

# 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

# 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 Institute 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

Mobile Health Van

Mobile Farmers' Market

Located outside Homestead West Lobby

## Homestead West Lobby

Start here  
**Registration**  
Homestead West Lobby

**Reiki**  
12:30 - 3:30pm  
See program for session times

**Kid's Fun Zone**

**Hair Donation Wigs for Kids**

Rehabilitation

Living Strong Living Well

## Homestead East Lobby

Start here  
**Registration**  
Homestead East Lobby

Rm 192

Pediatrics Lobby - 190

Pediatrics Lobby - 188

Water

**Kid's Fun Zone**

**KP Pet Therapy**  
(roaming)

Women's Restroom  
Men's Restroom

North



Map not to scale

## Room A1

**Session 1**  
12:00 - 12:30pm  
Cancer Fighting Diet: What Does the American Institute for Cancer Research Recommend?

**Session 2**  
12:45 - 1:15pm  
Alkaline, Paleo, Ketogenic or Vegan: Are Any Really Anti-Cancer?

**Session 3**  
1:30 - 2:00pm  
Useful Nutrients and Supplements for Cancer Survivors

**Session 4**  
2:15 - 2:45pm  
Cooking Demo: "Making Every Bite Count - Harnessing the Cancer Fighting Power of Plant Based Foods"

## Room B1

### Yoga

12:45 - 1:15pm  
1:20 - 1:50pm  
1:55 - 2:25pm  
2:30 - 3:00pm

## Room C1

### Mindful Eating

11:10 - 11:30am  
12:00 - 12:30pm  
2:10 - 2:30pm  
2:40 - 3:00pm

Memory Activity

Women's Health

Reserved Seating

Tables for eating

## Tai Chi

12:00 - 3:30pm  
Sessions @  
12:30pm, 1:30pm, 2:30pm

Water

Water

Lite Bites

Second Harvest Food Bank

Food is Medicine

Minimizing Toxin Loads

Water

Fresh Approach

Pharmacy and Natural Medicine

Complementary Integrative Medicine

First Aid

**Welcome and Introduction**  
11:25 - 11:30am  
**Keynote / Kick off**  
11:30 - 11:45am  
**Zumba**  
1-1:15pm 2-2:15pm 2:45-3pm  
**Raffle Prize Times**  
1:30pm; 2:00pm; 2:30pm  
**Closing Remarks**  
3:00 - 3:05pm  
**Last Raffle Prize**  
3:05pm

**Giveaway**  
open  
12:30 - 3:00pm

Prostate Experience

Colon Experience

Orthopedics Lobby - 148

Chair Massage  
11:00 - 3:30pm

## Lawrence Lobby

Start here  
**Registration**  
Lawrence Lobby

- KP Educational Booths
- KP Cancer Education Booths
- Activities
- Community Resources

# Resources

## **KP Santa Clara Cancer Program:** [kp.org/santaclara/cancercare](http://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](http://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](http://www.eattobeat.org)
- American Institute for Cancer Research: [www.aicr.org](http://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](http://www.kp.org/listen))

## **Physical Activity:**

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

## **Survive and Thrive Cancer Survivorship program:**

[kaisersantaclara.org/cal/cancer](http://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](http://cancer.org)

Asian American Cancer Support Network: [aacsn.org](http://aacsn.org)

Bay Area Cancer Connections: [bcconnections.org](http://bcconnections.org)

CalFresh: <https://www.getcalfresh.org/>

Cancer Care Point: [cancercarepoint.org](http://cancercarepoint.org)

Fresh Approach: <https://www.freshapproach.org/>

Leukemia & Lymphoma Society: [lls.org](http://lls.org)

Living Strong Living Well: [lslw.stanford.edu](http://lslw.stanford.edu)

Second Harvest Food Bank: <https://www.shfb.org/>

The Next Step: [nextstepboutique.com](http://nextstepboutique.com)

Wigs for Kids: [wigsforkids.org](http://wigsforkids.org)