

Fall Event Calendar 2021

Presentations and appointments offered virtually: Pacific Time. Most lectures are recorded and posted on our website: chrcsf.org/videos. We will evaluate transition to a hybrid model of delivery (in-person and virtual) in keeping with public health guidelines.

If you would like to donate, [CLICK HERE](#).

Chronic Kidney Disease and Nutrition (Series)

Thursdays: August 26, September 2, and September 9

3:30 – 5:00 pm on Zoom: [Click here to register](#)

This series is made possible through our partnership with National Kidney Foundation, and the support of Horizon.

Day 1: Kidney Health, CKD, and Nutrition Therapy Overview

This is an introduction and overview to kidney function and chronic kidney disease (CKD) stages 1-5. Get information about preventing kidney damage, and how to reduce and manage risk factors. We will also cover symptom management of common side effects of CKD (e.g., anemia, itching, and gout) as well as basic nutrition therapy.

Day 2: Nutrition Recommendations for CKD

This class will focus on managing CKD. Get guidance for preserving kidney function and slowing disease progression. Learn about the benefits of nutrition intervention, and get specific recommendations for each stage of CKD with a focus on protein, sodium, potassium, phosphorus, and other nutrition considerations

Day 3: Planning Your Meals with CKD in Mind

This class will focus on understanding nutrition labels and kidney-friendly tips for meal prep and snacking. This class will also feature cooking demonstrations by Chef Duane Sunwold and Q & A on tips to adapt your favorite dishes for healthy eating.

September

Emotional Eating Support Group

Instructor: Sabine Haake, MBA, RD (CHRC)

This 8-week program combines therapeutic meal experience with cognitive behavior work to help you overcome eating in stressful or emotional situations. Bring your own dinner and practice distinguishing between emotional and physical hunger in a small, judgment-free group environment. Take steps to understand the internal and external stressors that trigger disordered eating behavior and begin to develop a nurturing and compassionate relationship with your body. **Full series enrollment required. FREE for HMO Brown & Toland members; \$60/class for all else. Scholarships may be available.*

Thursdays
Sep 9 – Oct 28
5:30 – 7:00 pm

Private Zoom Room
[Click to begin intake](#)

Or call (415) 923-3155

Lifestyle Tips for Heart Health: Heart Attack Prevention and Warning Signs

Presenters: Michelle Hall, BSN, RN and Jason Mousel, MS, RD (CPMC, CHRC)

This panel features a cardiac rehabilitation nurse and a registered dietitian. Get an overview of the signs and symptoms of heart attack. Learn about the factors that lead to heart attacks, along with the lifestyle changes you can make to prevent them. Receive nutrition education regarding heart attack recovery and prevention.

Wednesday, Sep 15
3:30 – 5:00 pm

Zoom Webinar
[Click here to register](#)

October

For Cancer Survivors: Managing the Side Effects of AI and Tamoxifen

Presenter: Milana Dolezal, MD (Sutter Health)

After you complete surgery, chemotherapy or radiation therapy for breast cancer, sometimes your doctor will prescribe additional medicine to take on an ongoing basis. Many times it is Tamoxifen or an aromatase inhibitor. While these medications are important, they may cause uncomfortable side effects. This presentation will describe what is normal and what is not when taking these medicines. It will also provide ideas for how to manage and reduce these side effects.

Monday, Oct 11
12:00 – 1:00 pm

Zoom Webinar
[Click here to register](#)

For Cancer Patients: HER2 Positive Breast Cancer Management

Presenter: Milana Dolezal, MD (Sutter Health)

If you have or have had HER2 positive breast cancer, you may know that new research and treatments are becoming available all the time. In 2020, three new medicines were approved! Dr. Dolezal will give information about HER2 positive breast cancer and explain general guidelines for how it is treated. She will also review the latest research and “targeted therapies” that have just been approved for use. This presentation will provide education that will enable you to work more closely with your doctors in order to make the best decisions for your specific case.

Monday, Oct 25
12:00 – 1:00 pm

Zoom Webinar
[Click here to register](#)

November

Optimal Healthy Aging: What Women Need to Know

Presenter: Ricki Pollycove, MD (SF Integrative Gynecology)
 This lecture will discuss women's health, gender, medicine, and aging, in addition to the natural history of menopause to present time. Through a western healthcare lens, we will explore how to integrate and sustain lifestyle and personal choices that will lead to long-term wellness and optimal health.

Wednesday, Nov 10
 5:30 – 7:00 pm
 Zoom Webinar
[Click here to register](#)

Hearing with Your Brain

Presenter: Gail Amornpongchai, Au.D., FAAA, C-AAA (UOP)
 We usually think of hearing as occurring in our ears, but there are actually three stages to hearing. The first two stages are unconscious and automatic, and located in the ear area. The third stage is conscious and is related to the ability to focus and to understand. Join Dr. Amornpongchai of University of the Pacific's Audiology Program to learn about the three stages of hearing, and how our brain helps us hear.

Thursday, Nov 11
 2:30 – 4:00 pm
 Zoom Webinar
[Click here to register](#)

December

Experts in Arthritis

Presenter: Neil Birnbaum, MD (Pacific Rheumatology Associates)
 This presentation is provided by the U.S. Bone and Joint Initiative, implemented by Doctor Neil, and hosted by Community Health Resource Center. *Experts in Arthritis* describes the types of arthritis, the causes, and the symptoms. This presentation will delve into the emotional and physical challenges that accompany arthritis and the ways in which we can address them as captains of our health team.

Thursday, Dec 2
 3:30 – 5:00 pm
 Zoom Webinar
[Click here to register](#)

Mental Wellness and Healthy Aging

Presenter: Jessica Bianconi, MSW (CHRC)
 Jessica is an associate clinical social worker at Community Health Resource Center. She has experience providing care coordination and health education for individuals with chronic medical conditions. She is passionate about collaborating with individuals to help overcome challenges in order to move forward and thrive. Her presentation will focus on mental wellness and healthy aging. For a more detailed description of Jessica's lecture by visiting chrcsf.org/events.

Thursday, Dec 9
 3:30 – 5:00 pm
 Zoom Webinar
[Click here to register](#)

SUPPORT GROUPS

Cancer Buddy Program

This program connects patients within the first year of cancer diagnosis with trained volunteer cancer survivors. The program is a forum for individuals to speak openly with someone who understands cancer from personal experience.

To request a Buddy or to volunteer, call (415) 923-3155

Coping with Cancer

This workshop provides a safe and supportive environment for individuals with any cancer diagnosis. You can ask questions and get emotional support and information to help with your cancer journey. This free meeting promotes education, awareness and emotional support.

Call (415) 600-3977 or (415) 600-5880 for a schedule of meeting dates

FREE HEALTH SCREENINGS

Health screenings are offered in San Francisco free of cost. Each date offers total cholesterol, glucose, and blood pressure results. Educational materials to help you further understand the role blood glucose, cholesterol, and blood pressure play in health management are also available. Walk-ins welcome - no registration required.

Available

Mission Neighborhood Centers
 362 Capp St
 1st and 3rd Fridays
 9:30 am – 11:30 am

Available

Pacific Professional Building
 2100 Webster St, Room 106
 2nd and 4th Fridays
 10:00 – 12:00 pm