General Surgery Residency

Bay Area Guide
This booklet has been prepared for you by the Wellness Committee in the General Surgery Residency. In it you will find a full gamut of services—from PCPs to OB-Gyns, lists of gyms, trails for biking and hiking—as well as suggestions for a panoply of both necessary and fun activities on the Peninsula, in the City and beyond. Websites you may want to access are included as well. We hope you find this useful, and we welcome your comments and critiques. We also encourage you to bring items you think will be helpful to residents to us.

Welcome to Stanford General Surgery where we know you will work hard, learn more than at any other time in your life, and take advantage of the great bounty in the Bay Area.

The General Surgery Resident Wellness Committee

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Health

General Info
- Benefit info can be found on the Stanford GME Benefits page (requires SUNet ID to log in, see “Housestaff Benefits Summary” PDF for detailed info on each health plan)
  - Health insurance is offered through Aetna or Kaiser
  - Vision coverage is provided through VSP
  - Dental coverage is provided through Delta Dental (3 plan options)
- Employee Wellness Program (HealthySteps) offers info about wellness programs and an incentive program to earn $$$ for a Health Reimbursement Account

Primary Care & Urgent Care

Stanford Primary Care 650-723-6028 – Located on Quarry Road
  Dr. Paul Ford (Internal Medicine)
  Dr. Kathleen Kenny (Internal Medicine)
  Dr. Bryant Lin (Internal Medicine)
  Dr. Nancy Morioka-Douglas (Family Medicine)
  Dr. Tracy Rydel (Family Medicine)
  Dr. Rebecca Seekamp (Family Medicine)
  Dr. Christopher Sharp (Internal Medicine)
  Dr. Eva Weinlander (Family Medicine)
*Telemedicine – Available through Teladoc if you are enrolled in the Aetna plan, Kaiser Telehealth if you are enrolled in the Kaiser plan
*Stanford Walk-in Clinic - Located in Hoover Pavilion (M-F 3:30p – 11p)
*Stanford Express Care - Locations in Hoover Pavilion, with additional office in San Jose (9a-9p every day)

Menlo Medical 650-498-6500 – Affiliated with SHC, located near downtown Menlo Park
  Dr. Eliza Bennitt (Internal Medicine)
  Dr. Daniel Huie (Family Medicine)
  Dr. Paul Jemelian (Internal Medicine)
  Dr. Stacy Porter (Internal Medicine)
  Dr. Kristen Sherman (Internal Medicine)
  Dr. Lorna Thornton (Internal Medicine)
  Dr. Jeanie Waltuch (Internal Medicine)

Palo Alto Medical Foundation 650-321-4121 – Affiliated with Sutter, PA office on El Camino
  Dr. Matthew Hernandez (Internal Medicine – Palo Alto)
  Dr. Neeta Jain (Internal Medicine – Palo Alto)
  Dr. Amy Levin (Internal Medicine – Palo Alto)
  Dr. Heather Linebarger (Internal Medicine – Palo Alto)
  Dr. Margaret Lo (Family Medicine – Los Altos)
  Dr. Stephanie Wong (Internal Medicine – Mountain View)
*PAMF Internal Medicine - Palo Alto Office (Mondays 7:30a-7p, Tu-Fri 7:30a-6p, Sa 8a-12p)
*PAMF Internal Medicine - Los Altos Office (7a-7p Mondays, Tu-Fri 7a-6p, Sa 8a-12p)
*PAMF Urgent Care (7a-8p 7 days a week; 8a-5p on holidays)
OB/Gyn
Stanford Women's Health 650-721-6060
  Dr. Jagdip Powar
  Dr. Zena Kharsa
Menlo Medical Clinic 650-496-6500
  Dr. Sally Greenwald
  Dr. Carrie Rothstein
Palo Alto Medical Foundation 650-321-4121
  Dr. Diana Aung (San Jose)
  Dr. Christie Coleman (Palo Alto)
  Dr. Elizabeth Swenson (Palo Alto)
  Dr. Winona Tan (Palo Alto)
Kaiser 650-299-2000
  Dr. Michael Nwynn (Redwood City)

Mental Health
Stanford WellConnect: Confidential 24/7 access to establish timely mental health care
  https://med.stanford.edu/psychiatry/special-initiatives/wellconnect.html
Faculty Staff Help Center (residents eligible): https://cardinalatwork.stanford.edu/faculty-staff-help-center
Additional resources available at: https://wellmd.stanford.edu/get-help.html

Dentistry
  Dr. James Cox (Palo Alto)
  Dr. Maryam Amidi (Amidi Family Dentistry - Mountain View)
  Dr. Shachi Bahl (Palo Alto Dental Group)
  Dr. Jeffrey Gressard (Millbrae)
  Dr. Scott Hoffman (Menlo Park)
  Dr. Eric Kwon (Grace Dental – Palo Alto)
  Dr. Marna Longakit (Olive Tree Dental - Sunnyvale)
  Dr. Timothy Mulcahy (Mulcahy Family Dentistry - Palo Alto)
  Dr. LeeAnne Sera (Santa Clara)
  Dr. Jennifer Wu (Sunnyvale)
  *Palo Alto Dental Group* (M-F 7a-5p, Sat 8a-noon)
  *Grace Dental* (M,W,F,Sa 8a-5p; Tu,Th 7a-7p)

Pediatrics
  Dr. Laurie Chiang (Menlo Medical – affiliated with Stanford)
  Dr. Isha Clark (Menlo Medical – affiliated with Stanford)
  Dr. Katie Ellgass (Altos Pediatrics – affiliated with Stanford)
  Dr. Laura Saldivar (Menlo Medical – affiliated with Stanford)
  *PAMF Pediatric Urgent Care* (M-F 7a-9p, Weekends & Holidays 8a-9p)
  *Mountain View Center* (M-F 8a-9p, Weekends & Holidays 8a-8p)
Pharmacies

CVS Town & Country – 855 El Camino Real, Palo Alto - (650) 322-2554
Maximart Pharmacy – 240 Cambridge Avenue, Palo Alto - (650) 327-3922
Medical Plaza Pharmacy – 211 Quarry Road, Stanford - (650) 326-2300
Safeway Pharmacy – 525 El Camino Real, Menlo Park - (650) 847-2905
Stanford Health Care Pharmacy - In the Stanford Cancer Center - 875 Blake Wilbur Drive - (650) 736-3800
Fitness & Outdoor Recreation

Gyms

*Stanford Recreation & Wellness – Access is free, check with GME for pass*

- **Arrillaga – Gym & Pool (AOERC):** Newest University gym, close to hospital, very nice, has pool, climbing gym, basketball courts, free weights, lots of cardio machines. Also has numerous classes that are pretty cheap. Good hours (5:30am-12pm M-F, 8am-10pm weekends).

- **Arrillaga/Ford (ACSR):** Main University gym, very nice, has basketball courts, squash courts, free weights, machines, lots of cardio machines. Also have numerous classes that are pretty cheap. Good hours (6:00am-11pm M-F, 8am-10pm weekends).

- **Avery Aquatic Center:** Main University pool, used by athletic teams so hours are more limited.

Hospital

- **Rooftop gym:** Up on the roof near the GME call rooms is a little gym with some basic equipment (3 cardio, free weights). The go-to while on call.

Community

- **Equinox Fitness (Palo Alto):** https://www.equinox.com/clubs/northern-california/paloalto. Beautiful fancy gym with great facilities. Typically very expensive but they run specials at times.

- **24 Hours Fitness (Mountain View):** https://www.24hourfitness.com/Website/clubList/CA/Mountain%20View/. Open 24-7.

- **Form Fitness (Palo Alto):** http://www.formfitness.net/

- **Oshman Jewish Community Center (Palo Alto):** https://www.paloaltojcc.org/

- **YMCA (Palo Alto):** https://www.ymcasv.org/locations/palo-alto-family-ymca

Specialty Gyms

- **Avalon Yoga:** http://avalonyoga.com/
- **Bar Method:** https://barmethod.com/locations/palo-alto/
- **CorePower Yoga:** Has locations in Palo Alto (Town & Country) and close to Valley (Winchester Blvd)! https://www.corepoweryoga.com/
- **Orange Theory:** https://palo-alto orangetheoryfitness.com/
- **Pure Barre:** https://local.purebarre.com/locati on/palo-alto-ca
- **Soul Cycle:** https://www.soul-cycle.com/studios/ca-paloalto/
- **YogaSource:** https://yogasource.com/

**Note:**
The [HealthySteps Employee Wellness Program](#) offers discounts on a number of local gyms!
Walking, Jogging, Running, Hiking, Biking

Palo Alto & Stanford:
- **Arastradero Regional Preserve**: Hiking just off 280 in the Palo Alto Hills
- **The Baylands**: Flat running & biking trails near the Bay
- **The Dish**: Classic hike behind Stanford campus
- **Foothills Park**: Hiking, camping & picnic areas, need Palo Alto ID to enter
- **Other Stanford Campus Runs**

In the Hills:
- **Huddart Park**: Hiking & picnic areas
- **Kings Mountain Road**: Bike ride through Woodside and up to Skyline Blvd.
- **Los Altos Hills Tour**: Bike ride through the hills behind Stanford.
- **Old La Honda Loop**: Bike ride to the top of Skyline Blvd.
- **The Loop**: Classic bike ride through Portola Valley, can be done in <1.5 hours from Stanford campus.
- **Windy Hill Regional Open Space**: Beautiful hike up to Skyline Blvd.
- **Wunderlich Park**: Hiking & picnic areas

Further Afield:
- **Coast Loop**: Bike loop that takes you out to Hwy 1 and the coast
- **La Honda Creek Open Space Reserve**: Beautiful hiking trails through the hills
- **Montebello Open Space Preserve**: More beautiful hiking trails through the hills!
- **Purisima Creek Redwoods Open Space Reserve**: More beautiful hiking trails through the hills!
- **Rancho San Antonio Open Space Preserve**: More beautiful hiking trails through the hills!
- **Russian Ridge Open Space Preserve**: More beautiful hiking trails through the hills!
- **Shoreline Lake Boathouse**: Variety of water sports
- **Stevens Creek County Park**: Hiking, fishing, biking...
**Running Resources**
Palo Alto Run Club (PARC) - [http://www.parunclub.com](http://www.parunclub.com)
Fleet Feet: Local running store with weekly run club Thursdays at 6:30pm.
   [https://www.fleetfeet.com/s/menlopark](https://www.fleetfeet.com/s/menlopark)
Lululemon Athletica: University Ave shop offers run club Monday & Thursday at 6:15pm.
Active.com - [http://www.active.com/running/](http://www.active.com/running/)

**Hiking Resources**
SF Bay Area Hiker - [http://www.bahiker.com/](http://www.bahiker.com/)

**Biking Resources**

**Yoga Resources**
Lulueemon Athletica: University Ave shop offers free yoga Sunday 10am.
Patagonia: Alma St shop offers free yoga Wednesday 6:30pm (and 15% discount to Stanford employees with ID & university email address!)
Local Fun & Travel

Weekend Camping Trips
Angel Island State Park
Ano Nuevo State Reserve
Big Basin Redwoods State Park
Big Sur State Park
Muir Woods
Mount Diablo State Park
Mount Tamalpais State Park
Pigeon Point Light Station
Point Reyes State Park
Portola Redwoods State Park
Yosemite National Park

Other Weekend Destinations
Cambria
Dry Creek Valley
Henry Coe State park
Lake Tahoe
Los Angeles
Mendocino
Monterey/Carmel
Napa Valley
Pacific Grove
Paso Robles
Pinnacles National Monument
Russian River
San Luis Obispo
San Simeon
Sonoma

Heading up to San Francisco?
California Academy of Sciences
DeYoung Museum
Ferry Building Farmer’s Market (Saturdays)
Land’s End
Legion of Honor
SFMOMA
Disney Family Museum
Union Square
San Francisco Zoo
North Beach and Coit Tower
Japantown
The Marina District
AT&T Park
Palace of Fine Arts
Fisherman’s Wharf
Dolores Park
Golden Gate Park
Walk-run-bike over the Golden Gate Bridge
Crissy Field
The Presidio
John McLaren Park
San Bruno State Mountain Park
Fort Funston
Lincoln Park
The beach along the Great Highway
Glen Canyon
Mt. Davidson Park

For the more adventurous...
Half Moon Bay (running, biking, surfing, hiking, swimming, etc.)
Scuba diving - www.bayareascuba.com
Triathlons - https://www.svtriclub.org/
Rock climbing - www.bayareaclimbers.com
Sea Kayaking - http://www.bask.org/

Movie Theaters
Palo Alto
Aquarius Theater: 430 Emerson Street (650-327-3241)
CineArts Palo Alto Square: 3000 El Camino Real (650-493-0128)
Stanford Theater: 221 University Avenue (650-324-3700)

Redwood City
Century 20 Redwood City: 825 Middlefield Road (650-701-1341)

Menlo Park
Guild Theater: 949 El Camino Real (650-566-8367)

Mountain View
Century Cinema 16: 1500 N. Shoreline Blvd (650-961-3828)
Good Eats

Farmers' Markets

**Palo Alto**
California Ave Farmers' Market, Sundays All Year, 9am-1pm - [https://uvfm.org/palo-alto-sundays](https://uvfm.org/palo-alto-sundays)
Palo Alto Farmers' Market, Saturdays All Year, 8am-12pm, Gilman/Hamilton St - [https://www.pafarmersmarket.org/](https://www.pafarmersmarket.org/)

**Menlo Park**
Menlo Park Farmers' Market, Sundays All Year, 9AM - 1PM, Chestnut between Santa Cruz & Menlo - [https://www.localharvest.org/menlo-park-farmers-market-M3662](https://www.localharvest.org/menlo-park-farmers-market-M3662)

**Others**
GoodEggs: Like having a farmer’s market delivered to your door. They also have a nice selection of other local treats & produce, in addition to a great selection of quick/easy meal kits.
[https://www.goodeggs.com](https://www.goodeggs.com)
Mountain View Farmer’s Market, Sundays All Year, 9AM - 1PM

Supermarkets/Gourmet Foods

**Palo Alto**
Mollie Stone's - 164 S. California Ave.
Piazza's Fine Foods - 3922 Middlefield Road
Safeway - 2811 Middlefield Road
Sigona's Farmers' Market - 399 Stanford Shopping Center
Trader Joe's - Town and Country Village
Whole Foods Market - 774 Emerson St.

**Menlo Park**
Draeger's - 1010 University Drive
Safeway - 325 Sharon Park Drive
Safeway - at El Camino and Middle Ave.
Trader Joe's - 720 Menlo Ave.

**Other Favorites**
Robert's Market - 3015 Woodside Road,
Woodside & 4420 Alpine Road, Portola Valley
Trader Joe's - 590 Showers Drive, Mountain View
Whole Foods Market - 4800 El Camino Real, Los Altos

**Best Coffee Spot**
Backyard Brew (Palo Alto)
Cafe La Tartine (Redwood City)
Coupa Café (Palo Alto)
Mayfair (Town and Country)
Palo Alto Café (Palo Alto)
Philz Coffee (2 locations in Palo Alto)
Red Rock (Mountain View)
Tootsie's (Stanford Barn)
Verve Coffee Roasters (Palo Alto)
Zombie Runner Coffee (Palo Alto)
Zoom Coffee Truck (Stanford Hospital)

**Favorite Brunch**
Alana’s Cafe (Redwood City)
Bill’s Café (Palo Alto)
Cafe Barrone (Menlo Park)
Cafe Brioche (Palo Alto)
Café Zoe (Menlo Park)
Fu Lam Mum Dim Sum (Mountain View)
Hobee’s (Palo Alto/Mountain View)
Izzy’s Brooklyn Bagels (Palo Alto)
Posh Bagel (Menlo Park)
Rick's Cafe (Los Altos)
Stacks (Menlo Park)
St. Michael’s Alley (Palo Alto)
Tootsie's (Stanford – Mon – Sat only)
Vitality Bowls (Palo Alto)

**Favorite Dinner**
Bangkok Bay (Redwood City)
Darbar (Palo Alto)
Evvia (Palo Alto)
Three Seasons (Palo Alto)
Plutos (Palo Alto)
Shana Thai (Mountain View)
Pizzeria Delfina (Palo Alto)
Joya (Palo Alto)
Tamarine (Palo Alto)
Los Altos Grill (Los Altos)
Flea Street Café (Menlo Park)
Sprout Café (Palo Alto)
The Counter (Palo Alto)
Osteria (Palo Alto)
Tofu House (Los Altos)
Cascal (Mountain View)
Sultana (Menlo Park)
Vazo Azzurro (Mountain View)
Pho Vi Hoa (Los Altos)
Siam Royal (Palo Alto)
Vesta (Redwood City)

**Cheap(ish) Eats**
Zareen’s (Palo Alto)
Mediterranean Wraps (Palo Alto)

Ice Cream
Salt & Straw (Palo Alto)
Tin Pot (Palo Alto)

Wine & Bars
Vino Locale (Palo Alto): Has indoor & outdoor seating, live music

Near Kaiser
Dishdash (S Murphy Ave, Sunnyvale): Hearty Middle Eastern cuisine
Eureka! (Stevens Creek Blvd, Cupertino): Burgers & brews
Fantasia Coffee & Tea (N Wolfe Rd, Cupertino): Boba!
Joy Luck Palace (N Wolfe Rd, Cupertino): DIM SUM!
Kyo-Po Market (Homestead Rd, Santa Clara): Korean style supermarket
Orenchi Ramen (Homestead Rd, Santa Clara): Very popular ramen place, usually with long lines for good reason!
Oren’s Hummus (Stevens Creek Blvd, Cupertino): South Bay outpost of the University Ave classic
Ranch 99 Market (N Wolfe Rd, Cupertino): Chinese style supermarket with cooked food to go
Tofu Plus Korean Food (N Wolfe Rd, Cupertino): Korean fare, including BBQ dishes

Near Valley
Dia de Pesca (N Bascom Ave, San Jose): Fish-centric Mexican food with indoor & outdoor seating.
Din Tai Fung (Stevens Creek Blvd, Santa Clara): Known for their soup dumplings, be aware of long lines, but worth it.
Mendocino Farms (Olsen Dr, San Jose): salads, sandwiches. NOTE: Also lot of other options in Santana Row near Valley.
Mini Gourmet (S Bascom Ave, San Jose): Classic post-call spot, traditional diner fare.
Mitsuwa Market (Saratoga Ave, San Jose): good food court with ramen (Santouka Ramen), cooked Japanese food, boba. Japanese style supermarket, can buy to go boxes and sushi from the market (plus Japanese candies!)
Smitten (Olin Ave, San Jose): Gourmet ice cream on Santana Row
Whole Foods (S Bascom Ave, Campbell): Open until 10PM!
Zeugma Kebab (S Almaden Ave, San Jose): Turkish kebabs with vegetarian options
The Farm

General Resources

- **Stanford Campus ID Badge**: Allows access to campus gyms and other facilities like Windhover. You should have received this at GME orientation; if not contact the GME office and/or visit the [ID Card Office](https://med.stanford.edu/gme/housestaff/all-topics/wellness.html) at Tressider Union.
- **GME Well-Being**: [https://med.stanford.edu/gme/housestaff/all-topics/wellness.html](https://med.stanford.edu/gme/housestaff/all-topics/wellness.html)
- **Stanford Campus Life**: Online resource with links to arts & culture, athletics and fitness, student life, campus information. [https://www.stanford.edu/campus-life/](https://www.stanford.edu/campus-life/)

Things to Do on "The Farm"

**Spiritual:**

- **Windhover**: A “spiritual refuge on campus meant to inspire and promote personal renewal.” Great for quiet time and meditation. Requires Stanford campus ID badge (different from hospital badge—see above) [https://windhover.stanford.edu/](https://windhover.stanford.edu/)
- **Memorial Church (or Mem Chu)**: Many free events for both the religious and non-religious, including Compline, hymns and chant set in a tranquil candlelit ambiance Sundays from 9 to 9:30pm. [https://religiouslife.stanford.edu/memorial-church/stanford-memorial-church-information](https://religiouslife.stanford.edu/memorial-church/stanford-memorial-church-information)

**Arts:**

- **Stanford Live**: Up-to-date info on music, theater, dance, spoken word, and multi-media events. [http://live.stanford.edu](http://live.stanford.edu)
- **Anderson Collection**: [https://anderson.stanford.edu/](https://anderson.stanford.edu/). Modern and contemporary art. Open Wed – Mon, 11am-5pm, Th 11am-8pm.

**Walking Tours:**

- **Gardens Walk**: [https://visit.stanford.edu/tours/virtual/gardens/index.html](https://visit.stanford.edu/tours/virtual/gardens/index.html)
- **Tree Walk**: [https://trees.stanford.edu/treewalks/treemaps.htm](https://trees.stanford.edu/treewalks/treemaps.htm)
- **Self-Guided Campus Tour**: [https://lbre.stanford.edu/sites/lbre-production/files/self_guided_tour_map_0.pdf](https://lbre.stanford.edu/sites/lbre-production/files/self_guided_tour_map_0.pdf)

**Other:**

- **Visit the Hoover Tower**: For a great view, open every day 10-4pm, FREE with Stanford ID. Also visit the Herbert Hoover Memorial Exhibit Pavilion, [https://visit.stanford.edu/plan/guides/hoover.html](https://visit.stanford.edu/plan/guides/hoover.html)
- **Eat**: [https://rde.stanford.edu/dining/visitors-gateway](https://rde.stanford.edu/dining/visitors-gateway)
- **Stanford Sporting Events**: [https://gostanford.com/](https://gostanford.com/)