

# 2018 Seeds of Hope Cancer Survivors Day Conference and Celebration

## *Art of Healing: Healthy Body, Healthy Mind*

### Keynote

- **Art of Healing: Practicing Resilience** (11:35am to 11:50am)  
Psychosocial stress from cancer is common. By practicing resilience, we can learn how to increase our hope, lower our distress, and improve our quality of life.  
*Speaker: Dianne Shumay, PhD, Moderator: David Hensley, MD* (Psychiatry, Kaiser Permanente San Jose)

### Educational Sessions

- **How to Clear That Brain Fog** (12:00pm to 12:30pm)  
“Brain fog” often involves memory problems, a lack of mental clarity and an inability to focus. Though these are common symptoms associated with aging, they can be worsened by the cancer and its treatment. Find out ways to manage and improve these symptoms.  
*Speaker: Dianne Shumay, PhD, Moderator: Perry Maliuanag, MD* (Psychiatry, Kaiser Permanente Santa Clara)
- **It’s Like Night and Day, Managing Sleep and Fatigue** (12:45pm to 1:15pm)  
Fatigue can be even more distressing than pain and nausea. Come learn about the difference between fatigue and tiredness and how to use your energy and get better sleep.  
*Speaker: Dianne Shumay, PhD, Moderator: Oliver Sum-Ping, MD* (Sleep Medicine, Kaiser Permanente San Jose)
- **Food and Mood** (2:15pm to 2:45pm)  
A whole-food, plant-based diet is a power house of cancer-fighting nutrients, vitamins, antioxidants, phytochemicals, and fiber. Join this discussion and learn how to harness the power of food, reduce your risk of developing cancer or cancer recurrence, promote overall health, and improve your mood.  
*Speaker: Anzonette Pittet, RD, Moderator: William Wong, MD* (Psychiatry, Kaiser Permanente Redwood City)

### Theater Production

- **“Attitude is Everything or Cancer Sucks, so Let’s Have Fun”** (1:30pm to 2:00pm)  
Encore performance of an act that was debuted last year and featured in the Mercury News by a professional actor/comedian and cancer survivor.  
*Speaker: Michael Riley, Moderator: Lucy Song, MD* (Medical Oncology, Kaiser Permanente Santa Clara)

### Educational Booths

**Acupuncture:** Meet with our certified acupuncturists to learn about how acupuncture promotes the flow of vital life energy (called “qi” or “chi”) and how stimulating key points in the body can help manage the side effects of cancer treatment.

**All About Sleep:** Talk to a sleep specialist and learn how to get a good night’s rest.

**Clinical Trials:** Kaiser Permanente is an active and leading participant in several national cooperative trials. The National Cancer Institute (NCI) has identified Kaiser Permanente as an NCI Community Oncology Research Program. Santa Clara Medical Center is recognized by the Conquer Cancer Foundation of ASCO for improving cancer care through high-quality clinical trial programs. Learn about available clinical trials at Kaiser San Jose and Santa Clara and how participation can improve care standards.

**Complementary and Integrative Medicine:** Learn ways to use non-traditional healing approaches and techniques that help with coping and symptom management to improve wellness and quality of life.

**Food is Medicine- Healthy Eating and Weight Management:** How does food affect my mood? What are the benefits of a plant-based diet? How does weight help reduce risk of cancer? Learn from dietitians which foods are most nutritious and how to build healthy, balanced meals

**Genetics:** The genes you are born with may contribute to your risk of developing certain types of cancer. We can help you understand your risk for disease.

**Gratitude, Hope, and Spirituality:** Studies show that people who are more grateful exercise more, sleep better, and have better immune function. Spirituality is about connecting with what’s meaningful to you in a way that lightens or enriches your spirit. Practicing these improves your overall mood and attitude.

**Heart Health:** Do you know the signs and symptoms of a heart attack? Some are not as obvious as you’d think. Learn about preventive care for heart health as well as how to manage your cholesterol, blood sugar, blood pressure, and weight.

**Life Care Planning:** Peace of mind comes from knowing that your values and wishes are honored in health care decisions. Get information on how to make an advance health care directive and if you have one, a notary public will be available to acknowledge it.

**Memory/Neurocognitive:** Learn ways to sharpen your memory and concentration by speaking to experts and learning exercises that you can do to boost your memory. Find out about clinical trials to help with chemo brain.

**Mind Body Wellness and Health Education:** Our Health Education Department has resources and programs to help you maintain and improve your health and wellness. Learn how this team of health professionals can help you achieve and maintain lifestyle changes such as healthy eating, exercise, and stress management to take care of yourself and loved ones.

**Oral Care:** Dental and oral care specialists can help with prevention and a faster recovery from treatment impacting that area

**Pain and Relief:** Learn to navigate the myriad of options available for symptom management for a better quality of life

**Peer Support and Mentor Program:** Come visit our licensed clinical social worker to learn more about this newly developed program to support members with cancer.

**Pet Therapy Team and Volunteer Services:** Come meet the pets that help to cheer up our patients through their cancer treatment and ways that you can participate in our volunteer services

**Pharmacy and Natural Medicines:** Learn from our pharmacists about supplements and possible interactions with your current medications

**Rehabilitation Services Zone:** We have specialists who can help manage lymphedema and get your questions answered about anything from compression garments to getting set up with a specialized rehabilitation program that fits your needs

**Prevention and Cancer Education Zone:** After diagnosis and treatment for cancer, it is even more important to keep up with screenings for other cancers.

- **Colorectal cancer** -including the “Colon Experience” Inflatable tunnel
- **HPV related cancer and HPV Vaccination**
- **Liver cancer and Hepatitis**
- **Prostate Cancer and Men’s Health-** including the “Prostate Experience” Inflatable tunnel
- **Skin Cancer Awareness**
- **Smoking related cancers-** and ways to stop smoking
- **Breast, cervical, and ovarian cancer and Women’s Health**

## Community Resources

**American Cancer Society:** Check out our Look Good Feel Better demonstration table and get information about prevention, treatment, and survivorship as well as programs such as Road to Recovery (transportation), Reach to Recovery (breast cancer support), and I Can Cope. To learn more, visit their website at [www.cancer.org/](http://www.cancer.org/)

**Asian American Cancer Support Network (Not Available-but 2018 Kids Fun Zone Sponsor):** Learn about the educational, supportive, and diverse network of resources available to not only Asian-Americans, but to everyone. Check out the limited-edition survivorship gift basket. To learn more, visit their website at [aacs.org](http://aacs.org)

**Bay Area Cancer Connections:** Dedicated to providing compassionate support and comprehensive information to those affected by breast cancer in the San Francisco Bay Area. To learn more, visit their website at [bccconnections.org/](http://bccconnections.org/)

**Cancer Care Point:** Provides hope and help for individuals and families in Silicon Valley whose lives are touched by cancer. They provide a vast array of programs and classes including imagery, massage therapy, yoga, nutrition consults, and support groups, as well as transportation and financial resources. To learn more, visit their website at [www.cancercarepoint.org/](http://www.cancercarepoint.org/)

**Forest Bathing:** Learn from a certified forest therapy guide about Shinrin-yoku, a practice that started in Japan of “forest bathing” by slowing down and becoming immersed in nature. This has been shown to boost the immune system, reduce blood pressure and stress, improve mood and energy.

**Hair Restoration (Located next to Hair Donation):** Join Farzana as she demonstrates the latest in hair replacement technology for both men and women who suffer from alopecia, balding and thinning hair. To learn more, visit their website at [www.myhairdate.com](http://www.myhairdate.com)

**JW House:** Is a place where families can find hope, support and vital resources while their loved ones is in the hospital. To learn more, visit their website at [www.jwhouse.org](http://www.jwhouse.org)

**Knitted Knockers:** Special handmade breast prosthesis for women who have undergone mastectomies or other procedures to the breast. You can also donate or volunteer to be a knitter. [knitted knockers.org](http://knittedknockers.org)

**Leukemia/Lymphoma Society:** Is the largest voluntary health organization dedicated to funding research, finding cures, and ensuring access to treatments for blood cancer patients. [www.lls.org](http://www.lls.org)

**Living Strong Living Well:** 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. Their goal is to help patients build muscle mass and muscle strength; increase flexibility and endurance, and 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. [www.lslw.stanford.edu](http://www.lslw.stanford.edu)

**Pancreatic Cancer Action Network:** Is a nationwide network of people dedicated to working together to advance research, support patients, and create hope for those affected by pancreatic cancer. To learn more, visit [www.pancan.org](http://www.pancan.org)

**Parks and Recreation:** Come and learn about the variety of recreation programs and services as well as Santa Clara’s 38 parks, playgrounds and open space totaling nearly 450 acres in Santa Clara. <http://santaclaraca.gov/government/departments/parks-recreation> and <https://www.sanjoseca.gov/prns/>

**Project Hired:** Guides job seekers with disabilities to find and sustain meaningful employment through an array of services designed to remove barriers, create opportunities, and help participants build successful careers. . To learn more, visit [www.projecthired.org](http://www.projecthired.org)

**The Next Step Boutique:** A woman’s boutique established to accommodate the special needs of women who have experience breast cancer. [www.nextstepboutique.com](http://www.nextstepboutique.com)

## Activities

**Art Therapy/Fiber Arts:** Come visit our Art Gallery and create some art yourself, and learn how knitting can be relaxing. Also learn about the role that music can play.

**Chair Massage-** Relax with a chair massage delivered by the massage therapists from the National Holistic Institute.

**Games-** Challenge your knowledge and win at multiple booths and activities

**Gratitude Tree-** Help decorate the Gratitude Tree with things that you are grateful for and find ways to express and practice gratitude.

**Healthy Foods-** reward your taste buds with a multitude of healthy foods located around the event

**Hair Donation-** Donate your long hair, and receive a complementary haircut and style by one of our stylists.

**Kid's Fun Zone-** Arts and Crafts by Sophies Stress Free

**Memory Activities-** learn about useful apps and activities to help with our memory

**Mindful Meditation (12:00pm, 12:45pm, 1:30pm, 2:15pm)-** Learn to experience life fully, as it unfolds moment by moment.

**Mobile Health Van -** provides wellness to your worksite by having easy access for routine health care and preventative care. Mobile way to get healthy and stay healthy

**Photo Booth-** capture the moment with friends, family, staff, and fellow cancer survivors

**Refreshed Skin Therapy-** Aestheticians will be available for mini makeovers, tips for taking care of your skin, and skin consultations

**Reiki (Sign-up Early for 15-minute sessions between 12pm-3:45pm)-** Massage masters utilize a series of hand positions to help promote stress reduction and relaxation. Sessions are 15 minutes long.

**Survey and Give Away-** Turn in your survey to redeem your gift and to enter into a raffle drawing!

**Tai Chi (12:00pm-3:00pm every 30 minutes)-** This simple, gentle, flowing movement reduces stress and increases balance, inner peace, and flexibility.

**Yoga (Laughter Yoga) (12:00pm, 12:45pm, 1:30pm, 2:15pm):** Laughter yoga is a marriage between the art of laughter and the science of breathing. There are many health benefits in this unique exercise routine not only in reducing stress, but helps to enhance the immune system and works as a pain reliever.

**Zumba (12:30pm, 1:15pm, 2:00pm, 2:45pm)-** Latin inspired dance fitness program with infectious music and easy to follow dance moves that will tone and strengthen your body

## "Healing Towards a Healthy Body and Mind" by theme

### **Mind Body Zone 1: Movement**

- Physical /Occupational therapy to "improve the way you live life and live it to the fullest"
- Laughter yoga
- Exercise with Tai Chi and Zumba
- Living Strong Living Well exercise program

### **Mind Body zone 2: Rest and Calm**

- Ask the sleep specialist about sleep and fatigue
- Learn from the psychiatric oncology experts about memory and neuro cognitive function issues
- Relax with mindfulness activities, sleep clinic/classes/Health ED
- Experience the tranquility of forest bathing
- Receive peer support or mentor a peer through social interactions

### **Mind Body Zone 3: Beauty and Skin Care**

- Refreshed Skin Therapy with mini makeover, skin consultation  
Hair restoration  
Partnering with the community Next Step and ACS Look Good Feel Better booths

### **Mind Body Zone 4: Creativity**

- Art gallery of artwork from other patients
- Art therapy with fiber arts
- Music therapy
- Photo booth

### **Mind Body Zone 5: Spirituality, Attitude, and Gratitude**

- Learn about the importance of spirituality in healing
- Come decorate the gratitude tree
- Mindful meditation
- Learn from our guest speaker about the importance of attitude

### **Mind Body Zone 6: Nutritional impact on emotions and its similarity to cancer prevention and heart health**

- Pharmacy and natural medicine
- Complementary and integrative medicine
- Sample and be inspired by healthy foods

### **Mind Body Zone 7: Symptom Management**

- Acupuncture
- Pain and relief
- Memory activities
- Oral care
- Chair massage and Reiki
- Yoga

### **Zone 8: Cancer Prevention and Education**

- 7 additional booths from HPV associated cancers to liver cancer