



Cancer Care Resources



Kaiser Permanente • Southern Alameda County • Health Education and Promotion Department

Your Health Online Shortcuts to better health at kp.org



Kaiser Permanente Cancer Care Website

cancercare.kaiserpermanente.org/

Fremont and San Leandro Medical Center

kp.org/mydoctor/fremontsanleandro/cancer

[fremontsanleandro/cancer](http://kp.org/mydoctor/fremontsanleandro/cancer)

Health Education & Promotion

kp.org/fremont/healtheducation

Kp.org/espanol

Para informacion en espanol.

For information in Spanish

Additional Resources:

Commission on Cancer

facs.org/qualityprograms/cancer/coc

Drivers for Survivors

driversforsurvivors.org

(510) 579-0535

Family Caregiver Alliance National

Center on Caregiving

caregiver.org

Springboard Beyond Cancer

survivorship.cancer.gov/

American Cancer Society

cancer.org/

- **Oncology Nurse Navigators** provide workup protocol for all newly diagnosed cancer patients prior to their initial consultation. They also provide chemo and survivor classes. **Chemo Classes** are offered weekly and prepare cancer patients with what to expect from chemo treatment. Monthly **Survivor Classes** present guided discussion for cancer patients who have completed treatment and are transitioning to life as a cancer survivor. **510-454-2752**
- **Breast Care Coordinators** serve as a patient advocate and educator for members diagnosed with breast cancer. The coordinator will help navigate care and provide an overview of treatment options, referral to support services, and facilitates the twice monthly **Breast Cancer Support Groups**. **510-454-2727**.
- **Medical Social Services** provide emotional and social assistance to cancer patients and their families. Helping patients understand their psychosocial health needs is a critical part to receiving high-quality cancer care. **510-454-2719** or **510-248-3231**.
- **Nutrition Services** provide education to cancer patients and their families on how and what to eat during treatment. They will provide information on the benefits of good nutrition, tips for managing treatment side effects, and much more. **510-454-2716**.
- **Cancer Support Groups** are led by the **Palliative Care Team and Volunteers**. They offer a caring and confidential environment to share personal experiences, gain new understanding, and provide emotional support. **510-454-2800**.
- **Palliative Care Services** refers to patient and family centered care that optimizes quality of life care. It is available at the time of diagnosis and continuously available throughout treatment and surveillance. **510-454-2800**.
- **HERS** (Hope, Empowerment, Renewal and Support) A non-profit organization that offers breast cancer patients postsurgical products and services in a setting that is welcoming and compassionate. Contact **HERS** at: **510-969-7758**. Website: hersbreastcancerfoundation.org





Below are additional classes and resources that are designed to support you in the important role you play in keeping yourself healthy. Please visit or call one of our Healthy Living Centers for more information and enrollment.

Health Education & Promotion

Champions for Healthy Living

Fremont • San Leandro • Union City

Register for classes and let us teach you how to use technology to support your health care - including how to check lab results, make an appointment, or have a video visit with your doctor.

Locations

Our centers are open
Monday to Friday
9 a.m. to 5 p.m.

Fremont Healthy Living Center

39400 Paseo Padre Parkway
Niles Building, 1st Floor
510-248-3455

San Leandro Healthy Living Center

2500 Merced Street
Medical Office Building, 1st Floor
510-454-4531

Union City Healthy Living Center

3553 Whipple Road
Building B, 1st Floor
510-675-4531

Chronic Conditions Classes

- Kidney Awareness
- Tinnitus Class
- Living Better with Heart Failure: The Basics
- Living Heart Healthy Class

Emotional Health and Well Being

- Pathways to Emotional Wellness
- Insomnia Overview
- Improving Your Sleep
- Managing Depression
- Understanding Anxiety

Aging and Senior Health

- Gentle Exercise for Healthy Aging
- Safety, Balance, and Fall Prevention

End of Life Care

- Dealing with Grief and Loss
- Hospice Services

Smoking and Tobacco Cessation

- Quit Tobacco Workshop
- Freedom from Tobacco

Women's Health

- Midlife and Menopause
- Improving Your Bladder Health

Weight

- Healthy Weight 1 (1-6 Week Series offered in-person or online)
- Healthy Weight 2 (9 Week Series)
- Medical Weight Management Program (Free orientation session)
- Plant Based Diet Class
- Clinical Health Educator Appointments

Wellness Coaching

Telephonic coaching sessions are available for the following topics:

- Quit tobacco
- Get active
- Sleep
- Manage weight
- Reduce stress
- Eat healthy

Life Care Planning/ Advance Health Care Directive

Who would speak for you if you were ever unable to communicate for yourself? A Health Care Decision maker is a trusted person, who may be needed to make medical choices for someone who cannot think or speak for him or herself due to a sudden illness, emergency or near the end of their life. Choose a health care decision maker now, and plan for future needs. Visit kp.org/lifecareplan or talk with your doctor. Completing an Advance Health Care Directive is an important part of Life Care Planning for members 18 and over. Workshops for Advance Health Care Directives are available, please contact one of the Healthy Living centers.