

CARE

Cancer Awareness, Resources, and Education



FALL 2010

San Francisco General Hospital
AVON Breast Center
Tuesdays, 5:30-7:30pm



What is the CARE Program?

CARE

Cancer **A**wareness, **R**esources, and **E**ducation.

The CARE Program is designed for people with cancer who receive their care and treatment at San Francisco General Hospital. Through the CARE Program, people diagnosed with cancer receive education and support, as well as a free, healthy, and delicious meal every week.

During this 8-week series, group members participate in relaxation exercises and share and receive information. A different health professional visits each week to share information and skills that can help you take care of yourself. Each session is intended to be interactive, experiential, and practical.

A cancer diagnosis changes your life in powerful ways. Through the CARE program, we want to make sure that no one goes through that experience alone. We want to help you learn about ways to improve your health and well-being. We want to introduce you to people who have a lot of knowledge about cancer — health care professionals and other people with cancer. Each week, group facilitators and guest speakers will guide you in discussion and activities. Participants and guest speakers will share ideas and strategies that can have a positive effect on you and your health.



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Event Descriptions

ORIENTATION

Tuesday, September 28th

During this first CARE session, we will share our stories and learn ways to help us take care of ourselves. We will learn about some of the programs and services available in the community. We will also meet the oncology social workers at SFGH and learn about the care and services they provide.

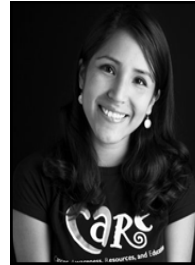
Facilitator: Blue Walcer, MPH

Blue Walcer, Founder and Director of the CARE program and Health Education Coordinator with the Hematology/Oncology Division at San Francisco General Hospital, works to give patients a greater role in their health care and health care decisions. Blue received her Bachelor's degree in Education and Social Justice and her Master's in Public Health in Community Health Education from the University of California, Berkeley. Her background includes work with adolescents, immigrants, injured workers, and victims of domestic violence.



Program Coordinator: Angela Alvarez

Angela Alvarez joined CARE in 2007, first as a co-facilitator and later as CARE's Program Coordinator and Araceli Theater Project Manager. Currently, she is the AVON/CARE Patient Education Coordinator, working for CARE and other AVON-supported patient education projects at SFGH. Angela has truly been inspired by the beauty, uniqueness, and resilience of every CARE participant. Angela received her BS in Health Education at SFSU and hopes to pursue a career in nursing. She has contributed to various community programs in San Francisco and in her native country, Peru. In her spare time she enjoys salsa dancing, traveling, and walking her dog.



CARE Program Assistant: Karla Iñiguez

Karla Iñiguez received her Bachelor's degree in Psychology at the University of California, Berkeley. Karla has been involved with the CARE program since 2008. In addition to CARE, she is currently working as a Research Assistant for UCSF's Division of General Internal Medicine (DGIM) and the Center for Vulnerable Populations (CVP). Karla worked with CARE's Araceli Theater Project during the Summer of 2008 and 2009. She feels extremely honored for having the opportunity to come back to the CARE family. Karla has experience working in different bay area programs such as East Bay Sanctuary Covenant (EBSC) refugee rights program, UC Berkeley Psychology Clinic, and the Museum of California. In her spare time, Karla enjoys spending time with her family and friends, dancing, and listening to music.



Co-facilitator: Julie Illi

Julie Illi is extremely excited to be joining the CARE program as a co-facilitator this Fall. After receiving her bachelor's degree in Chemistry, she worked in research for several years before changing careers and becoming a registered nurse. Julie worked with patients on a hematology/oncology floor at Stanford Medical Center for the past two years, but recently changed jobs to join the nursing staff at the Helen Diller Family Comprehensive Cancer Center at UCSF. Julie is also currently enrolled in UCSF's Master's of Nursing program and will eventually become a clinical nurse specialist in oncology and genomics. In her spare time, Julie enjoys hiking and practicing yoga.

**Co-facilitator: Sharon Orbach**

Sharon Orbach is a UCSF medical student and originally from Naperville, IL. A 2007 graduate of UPenn, Sharon majored in Biological Basis of Behavior and involved herself in grassroots organizations aimed at empowering disadvantaged populations in West Philadelphia as part of National Student Partnerships (renamed LIFT) and the Girls on the Go Program. She then completed a Masters in Neuroscience at Oxford University in 2008 and developed a love for the people, culture and language of Central America while participating in Somos Hermanos, a 6-month Spanish Immersion Program based in Guatemala in 2009. Since coming to medical school, Sharon has been able to maintain her interests in researching cancers of the nervous system, volunteering with Spanish CARE, and dancing salsa whenever she can.



ALL ABOUT CANCER

Tuesday, October 5th

Cancer occurs for unknown reasons, when cells divide without order or control. There are treatments available for people at all stages of cancer. Often, more than one type of treatment is needed. Treatments include surgery (taking out the cancer in an operation), radiation therapy (using high-dose x-rays to kill cancer cells or keep them from dividing and growing) and chemotherapy (using anticancer drugs to kill or stop the growth of cancer cells). Learn what types of treatment are available for you, the risks and benefits of particular treatments, possible side effects, and how to manage side effects. Learning about your options and discussing them with your doctor can help you with these important decisions.

Speaker: Judith Luce, MD

Judith Luce, Clinical Professor of Medicine at the University of California, San Francisco, is the Director of Oncology Services at San Francisco General Hospital. Dr. Luce received her Bachelor's degree in biology from the University of California, Santa Cruz and her M.D. from the University of California, San Francisco. Dr. Luce has won many awards, honors, and professional appointments, including recognition for her instruction of medical students and excellence as a scientific investigator. She has been active with the National Cancer Institute and the American Cancer Society. Dr. Luce is also a leader in developing educational and other programs for patients who face obstacles in accessing healthcare. Dr. Luce's interests include tennis, knitting, and travel with her family.



FOOD INSECURITY: KNOW THE FACTS

Tuesday, October 12th

Food insecurity is the inability to reliably afford safe and nutritious food. Food insecurity is a growing problem in many U.S. households and has been associated with problems like anxiety, limited nutritional options, and trade-offs between food and other basic needs. These problems affect our health and can ultimately lead to chronic conditions like diabetes, heart disease and obesity. Food insecurity can have a negative effect on how one manages their health and well being. In this session we will learn about what food insecurity means and strategies to access healthier affordable foods.

Speaker: Hilary Seligman, MD, MAS

Hilary Seligman is an Assistant Professor of Medicine at UCSF in the Division of General Internal Medicine and a general internist in the General Medicine Clinic at San Francisco General Hospital. Dr. Seligman's research focuses on food insecurity, or the inability to reliably afford safe and nutritious food, and its effect on diet and health. Her current work includes an assessment of food insecurity and its relationship with the incidence of chronic disease, the effect of food insecurity in predicting success of clinical interventions for patients with diabetes, and interventions to reduce blood pressure among food insecure adults.



THE SURGERY EXPERIENCE

Tuesday, October 19th

Surgery is the oldest form of cancer treatment. It also has an important role in diagnosing and staging (finding the extent) of cancer. Most people with cancer will have some type of surgery. Your experience with surgery can depend on many factors, including the disease being treated, the type of operation being done, and your overall health. Some parts of the surgical experience are common to most operations. They include pre-operative testing and preparation, the surgery itself (usually including some type of anesthesia), and a recovery period. In this session, we will explore the surgery experience from the perspectives of both the surgeon and the patient.

Speaker: Michael Alvarado, MD

Dr. Michael Alvarado is an Assistant Professor of Surgical Oncology at UCSF and practices at the “Comprehensive Cancer Center” at Mt. Zion and at San Francisco General Hospital. He was born in Pomona (California) and raised in Kingman (Arizona) with his two younger sisters. Dr. Alvarado received his Bachelor’s and Master’s degree in chemistry from Arizona State University. He then received his MD at Dartmouth Medical School. Dr. Alvarado completed his residency in surgery at Dartmouth Hitchcock Medical Center and received a scholarship to pursue Surgical Oncology at the H. Lee Moffitt Cancer Center. In his spare time Dr. Alvarado and his fiancée enjoy bicycling at Tiburon and Sausalito. Dr. Alvarado also enjoys running and playing his acoustic guitar.



MANAGING SYMPTOMS THROUGH ACUPUNCTURE AND ACUPRESSURE

Tuesday, October 26th

Acupuncture is a Traditional Chinese Medicine practice in which particular body areas are pierced with fine needles to relieve symptoms and promote healing. Acupressure is Traditional Chinese Medicine practice in which *pressure* on specific points on the body is used to control symptoms such as pain or nausea. These complementary healing strategies have been used for several thousand years. In this session, we will learn about Traditional Chinese Medicine and experience Acupuncture and Acupressure.

Speaker: Misha Cohen, OMD, LAc

Misha Cohen has been practicing Asian Medicine since 1977. She is the Clinic Director of Chicken Soup Chinese Medicine, Research & Education Chair of Quan Yin Healing Arts Center, and a Research Specialist at UCSF Institute for Health and Aging. “Doc Misha” is the author of *The Chinese Way to Healing: Many Paths to Wholeness*, *The HIV Wellness Sourcebook*, and *The Hepatitis C Help Book*. She conducts research on Chinese medicine and has lectured and written extensively on the subjects of gynecology, HIV, hepatitis, cancer, and other Asian Medicine topics on an international level for several years.



Speaker: Sebastian Fey, LAc

Sebastian Fey is a licensed acupuncturist in Oregon, and has been apprenticing with Misha Cohen at Chicken Soup Chinese Medicine since last fall, working toward his licensure here in California. He began studying Chinese medicine back in 2003, and soon after received his certification in Zen Shiatsu, an Asian bodywork therapy based on acupressure.



A MATTER OF LIFE AND DEATH

Tuesday, November 2nd

Few things in life are guaranteed. There is no guarantee that your body will respond well to your cancer treatment. There is no guarantee that your support network will be what you need it to be. We cannot choose when we will die, but in many situations, we can choose how we experience this inevitable stage of life. In this session, we will learn about palliative care -- an emerging field that emphasizes comfort and quality of life. We will also discuss our own hopes and make plans for the future.

Speaker: Anne Kinderman, MD

Dr. Anne Kinderman is an Assistant Clinical Professor of Medicine at the University of California, San Francisco, and is the Director of the Supportive & Palliative Care Service at San Francisco General Hospital. She earned her B.A. degree in history from Yale University, and her M.D. from Rush University in Chicago, Illinois. She completed her Internal Medicine Residency at UCSF, followed by a one-year teaching fellowship at UCSF, and a Hospice & Palliative Medicine Fellowship at Stanford. Dr. Kinderman is committed to improving the care of patients with serious illness, as well as their families. She loves spending time outdoors, enjoying Bay Area restaurants, and watching dance performances.



BIODANZA

Tuesday, November 9th

Biodanza is a system that uses dance, music, and interaction to induce experiences that positively affect participants emotionally, physically and spiritually. These experiences are called “vivencias”, a Spanish word that refers to the intense perception of being alive in the here-and-now. Biodanza is a type of movement that is practiced as a group. Its an invitation to explore life with authentic simplicity and enhance one’s natural potentials. Anyone can do Biodanza, even those with limited movements and no dance experience. Wear comfortable clothes and join us to have fun and relax!

Speaker: Marina Li, CNE, HHC

Marina Li has been involved with Biodanza since 2004. Marina loves to bring people together to dance with diversity, both personal and collective. Her joy and earthly presence inspires people to “dance with life” with courage, humor and grace. Marina also supports health and wellness through nutritional education and comprehensive advice.



WRAP-UP/GRADUATION

Tuesday, November 16th

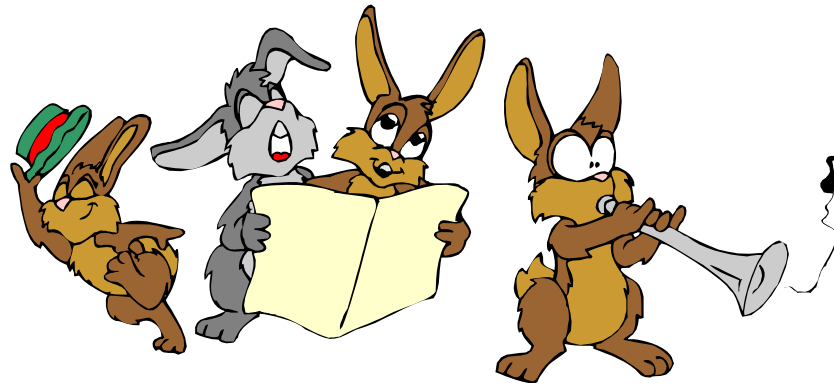
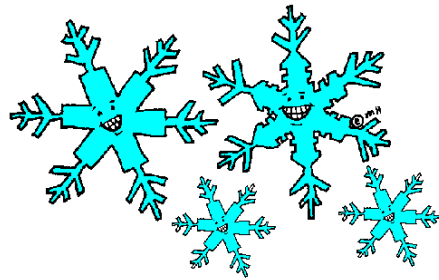
In this session, we will reflect on the how the program has affected you in terms of problem-solving, decision-making, forming a patient/provider partnership, coping, and taking action. We also will discuss choices and changes you have made since participation in the CARE program. We will look at ways to respond to challenges and difficulties. We will also discuss ways to continue and build upon the positive changes you have made. In addition to reflecting on and evaluating the CARE program, we will play games, eat cake, and have fun!



Save the date!
Tuesday, December 14th

CARE-AOKE Party

Celebrate the season with marvelous music, delightful dancing and fabulous food. Bring your dancing shoes and be ready for an evening of fun friends and surprises. You will be receiving an invitation in the mail soon after graduation, so stay tuned!



CARE Advisory Board

Donald Abrams, MD

Donald I. Abrams, MD, is chair of the Hematology/Oncology Division at San Francisco General Hospital and Director of Clinical Programs at the UCSF Osher Center for Integrative Medicine. He is a professor of Clinical Medicine at the University of California, San Francisco. Dr. Abrams received an A.B. in Molecular Biology from Brown University in 1972 and graduated from the Stanford University School of Medicine in 1977. After completing an Internal Medicine residency at the Kaiser Foundation Hospital in San Francisco, he became a fellow in Hematology/Oncology at the Cancer Research Institute of the University of California, San Francisco in 1980.

Kevin Barrows, MD

Kevin Barrows is an Assistant Clinical Professor with the Department of Family and Community Medicine at the University of California, San Francisco. Dr. Barrows also serves as Director of the Mindfulness-Based Stress Education Program at the Osher Center for Integrative Medicine. He received his MD from the UCSF School of Medicine in 1993 and completed his family practice residency and board certification in 1996. Dr. Barrows has pursued diverse clinical interests including international health, emergency medicine, hospital medicine, and community primary care. Currently, his primary interest is in mind-body medicine, especially the application of mindfulness practice in health care settings.

Alicia Boccellari, PhD

Alicia Boccellari is a Clinical Professor of Psychology at the University of California at San Francisco School of Medicine and is the Director of the Division of Psychosocial Medicine at San Francisco General Hospital. Dr. Boccellari has conducted research and clinical trials on a variety of topics, including HIV associated dementia, homelessness, and Post Traumatic Stress disorder. She has published numerous articles on a variety of topics, including bereavement and grief, and helping caregivers cope with family members who have severe physical and/or neurological disorders. Dr. Boccellari's innovative programs have received national recognition as well as numerous honors and awards.



Daniel Dohan, PhD

Daniel Dohan is Assistant Adjunct Professor in the Institute for Health Policy Studies and the Department of Anthropology, History, and Social Medicine at the University of California at San Francisco. His research examines poverty and health, including studies of the provision of cancer and emergency care to the poor, the relationship between low-income communities and healthcare institutions, and the effects of welfare reform on poor people with substance abuse problems. Dr. Dohan's work is primarily ethnographic, but he also combines ethnographic and quantitative approaches. His background is in sociology with post-doctoral training in health policy through the Robert Wood Johnson Foundation Scholars in Health Policy Research Program and a National Institute on Alcohol Abuse and Alcoholism Post-Doctoral Fellowship in Alcohol Studies. In December 2003, the University of California Press published a book based on his dissertation, *The Price of Poverty: Money, Work and Culture in the Mexican-American Barrio*.

David Elkin, MD

David Elkin received his BA and MD from the University of Pennsylvania. He completed one year of training in internal medicine before changing to a psychiatry residency, which he completed in 1989 at the University of California at Davis. Since then, he has worked at SFGH on the ethics committee as well as on the consultation-liaison service of the Department of Psychiatry. From 1991-1992 he also practiced at the Comprehensive Cancer Center at Alta Bates Hospital in Berkeley, CA. He has small psychotherapy practices in Oakland and San Francisco. Dr. Elkin is an Associate Professor of Clinical Psychiatry at UCSF and helps to coordinate medical student education for the SFGH Department of Psychiatry. He is the editor of *Introduction to Clinical Psychiatry* for medical students, published in 1999 by Appleton and Lange.

Anne Hughes, RN, PhD

Anne Hughes is an advance practice nurse specializing in palliative care at Laguna Honda Hospital. Palliative care helps people living with serious illness improve the quality of their lives and find relief from distressing symptoms and illness related problems. Anne is a nurse practitioner, clinical nurse specialist and nationally certified as an advanced oncology certified nurse (AOCN). Before working at Laguna Honda, Anne worked with persons with HIV/AIDS and cancer at San Francisco General Hospital for ten years. Anne has been a nurse since 1974; she completed her associate degree in nursing at Gwynedd-Mercy College, outside of Philadelphia. She completed her bachelor's degree in nursing at Boston College and master's degree in nursing from University of Washington. In 2007, Anne completed her PhD at UCSF where she studied the meaning of dignity to persons with serious illness, who live in the city and don't have a lot of money. Anne has written and lectured on a number of topics related to living with serious illness.

Diane Jones, RN

Diane Jones is currently a Clinical Nurse III with the UCSF/San Francisco General Hospital (SFGH) Positive Health Program. Ms. Jones is also a trainer/consultant with the Harm Reduction Training Institute. Previous to her work with Health at Home, Ms. Jones worked with the Emergency Department and was Head Nurse at the AIDS/Oncology Special Care Unit at San Francisco General Hospital. Her extensive background in nursing and community organizing includes work with the HIV/AIDS, the San Francisco Women's Center/Women's Building, and as a Peace Corps volunteer in Tongo, West Africa.

Shieva Khayam-Bashi, MD

Shieva Khayam-Bashi, MD, Assistant Clinical Professor with the Department of Family and Community Medicine at UCSF/SFGH, is Medical Director of the Skilled Nursing Facility – Ward 4A at SFGH. Dr. Khayam-Bashi received her Bachelor's degree in Sociology from San Francisco State University and her M.D. from the University of California, Davis. Dr. Khayam-Bashi has been recognized with numerous honors and awards for excellence in medical instruction and patient care. Her interests in international health and in providing medical care to underserved communities has led her to work with people in developing countries and with migrant farm workers. In addition to her clinical expertise, Dr. Khayam-Bashi's success as a physician can be attributed to her warm spirit and compassionate nature.

Anita Kline, MSW, LCSW

Anita Kline recently retired as an oncology social worker at San Francisco General Hospital where she gave practical and emotional support to people with cancer in the oncology clinic, the breast clinic and the adult inpatient units. She has helped to facilitate a support group for Spanish-speaking women with cancer, which celebrated its 10- year anniversary in October 2002. Ms. Kline has worked at SFGH since 1985, first on the AIDS ward and then with cancer patients. Prior to SFGH she worked at Cook County Hospital in Chicago. Ms. Kline graduated from the University of Michigan in 1965 with a degree in music. She fell in love with Latin America and the Spanish language as a Peace Corps volunteer in Chile from 1966 to 1968. Ms. Kline received her social work degree from UC Berkeley in 1970. She raised a son at their home in Bernal Heights and continues to travel and make music whenever possible.

Carol Lam, MSW

Carol Lam is an oncology social worker at San Francisco General Hospital. She provides emotional support and resources to both cancer patients and their families via the oncology clinic, breast clinic and adult inpatient units. Ms. Lam began her work as an orthopedic social worker at SFGH in 1998 and became an oncology social worker in 2002, after receiving her Master's in Social Work degree from San Francisco State University.

Judith Luce, M.D. [Advisory Board President]

Judith Luce, MD, Clinical Professor of Medicine at the University of California, San Francisco, is the co-founder and director of the Breast Clinic at San Francisco General Hospital. Dr. Luce received her Bachelor's degree in biology from the University of California, Santa Cruz and her M.D. from the University of California, San Francisco. Dr. Luce has won many awards, honors, and professional appointments, including recognition for her instruction of medical students and excellence as a scientific investigator. She has been active with the National Cancer Institute and the American Cancer Society. Dr. Luce is also a leader in developing educational and other programs for patients who face obstacles in accessing healthcare. Dr. Luce's interests include tennis, knitting, and travel with her family.

Rachel Orkand, MSW

Rachel Orkand is an oncology social worker at San Francisco General Hospital, providing practical and emotional support to people with cancer in the oncology clinic, breast clinic, and inpatient units. Rachel grew up in Sacramento, graduated from Rice University in Texas with a major in Sociology and Policy Studies, and received her Master's in Social Welfare from UC Berkeley. She has also spent many months over the years working on her Spanish in Oaxaca, Mexico, which she continues to perfect with the help of all of the patients at SFGH. She was a recipient of the SFGH Employee Recognition Award along with the entire Hematology-Oncology Clinic Team. Ms. Orkand lives in Oakland with her husband Brett, and loves traveling, rock climbing, bike riding and reading.

Kavitha Ramchandran, MD

Dr. Ramchandran graduated from Stanford University with a BA in Human Biology and a minor in feminist studies in 1999. She then went on to receive her MD at University of California, San Francisco in 2004. During her medical training she took a one year hiatus to pursue independent research in the area of micrometastases in breast cancer for which her work was recognized at the San Antonio Breast Cancer Symposium. As a medical student, Dr. Ramchandran collaborated on the development of the Breast Clinic Waiting Room Program and the CARE program at San Francisco General Hospital. Prior to starting fellowship at Northwestern, she completed her internal medicine residency at University of California, San Francisco.



Dawn Surratt, RN, MS

Dawn Surratt works as a research nurse with UCSF focusing on cancer symptom management. After having worked for years in primary prevention and early detection programs, she is now interested in improving the standards and delivery of care to cancer survivors, particularly those receiving palliative care. She is an advanced practice nurse, with a focus in community health. Ms. Surratt has worked as a health educator, direct care nurse, manager and consultant on various public health projects related to reproductive health, STD and HIV prevention and treatment and cancer control in the United States, India, and Kenya. She enjoys singing, day hiking, outrigger canoeing and Brazilian music.

Carmen Vasquez, RN

Carmen Vasquez has been the Resource Nurse for Obstetrics, Dysplasia, and Gynecology Clinics at SFGH's Women's Health Center for the past 22 years. At the Women's Health Center, Ms. Vasquez provides direct educational, medical, and psychosocial care to patients at Ward 86, the Community Health Network, Community Clinics, and the Nutrition and Eligibility Departments at SFGH. Ms. Vasquez has an extensive background working with diverse people and communities. She was born in Puerto Rico and raised in Brooklyn, New York. Ms. Vasquez received her Nursing degree from Harlem Hospital Center School of Nursing.

Piera Wong, RN, MS, CNS

Piera Wong is the Oncology Clinical Nurse Specialist on Ward 5A at SFGH. She received her Bachelor of Science in Nursing from Cal State Hayward, her Master's of Science and Clinical Nurse Specialist degrees in Oncology Nursing from the University of California, San Francisco. Ms. Wong has conducted extensive research on mucositis pain in head and neck cancer patients. She is the recipient of numerous honors and awards including the Meredith Murphy Scholarship.





NOTES



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Blue Walcer, MPH

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