Celebrating 10th Anniversary: Seeds of Hope

Eat Well, Heal Well, Live Well

Sunday, June 9, 2019
11:00am to 3:30pm

Kaiser Permanente Santa Clara Medical Center
710 Lawrence Expressway
Santa Clara, CA 95051

Dear Cancer Survivors,

We are excited to welcome you to our 10th annual Seeds of Hope conference and celebration – "Eat Well, Heal Well, Live Well".

According to the American Cancer Society, 1 in 3 Americans will be diagnosed with cancer in their lifetime. Up to 40% of these cancers are due to lifestyle choices.

This year, we will bring to you one of the most important topics our survivors have been interested in—Nutrition. As an Integrative Oncologist at the UCSF Osher Center for Integrative Medicine, our Keynote and guest speaker, Donald I. Abrams, M.D., will discuss how nutrition plays a role in cancer, (especially the issue of obesity and cancer, as obesity which will soon outpace smoking as the number 1 cause of cancer). He will also address using "Food as Medicine", what is a Cancer Fighting Diet, what are some of the diets to consider, as well as what useful nutrients and supplements cancer survivors may find helpful.

As nutrition is our focus, tools to equip us include steps to organic home farming by Dr. Keith Fabisiak and how to implement Dr. Abram's recommendations through a cooking demonstration by Dr. Linda Shiue (Director of Culinary Medicine, KP SF).

As 1 in 3 children and 1 in 4 adults in Silicon Valley are food insecure, Kaiser Permanente's Community Grant to Second Harvest with their Cal Fresh program can help those who may have difficulty with access to or paying for healthy groceries. Food donation can also help fight hunger in our community. Please also visit the Fresh Approach Mobile Farmer's Market to learn about other options that are available.

Our Seeds of Hope Day has always been about celebrating and helping our survivors thrive by providing resources to maximize their recovery from their treatments and promoting healthy survivorship.

As always, please do not miss our other booths activities, especially related to this year's theme at the Nutrition Food Zone and our Prevention and Cancer Education Zone.

With great anticipation,

Anita Lee, MD
Chair, Seeds of Hope
Radiation Oncology
Kaiser Permanente Santa Clara

Pilar Ivanov, MD
Co-Chair, Seeds of Hope
Medical Oncology and Hematology
Kaiser Permanente San Jose

KAISER PERMANENTE® thrive

Agenda

Booths Open
11:00am

Registration
11:00 - 11:25am

Welcome and Introduction
11:25 - 11:30am

Keynote: Main Stage
Food as Medicine
11:30 - 11:45am

Giveaway Booth Open (turn in survey)
12:30 - 3:00pm

First Raffle Prize
1:30pm

Session 1: Room A1

12:00 - 12:30pm
Cancer Fighting Diet: What Does the American Institue for Cancer Research Recommend?

Session 2: Room A1

12:45 - 1:15pm
Alkaline, Paleo, Ketogenic or Vegan: Are Any Really Anti-Cancer?

Session 3: Room A1

1:30 - 2:00pm
Useful Nutrients and Supplements for Cancer Survivors

Session 4: Room A1

2:15 - 2:45pm
Cooking Demo: "Making Every Bite Count - Harnessing the Cancer Fighting Power of Plant Based Foods"

Closing Remarks
3:00 - 3:05pm

Last Raffle Prize
3:05pm

Booths Close
3:30pm

Resources

KP Santa Clara Cancer Program: kp.org/santaclara/cancercare
- Cancer diagnosis, treatment, and support services
- Survive and Thrive Cancer Survivorship program
- Survivorship classes and support group meeting calendar

KP San Jose Cancer Program: kp.org/mydoctor/sanjose/cancer
- Cancer care treatment services, support services
- Mind-body Exercise for Survivors
- Weekly Drop-in Support Group

Nutrition:
- Healthy weight (class and online)
- Kaiser Permanente's Medical Weight Management Program http://www.kphealthyweight.com
- Eat to Beat Cancer: www.eattobeat.org
- American Institute for Cancer Research: www.aicr.org

Mental health:
- Improving Your Sleep Series
- Introduction to Meditation & Relaxation
- Pathway to Emotional Wellness, Understanding Your Anxiety
- Mind Body Health Stress Management Series
- Stress- guided imagery podcast (www.kp.org/listen)

Physical Activity:
- Fitness: Exercise lite/Exercise Smart/Walking for health podcasts (www.kp.org/listen)
- Every Body Walk! App

Survive and Thrive Cancer Survivorship program:
kaisersantaclara.org/cal/cancer or call (408) 851-3800
- Relaxation 101
- Nutrition Basics
- Breath of Yoga
- Survivor…Now What?

KP Prevention and Screening Reminders: My Doctor Online (NCal only) App

American Cancer Society: cancer.org
Asian American Cancer Support Network: aacsn.org
Bay Area Cancer Connections: bcconnections.org
CalFresh: https://www.getcalfresh.org/
Cancer Care Point: cancercarepoint.org
Fresh Approach: https://www.freshapproach.org/
Leukemia & Lymphoma Society: lls.org
Living Strong Living Well: lslw.stanford.edu
Second Harvest Food Bank: https://www.shfb.org/
The Next Step: nextstepboutique.com
Wigs for Kids: wigsforkids.org