complete an evening training where you will be asked to:
 - Make a commitment to uphold the values and mission of UCSF
 - Maintain the confidentiality of all the patients.
- Complete the HIPAA component at the training.
- Make a year commitment to the program.

Support Group

- Sponsored or facilitated by the Cancer Resource Center, support groups foster a sense of community among people affected by cancer. The CRC offers a wide range of such groups, listed below. Some groups require preregistration, so it is important to call before your first meeting.
- For general cancer support, or to identify groups for diseases or affiliations not listed here, please contact the CRC at (415) 885.3693

Breast Cancer	1st and 3rd Thursdays, 5:15-6:45 pm	Contact Kerri Keough, MSW (415)353.9874.
General Cancer -- All Stages	Wednesdays, 5:20-6:50 pm	Contact Patty Moran, (415) 353-9745.
Family and Friends of People with Cancer	2nd and 4th Thursdays, 4:00-5:15 pm	Contact Michele Francis, LCSW (415) 353-7982
Gay and Lesbian (LGBT) Support		Contact Michele Francis, LCSW (415) 353-7982.
Young Adults with Cancer Supported by the Ulman Cancer Fund for Young Adults	1st and 3rd Mondays, 6:30-8:15 pm @1600 Divisadero, 1st Fl., Rm. B-101	Contact Keren Stronach, MPH (510) 540-5147
Support for Russian-Speaking Women and Family Members		Contact Raya Smail, MA, (415) 831-4339
Other Languages and Heritage	Please call the Resource Center to find out about support groups in Spanish, Cantonese, and Mandarin, as well as for women of African-American heritage.	

Spiritual Counseling and Guidance

- Free spiritual care is available for any UCSF patient or family member. Spiritual Care Services provides emotional and spiritual support to patients and families. Our Chaplains are available to persons of all faiths, as well as to those of no particular faith.
- Chaplains are available 24 hours a day by pager. The pager number is (415) 443-2273
- You can also meet directly with the Mt. Zion chaplain by calling (415) 885-7785

Medical Appointment Planning

- The Medical Appointment Planning program at the Cancer Resource Center allows patients with cancer to communicate more effectively with their physicians.
- In this free program, a trained volunteer helps a patient map out their questions and concerns in a template. This template, called a Consultation Plan, can then be taken to the medical appointment, serving as a tool that can guide the conversation between the patient and the medical care provider, ensuring that the patient's main concerns and questions are addressed.
- Please call (415) 885-3693 to arrange for your free appointment.

Patient Care Liaison Services

For patients with Breast cancer, our patient liaison service provides an ongoing contact for you, Patients liaisons can help you coordinate your medical care here at UCSF, and to make your ongoing care here as smooth as possible.

- Contact: Dipti Anderson (415) 353-7229

FINANCIAL WELLNESS RESSOURCES

Benefits & Disability Assistance

Confused about disability benefits issues and health coverage? Specific questions about maximizing your health coverage choices or accessing disability income should be directed to the social worker assigned at your oncology practice. However, there are many resources available to you that will help you get the answers you are looking for. Below are two great sources of information.

- **Health Coverage and Disability Benefits** Information to help you understand some of the basics of public and private benefits and to assist you in avoiding common problems that arise.

Disability Benefits 101, explains the complex health coverage and benefits rules for people with disabilities who are working or planning to return to work. Features include easy-to-read descriptions of state, federal, and private benefit programs; articles featuring life situations; access to local, state, and national resources; and a bulletin board.

COMPLEMENTARY HEALING AND OTHER RESOURCES

Art for Recovery

- Art for Recovery provides a safe environment where adults can express the intense feelings that arise in life-threatening illnesses; nurturing the aesthetic sensibilities of patients, visitors, and medical staff at the various campuses of UCSF Medical Center and in the community, and creating a safe haven for patients and staff to be heard, to express their feelings and find support.
- We invite you to share the creative spirit of Art for Recovery participants by visiting our gallery, stories and poetry collection -- Word & Image; by reading more about our programs; and by sharing your thoughts and contributions, using the links above.
- Open Monday through Friday from 9 a.m. to 5 p.m.
- Contact: cynthia.perlis@ucsfmedctr.org
UCSF - Box 1712 1600 Divisadero St, SF, CA. 94115 (415) 885-7221

Meditation & Guided Imagery: A Drop-in Program

- Stress-reduction & relaxation Facilitating healing Emotional cleansing & balancing Gaining self-awareness & personal insight Manifesting change Developing intuition & inner guidance, unlocking creativity, exploring higher realities and deepening concentration.
- Mondays, 1:30-2:30 pm * Osher Center, 1701 Divisadero, Suite #150
- Instructors: Teresa Corrigan, MA, RN, and Brook Stone, LCSW.
- Beginners and experienced meditators welcome. For more information, please call the Cancer Resource Center at (415) 885-3693.

NUTRITION SERVICES

- Free nutritional counseling is available to any UCSF oncology patient
- Your provider can make a referral to the dietitian, **Greta Macaire, RD**, who is available Monday through Friday between 9 am and 5 pm.
- The Resource Center also offers periodic nutrition workshops and demonstration-style cooking classes. Additional information on nutrition can

be obtained through the Resource Center Library book collection, pamphlets, and other written materials.

- For more information, contact the Cancer Resource Center at (415) 885-3693.