



CANCER SUPPORT COMMUNITY

GREATER ST. LOUIS

A Place for People Impacted by Cancer

For more information, call 314-238-2000 or visit www.cancersupportstl.org.

MISSION: *To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.*

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Saturday, May 2, 2020
Creve Coeur Park in Sailboat Cove.

See page 9 for more info!



Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

Cancer Support Community of Greater St. Louis is proud to provide Families Connect: A program for children and teens who are impacted by cancer in the family. Funding for this program is provided in part by The Saigh Foundation, Trio Foundation and Cardinals Care.

Families Connect Monthly Group - RSVP

First Tuesdays, April 7, May 5, June 2 • 6:00 – 8:00 PM

Families Connect is a program for the whole family when a parent, grandparent, or adult relative has cancer. A family support group is held while the children and teens (ages 5-18) meet for equal parts support and fun!

Special Families Connect

Tuesday, June 2

Join Susie McGaughey in celebrating Cancer Support Community of St. Louis' 27th Birthday by making a creative art "birthday cake!"

healthy lifestyle

Family, Food, and Fun! - RSVP

Wednesday, June 24 • 6:30 – 8:00 PM

Sample some of the infamous Filipino hospitality with art for well-being instructor and foodie, Maria Ojascastro. You'll learn how to cook both sweet and savory dishes in this workshop!



A Board Certified Music Therapist helps participants (children and teens diagnosed with cancer, as well as those who have a family member with cancer) to express their feelings that they then convert into songs. Attendees receive the recording on CD! No prior musical experience needed!

Call 314-238-2000 to schedule your appointment! This program is in collaboration with Maryville University's fully accredited music therapy program in the School of Health Professions.

education



Kid Support Spring Session - RSVP

Saturday, April 18 • 9:00 AM – NOON

Kid Support™ is an educational workshop for children and teens (ages 5 – 18, divided into age groups) who have a parent, grandparent, or other adult family member with cancer. Kid Support™ includes age-appropriate activities (art, games, writing) that provide children a safe

space to learn age appropriate information about cancer, to begin a conversation about their loved ones' cancer and learn coping skills. An adult family support group is held while the children and teens meet! Registration begins at 9:00 and brunch is provided. Sessions begin promptly at 9:30 a.m.

SOCIAL CONNECTIONS

Families Connect at Steps for Hope

Saturday, May 2 • 9:00 AM

Location: Sailboat Cove in Creve Coeur Park,
13725 Marine Ave, St. Louis, MO 63146

Join us at the Families Connect Tent for games and activities that give you a taste of the fun and support you will find at our monthly Families Connect program!



SUPPORT GROUPS

The following support groups are open to individuals ages 18 and older and require a short preparation meeting in advance. Call 314-238-2000 to schedule.

WEEKLY SUPPORT GROUPS FOR CANCER PATIENTS offer people with a cancer diagnosis who are in active treatment an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support, and learn how to manage stress. Morning, afternoon and evening groups are available.

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS offers those supporting a person with cancer the opportunity to discuss common issues. Together family, friends and caregivers learn new ways to cope with their individual stress as well as ways to support their loved ones living with cancer. An evening group is available.

TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS are offered day and evening and are open to any caregiver who has lost a loved one to cancer in the past 18 months. Morning and evening groups are available.

All Support and Networking Groups are free, led by licensed facilitators, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, Lung Cancer Connection, St. Louis Service Bureau, Missouri Baptist Healthcare Foundation, Staenberg Family Foundation and the Arenberg Family. Groups are not open for observation at any time and are only for people with a cancer diagnosis and, where indicated, their loved ones.

NETWORKING GROUPS

These are drop-in groups (except where otherwise indicated) designed for attendees with similar diagnoses or life situations (such as bereavement) to meaningfully connect with others and share information helpful on the cancer journey. Family and friends are welcome to attend where indicated.

BEREAVEMENT MONTHLY GROUP - RSVP

First Thursday each month • 6:30 – 8:00 PM

This group is a place for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer. This group includes dinner.

April 2: Potluck

BRAIN TUMOR MONTHLY GROUP

Fourth Thursday each month • 6:30 – 8:00 PM

A caring environment to learn about and discuss issues associated with brain cancer: memory, cognitive losses and challenges, communication, and the impact on family. Family and friends welcome.

BREAST CANCER MONTHLY GROUP - RSVP

Second Wednesday each month • 5:30 – 7:00 PM

David C Pratt Cancer Center, Suite 1440, John Krey Cancer Information Center, Mercy Hospital, 607 S. New Ballas Rd, 63141

An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed, survivors, along with female family and friends.



GYNECOLOGICAL CANCER MONTHLY GROUP

Third Monday each month • 6:30 – 8:00 PM

An active, nurturing support group that shares information and discusses pertinent issues such as nutrition, coping skills, fear of recurrence, intimacy challenges, and genetic concerns. For women newly diagnosed and survivors, female family and friends.

LUNG CANCER MONTHLY GROUP

Second Thursday each month • 6:00 – 7:30 PM

The group provides a nurturing environment to learn about and discuss coping skills, disease management, and quality of life during and after treatment.



LUNG CANCER MONTHLY GROUP - RSVP

Third Tuesday each month • 1:00 – 2:30 PM

Mercy South Cancer Care Center, 10010 Kennerly Rd., 63128

The group gives people with lung cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.



MULTIPLE MYELOMA MONTHLY GROUP

Second Tuesday each month • 11:30 AM – 1:00 PM

St. Louis University Hospital, West Pavilion
3655 Vista Avenue, Room 3302

Connect with other people with multiple myeloma and their family to learn about the unique experience of living with this diagnosis.



ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Monday each month • NOON – 1:30 PM

Due to Holiday, May session held on Monday the 18th

Attendees exchange stories, treatment tips, and share concerns about quality of life, intensity of diagnosis, nutritional issues, and other effects of pancreatic cancer. Family and friends welcome.

PROSTATE CANCER MONTHLY GROUP

First Thursday each month • 6:30 – 8:00 PM

David C Pratt Cancer Center, Suite 1440, Conference Room, Mercy Hospital, 607 S. New Ballas Rd, 63141

This group features speakers and follow-up discussions on important topics such as treatment options, quality of life, incontinence, intimacy concerns, and fear of recurrence. *This group is part of the UsTOO Prostate Cancer Education & Support Network.*



TRANSITION TO SURVIVORSHIP - RSVP

Third Thursday each month • 6:30 – 8:00 PM

Many people who are finished with active treatment or are on maintenance treatment find it difficult to make a transition to a new way of life. This group connects people who are coping with long-term physical or emotional side effects, or are finding a new normal.

WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 6

Empowered by Knowledge EDUCATION

New Member Meetings - **RSVP**

April 2, May 1, June 12 • 10:00 – 11:00 AM

Second Wednesdays, April 8, May 13, June 10 • 6:30 – 7:30 PM

This introduction to CSC allows people with cancer, their family and friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others looking to be empowered by knowledge, strengthened by action, and sustained by community.

Sexual Health Through Cancer - **RSVP**

Wednesday, April 22 • 6:30 – 8:00 PM

Dr. Becky Lynn, MD, will lead a discussion on common sexual side effects of cancer treatment and self-image concerns patients may face through their cancer journey. This interesting and engaging session will give the opportunity for women to understand why sex is different after cancer-but can still be enjoyable.

Moving Beyond Cancer: Moving Toward Wellness - **RSVP**

Thursday, May 14 • 6:30 – 8:00 PM

Location: David C. Pratt Cancer Center, Suite 1440, Conference Room, Mercy Hospital, 607 S. New Ballas Rd, 63141

This workshop will explore the meaning of patient active survivorship and address the emotional, physical, spiritual and practical aspects of reclaiming your wellness. Participants will leave with a personalized wellness plan and experience a small chair yoga practice. This session is facilitated by Karen Banks, M.Ed., LPC, and registered yoga instructor. Patients in any stage of survivorship and caregivers are welcome.

Ask The Expert: Basic Estate Planning - **RSVP**

Wednesday, May 13 • 6:30 – 8:00 PM

Join Dawn T. Christofferson LLC, to learn how to plan for your future needs and lovingly give your family the gift of your foresight! This presentation will discuss how everyone can (and should) plan for their future and their families' through the preparation of various legal documents (Durable Powers of Attorney, Health Care Directives, Wills, Trusts) and most importantly, how to communicate and ensure that your loved ones know your wishes and values.



Open to Options™ supports you as you identify important questions about your survivorship and concerns based upon your personal needs. This program will help you identify and organize your questions for your doctor, communicate in an organized manner with your medical team, and make decisions that best fit your personal desires and goals. **Call Kelly O'Neal, MSW, LCSW (314-238-2000, Ext. 230) for appointment.**

In an effort to keep our workshops free, we require that you update your member form once a year.

Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

Mindful Eating with Kelly O'Donnell - **RSVP**

Friday, April 10 • 11:30 AM – 1:30 PM

Share a healthy seasonal meal while you experience mindful eating.

Seasonal Cuisine with Vicki Bensinger - **RSVP**

Wednesday, April 29 • 6:00 – 8:00 PM

Work with the flavors of the season to create some healthy spring dishes!

Writers Workshop - **RSVP**

Wednesdays April 8, 15 and 22; May 6, 13 and 20

and June 3, 10 and 17 • 1:30 – 3:30 PM

Whoa! I can't believe I'm here...we will explore where we are in the present, living in the now. Topics include: Signs from the Universe, Giving Ourselves Permission, Self-Care and Nurturing Ourselves, What is Possible. Join others in a safe, caring space to discuss, write and share our ideas. Writers Workshop is a healing and supportive space where the written word is used to process our lives.

Art for Recovery - **RSVP**

Monday April 13 and June 8 • 6:30 – 8:00 PM

"Where there is light, darkness cannot be". As we emerge from the darker days of winter into the spring, let's gather to focus on LIGHT and to infuse some HOPE into our lives, by engaging in artmaking that focuses on bringing light into dark places. Each group meeting we'll create a different project of "light" including making simple luminaries, creating mixed media collages, and painting. Afterall, "sometimes just looking up and seeing the light is enough."

Stress Less - **RSVP**

Second Tuesdays, April 14, May 12, June 9 • 1:00 – 2:30 PM

Location: Mercy South Cancer Care Center, 10010 Kennerly Rd., 63128

Feeling stressed out? Join a session of coping with anxiety and quieting your mind through breathing exercises, progressive muscle relaxation, guided imagery, creative journaling...wherever the moment takes us!

Plant Day - **RSVP**

Thursday, May 14 • NOON – 1:30 PM

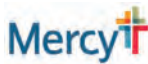
Join us as we dig in and plant the Inspiration Garden with flowers, herbs and vegetables for all to enjoy. Everyone will leave with an herbal planting of their own.

Mindfulness and Nature - **RSVP**

Tuesday, June 16 • 6:00 – 7:30 PM

Location: Missouri Botanical Garden 4344 Shaw Blvd, St. Louis, MO 63110

Mindfulness and Nature: experience the Sensory Garden at MBG through all of your senses. We will use this special space to practice paying attention, slowing down and exploring plants and their surroundings in a mindful way.



Sanctuary - RSVP

Third Thursdays, April 16, May 21 and June 18 • 6:00 – 7:30 PM

Mark Biehl, Certified Sound Therapy Coach, hosts this blissful journey with offerings of Tibetan singing bowls, gongs, chimes, indigenous flutes, drums, and keyboard atmospheres. Elements of breath work, guided reading, and group chanting are also featured to enhance and direct your experience to a higher level.

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, April 20, May 18, June 15 • 6:30 – 8:00 PM

Learn to balance your body's energies for optimal health. This class originated with Healing Touch concepts and has expanded to include other modalities like Eden Energy Medicine, Meridian Tapping, Breath work and Meditation as examples. All are focused to promote relaxation, relieve pain, decrease anxiety tension and stress, and to promote healing. Useful for self-care or the care of a loved one.

Creative Journaling - RSVP

Thursday, May 14 • 2:30 – 4:00 PM

Join us for collaging, journaling, and creativity! Each session will encourage participants to explore their inner peace and happiness while completing creative art projects and writing exercises. No experience or artistic talent necessary!

The Power of Mindfulness: A Deeper Look - RSVP

Three Consecutive Tuesdays, May 19, 26, and June 2

10:00 AM – NOON (Please commit to all 3 sessions)

David C. Pratt Cancer Center, Conference Room,
Mercy Hospital, 607 S. New Ballas Rd, 63141

Curious about mindfulness and meditation, but unsure how to get started in developing your own practice? Join Kathy Bearman, LCSW, to explore the realms of mindfulness and meditation. This 3-week series will provide information on the benefits of mindfulness and meditation for the body and brain, allow you to experience and participate in mindfulness exercises, breathing meditations, and guided imageries, and will offer tips to help you establish your personal practice and skills to reduce stress and increase the experience of peace and well-being in your life.

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Thursday, June 25 • 6:30 – 8:00 PM

Learn to relax and stay in the moment using mindfulness meditations. This session will include information, strategies for integrating mindfulness into your daily practice.

JASON BRIGHTFIELD YOUNG ADULT PROGRAM

Special Guest: Writing with Pam! - RSVP

Wednesday, May 20 • 6:30 – 8:00 PM

Between the ages of 18 and 40ish? Join us for dinner 6:30 – 7:00 PM, followed by a special young adult class of writing! Instructor Pam will lead a one-hour session to help participants unwind, destress, and relax with their peers. Please dress comfortably; all supplies will be provided.

Young Adults might also be interested in:

Sexual Health Through Cancer - see page 4

Ask The Expert: Basic Estate Planning - see page 4

Art for Recovery - see page 4

Sustained by Community SOCIAL CONNECTIONS

Men's Breakfast - RSVP

First Tuesdays, April 7, May 5, June 2 • 9:30 – 11:00 AM

Location: Mercy South Cancer Care Center, 10010 Kennerly Rd., 63128

Join us for a social hour to discuss weekend games, current events, and connect with other men affected by cancer! Food and coffee will be provided.

Communi-Tea Time - RSVP

Daily

Come in before or after workshops for refreshments and good company in the beautiful community garden. It's a great place for conversation or quiet contemplation.

Whimsical Garden Sculptures - RSVP

Tuesday, April 14 • 1:00 – 3:00 PM

Join Jody Chassin to create colorful, whimsical sculptures made of wire, beads and buttons. Use them in your garden, the CSC Inspiration garden or a potted plant. These sculptures stand 2-3 feet tall.



Craft Connection - RSVP

Thursday, April 30 • 6:30 – 8:00 PM

Learn new card making techniques with volunteers, Rhonda Travers and Linda Schreier. Participants will create several unique cards each time! Both beginners and experienced crafters welcome.

Jewelry Bar - RSVP

Monday, May 11 • 1:30 – 4:30 PM

Drop in to make a few pieces of jewelry. Judy Geodeker will be available for the afternoon to assist you in creating a beautiful piece for yourself or a gift for someone else. Supplies will be provided. Feel free to bring your own beads or charms to incorporate.

This is What I'd Like to Say...Open Mic Night - RSVP

Wednesday, May 27 • 6:00 – 8:00 PM

A night where any and all writing is welcome. Join others to share your writing and lending support in a fun atmosphere of friends and caring. When you register, please let us know if you will be sharing. Light Snack Pot-luck: please bring something to share with the group (if you choose).

MOVEMENT CLASSES

Please note: For the safety of everyone, if you are attending a CSC movement class please arrive promptly at designated class start time (or earlier if possible). Thank you!

Thanks for the Dance (The Nia Technique)

Mondays - 11:30 AM – 12:30 PM

Nia is an expressive fitness and movement program which combines the concentration of Tai Chi, the poses of Yoga, the power of Marital Arts, and the fun and grace of dance to stay fit and enhance well-being.

Chair Yoga Second Thursday of the month • 6:00 – 7:00 PM - **RSVP**

Using a chair for support, this yoga practice is accessible to everybody. Chair yoga is beneficial for increasing mobility, flexibility and stress reduction.

Yoga (see yoga listing below for times and locations) Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension. These classes are for any of our members at any level of performance and physical condition. Drop in-no reservation necessary.

Country Line Dancing Thursdays • 2:30 – 3:30 PM Line dancing can give you a great mind-body workout. This dance requires you to remember dance steps and sequences, boosting brain power by improving memory skills. Thank you Sheila Glazer and Bonnie Murray-Reigle for the gift of this class.

Restorative Movement Fourth Thursday of the month

6:00 – 7:00 PM - **RSVP**

Join Kate Walsh in movement focused on improving balance, strength and bone health. Kate starts with yoga and moves beyond! Equipment provided at CSC.

Qigong Fridays • 11:00 AM – NOON Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well being. No experience necessary.

YOGA LOCATIONS:

Yoga supported in part with a generous donation from Ameren.

Cancer Support Community

1058 Old Des Peres Rd. • St. Louis, MO 63131

Tuesdays • 10:00 – 11:00 AM

Wednesdays • 9:30 – 10:30 AM & 5:15 – 6:15 PM

SLU Cancer Center *Free parking for yoga attendees.*

Fridays • NOON – 1:00 PM

Sponsored by St. Louis University Cancer Center
3655 Vista • St Louis MO 63110 • 314-268-7015



Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
APRIL 2020 ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.			Yoga 9:30 AM Yoga 5:15 PM	New Member Meeting 10:00 AM RSVP Country Line Dancing 2:30 PM Bereavement MG 6:30 PM RSVP Prostate Cancer MG @ David C. Pratt CC Library 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	
5	6	7	8	9	10	11
	Nia 11:30 AM	Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Chair Yoga 6:00 PM RSVP	Qigong 11:00 AM Miss Mary's Cooking Demo 11:30 AM RSVP Yoga @ SLU NOON	
12	13	14	15	16	17	18
	Nia 11:30 AM Art for Recovery 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Stress Less @ Mercy South 1:00 PM RSVP Whimsical Garden Sculptures 1:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM	Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP Transition to Survivorship 6:30 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	Kid Support 9:00 AM RSVP
19	20	21	22	23	24	25
	Nia 11:30 AM Gynecological Cancers MG 6:30 PM Energy 101: Balance Your Body's Energies 6:30 PM RSVP	Yoga 10:00 AM Lung Cancer MG @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM Sexual Health Through Cancer 6:30 PM RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	
26	27	28	29	30		
	Nia 11:30 AM Pancreatic Cancer MG NOON	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Miss Mary's Cooking Demo 6:00 PM RSVP	Country Line Dancing 2:30 PM Craft Connection 6:30 PM RSVP		

Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2020 ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.					New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	
3	CSC CLOSED	Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	
10	Nia 11:30 AM Jewelry Bar 1:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Stress Less @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Ask the Expert: Basic Estate Planning 6:30 PM RSVP	Plant Day NOON RSVP Country Line Dancing 2:30 PM Creative Journaling 2:30 PM RSVP Lung Cancer MG 6:00 PM Chair Yoga 6:00 PM RSVP Moving Beyond Cancer: Moving Toward Wellness @ David C. Pratt Cancer Center 6:30 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	
17	Nia 11:30 AM Pancreatic Cancer MG NOON Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Power of Mindfulness @ David C. Pratt CC Library 10:00 AM RSVP Lung Cancer MG @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM Jason Brightfield Young Adult Night 6:30 PM RSVP	Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP Transition to Survivorship 6:30 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	
24	CLOSED	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Open Mic Night 6:00 PM RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	
31	25	26	27	28	29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Nia 11:30 AM	Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM	Country Line Dancing 2:30 PM Bereavement MG 6:30 PM RSVP Prostate Cancer MG @ David C. Pratt CC 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	
7	Nia 11:30 AM Art For Recovery 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Stress Less @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Chair Yoga 6:00 PM RSVP Lung Cancer MG 6:00 PM	New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	
14	Nia 11:30 AM Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Lung Cancer MG @ Mercy South 1:00 PM RSVP Mindfulness and Nature @ Missouri Botanical Garden 6:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM RSVP Yoga 5:15 PM	Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP Transition to Survivorship 6:30 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	
21	Nia 11:30 AM Pancreatic Cancer MG NOON	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Family, Food, and Fun! 6:30 PM RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Mindfulness 6:30 PM RSVP Brain Tumor MG 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	
28	Nia 11:30 AM	Yoga 10:00 AM	JUNE 2020 ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.			
	29	30				

TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSC change the lives of cancer patients and their families. The following reflects tribute gifts received from October 1, 2019 through December 31, 2019. We apologize for any omissions or errors.

IN HONOR OF:

SUSAN ARENBERG
Tom and Pam Arenberg

LORNA BISHOP
Gene Peimann

PAT BISHOP
Gene Peimann

MARGARET GILLERMAN
Linda Eardley

DAN HOCHMAN
Lorin and Debra Dunn

ROBIN KEMP
Michelle Finch
Joseph Kemp

SARAH BRYAN MILLER
Helen Sturgis

JESSICA BROD MILLNER
Neil and Wendy Jaffe

PEGGY NELSON
Robert and Joyce Lewis

ANN PLUNKETT
Alice Fleeman
Susie McDonald
Sally Pinckard and Michael Roach

TIM PLUNKETT
Sally Pinckard and Michael Roach

BARBARA RUBIN
Scott Rubin

CYNTHIA SELTZER
Linda Levin

ANTHONY WARD
Chris Hooker

RICK WATTERS
Martin Wice

CHARLIE WOODARD
Barry and Debbie Koenemann

IN MEMORY OF:

ANN ARENBERG
Steven Arenberg

JOE BRAMMEIER
Marjorie Brammeier

BRENT BROCKMAN
Rick and Deby Halpern

BOB BROD
Jessica Brod Millner

GRACE BROD
Jessica Brod Millner
Linda Stark

KEN COHEN
Marjorie Brammeier

DEBBY ENGLAND DAVIS
Barbara Pratter

NANCY ENGLAND
Barbara Pratter

MICHAEL FRANCIS FULLER
Juanita Huie Fuller

MABEL GUEST
Shawn and Julie Freeman

BETH JASPER
Sharon and Barry Friedman

PAUL KOVEN
Joan Koven

ANETTE LIBERMAN
Sharon and Barry Friedman

DAVID REINI
Jennifer Reini

BOB REUTHER
Karl and Carol Barnickol
D and R Bruns
Arturo and Grace Fuentes
Jim and Sue Gerker
John and Mary Orf
Leann and Richard Patrick
Michael and Kimberly Shea
Tim Shelley

JIM SCOTT
Susie and Mike Haywood
Cory Letchworth

WALTER STARK
Linda Stark

SANDY UPCHURCH
Hallye Bone

DOTTY USDIN
Eileen Chodos

LAURIE WHELAN
Nancy Tonkins

MARSHA WOLFF
Tom and Sheri Schweizer



Give Gifts with Meaning

Tribute donations to Cancer Support Community are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a photo greeting card to notify that special someone of your kind donation. Your tax-deductible contribution helps fund our free programs and services for those facing a cancer diagnosis in our community.

HERE'S HOW:

Direct Payment: Online at www.cancersupportstl.org, Make checks payable to Cancer Support Community and mail with relevant information to Cancer Support Community, 1058 Old Des Peres Rd., Saint Louis, MO 63131. You may also call 314-238-2000 and make a tribute gift using a credit card.

Tribute gifts are processed a minimum of once a week and are tax deductible. Gifts of \$25 or more are published in Cancer Support Community's quarterly newsletter. Due to administrative costs, a minimum donation of \$10 per tribute is requested.



WALK. RUN. INSPIRE.

Saturday, May 2, 2020

At Creve Coeur Park in Sailboat Cove

1 mile or 3.7 miles walk or fun run

Registration opens at 9am
Event begins at 10am



Event will take place rain or shine and if we encounter inclement weather conditions please check your email and our website for updates!

**Start a team, join a team,
register as an individual!**

All donations stay in the St. Louis community to help fund essential programs and services at Cancer Support Community.

Registration: (registration below includes a t-shirt)

Early bird discount through March 11: **\$40**

March 12 – April 15: **\$45**

April 16 – May 2: **\$50**

Registration Minimum: **\$25** (does not include a t-shirt)

Make a Tribute:

Tribute signs lining the walk path provide a special way to celebrate, honor or remember loved ones. Signs are \$75 and are available at cancersupportstl.org

Day includes:

Community, Kids Corner, Raffle, Tribute Signs, and LOUIE!

Register or donate now > cancersupportstl.org

Emceed by Y98's
JULIE TRISTAN



**Here's what past
participants have to say:**

**"Sense of inspirational
community."**

**"I appreciate an opportunity
to give back after I have been
given so much from Cancer
Support Community. It is a
positive environment for so
many that have lost loved ones."**

"It's a fun, upbeat day."



What does it feel like to be diagnosed at 22 with your life ahead of you?

An education to complete, a career to plan, a relationship to discover and grow into a family. All the brightness and promise of your life waiting to happen...and a cancer diagnosis with new medical terms, uncertainty, treatment, and prognosis **to deal with now.**

This is Jason's story. When Jason was diagnosed at 22, he was still in college. How could he complete his education and find a job when he was in treatment? How would he interact with friends, and how could they possibly understand and support him when they were all just on the brink of their adult lives?

Jason turned to Cancer Support Community for help. It was important that he find others who could relate and offer support to help navigate the journey ahead. Here's what Jason shared:

"I knew what I was looking for:

- **I wanted somebody who could understand what I was going through and to meet other young people who had been through this.**
- **I wanted to find comfort and hope.**
- **I wanted to learn as much as I could about how to survive this chaos."**

Jason wanted **emotional support, education and hope** and found these at Cancer Support Community.

The **JASON BRIGHTFIELD YOUNG ADULT PROGRAM**, named in Jason's honor, delivers all the above along with a social component to help young adults, 18-40, find support and community as they navigate through a cancer diagnosis. In telling Jason's story, Cancer Support Community, is honoring Jason's life and legacy by supporting the unique needs of young adults facing a cancer diagnosis

The generosity of the Staenberg Family Foundation and Brightfield family matching challenge allows Cancer Support Community to continue to offer programming designed specifically for the needs of young adults.

HERE'S HOW YOU CAN HELP:

Be a part of the **Staenberg Family Foundation Challenge** that supports Cancer Support Community programming; **your generous donation will be matched dollar for dollar up to \$20,000.**

- Write a check today to Cancer Support Community
- Go online to www.cancersupportstl.org and make a gift stating you want to be a part of the **Staenberg Family Foundation Challenge**
- Make a pledge (fulfill by June 30, 2020)

Please visit page 4 for a list of Young Adult Programs offered this quarter.

BOARD MEMBER SPOTLIGHT

A very special thank you and tribute to Dr. Gary Ratkin and Gary Wesolowski for their generous support during their board tenure.

Dr. Gary Ratkin

Dr. Gary Ratkin has been serving patients in the St. Louis community over 40 years. His distinguished career in medicine at Barnes-Jewish Hospital and Missouri Baptist Medical Center included practice in palliative care, hospice and oncology. Dr. Ratkin was an early believer in the positive impact psychosocial support can have on an individual's cancer journey and graciously agreed to share his professional expertise and wide experience by serving as a member of Cancer Support Community's

Board of Directors since 2013. Working closely with CSC's Program Director, Dr. Ratkin led the Professional Advisory Committee to guide, develop and refine the comprehensive programs offered to participants. Dr. Ratkin has provided thoughtful input and direction in building a bridge between practitioners of medicine and the mission of Cancer Support Community. We are indebted to Dr. Ratkin for his many years of service and generous support.

I have relied on Dr. Ratkin for his careful consideration to my inquiries, learned from the consistent sharing of his many journal articles and magazine clippings and enjoyed his warmth and willingness to share of himself. I am grateful Dr. Ratkin will continue to provide invaluable medical and professional insights to our Professional Advisory Committee.

Dannielle Hodges, Program Director

Gary Wesolowski

Gary Wesolowski has been contributing his financial expertise and skills to Cancer Support Community since he joined its Board of Directors in 2001. His thoughtful approach to governance and financial decisions have helped guide CSC in ongoing fiscal responsibility. His personal commitment to CSC's mission has been demonstrated by his generous donations of financial support and time.

As CEO of Land Dynamics, he and his business partner, Don Ferguson, have also provided well for CSC as its office space landlord since 2004 along with generous

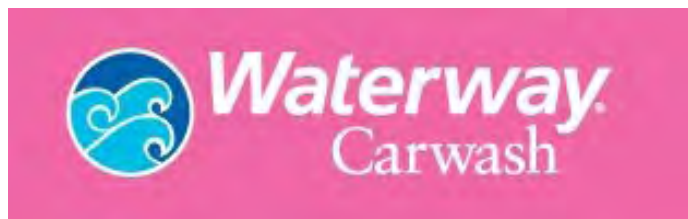
financial and sponsorship support over the years! Gary has been a steady chair of the Finance Committee for many years, and CSC appreciates his loyal personal support along with his many accomplishments.



Gary has been a constant and altruistic leader. He became a natural leader in our financial and budget arena, and CSC has benefitted greatly from Land Dynamics' generous contributions. Above all, Gary is simply "good people", a gift to any organization. We are thankful.

Peggy Nelson, Board Member

WHAT OTHERS ARE DOING FOR CSC



Making A Difference

We are so grateful for our continued partnership with **Waterway Carwash**!

For the past **7 years**, Waterway Carwash has been loyal supporters of Cancer Support Community of Greater St. Louis. In honor of Breast Cancer Awareness Month, all 7 of their locations accept donations throughout the month of October in order to support those facing cancer in the St. Louis area. In addition to their long-standing fundraising in October, for the past 2 years Waterway also chose Cancer Support Community as partners and beneficiaries of the Kirkwood Green Tree Festival! Since 2012, they have donated over **\$35,000** for the programs offered at CSC.

Thank you, Waterway!! We are so grateful for your continued support.

205 Miles. One Day.

"You think riding 205 miles in one day is hard? Imagine being told you have cancer."

For the past 6 years, **Joe Kemp** has honored members at Cancer Support Community by riding his bike from St. Louis to Lake of the Ozarks, 205 miles, in one day.

A huge thank you to Joe for his belief in our mission and for riding and raising funds for Cancer Support Community.

"The Cancer Support Community provides support to those diagnosed. They assist with the everyday challenges faced by those with cancer. Research is extremely important, but, time is precious for those with cancer. No one is ready for the diagnosis. They need support now with coping skills, nutrition, and more. No one has the tools to move on without help."



Host A Fundraiser!

Hosting a fundraiser is a fun and unique way to give back to Cancer Support Community! Invite your employees, friends, family and colleagues to learn more about CSC and have fun at our facility or the venue of your choice.

Here are a few ways you can fundraise for CSC:

- **Throw a party—a cook-out or "Cocktails for a Cause"—and ask for donations**
- **Host a game night (trivia, cards, board games, etc.) and request an admission donation**
- **Set a fitness goal (i.e., a distance to bike, run or swim) and ask friends and family to sponsor**
- **Ask your employer to host a "jeans day" and collect donations from co-workers who want to wear jeans**
- **Have a garage sale and donate proceeds**

The possibilities are endless!

If you are interested in planning an event to benefit CSC, please contact Amanda Corcoran at acorcoran@cancersupportstl.org.

Art and Jewelry Sale

Member and supporter **Pam Bohling** graciously held an art and jewelry sale benefitting Cancer Support Community! Cocktails, appetizers, and beautiful homemade art and jewelry were all available to enjoy! Thank you, Pam for your creative talents and generous heart!



No Shave November

Employees at **Busey Bank** took part in No Shave November to raise funds for Cancer Support Community. Thank you, Busey Bank, for this fun and thoughtful way to give back! We appreciate your support!

VOLUNTEER APPRECIATION



April is Volunteer Appreciation Month.

Cancer Support Community of Greater St. Louis relies on the wonderful people who volunteer their time to serve our community.

Here are some of the ways our volunteers make a difference:

- **Hospitality**-reception desk, phone calls, greet members
- **Community Support**-newsletter delivery, health fairs, outreach presentations to community groups
- **Special Events**-walk teams, fundraisers
- **Office support**-data entry, reports
- **Workshop Leader**-sharing your knowledge or talents at jewelry making, card crafting, painting, etc.

WE APPRECIATE EACH AND EVERY ONE OF YOU!

HOW YOU CAN SUPPORT CSC



STEPS FOR HOPE Volunteer Opportunities

Help us by volunteering for our annual STEPS FOR HOPE walk and honor individuals in a unique and special way. We have numerous ways to volunteer including; set up and tear down day of, selling raffle tickets, managing rest stops, and more. Call us at 314-238-2000 to sign up or learn more.



Monthly Giving

Consider making your gift last all year long by giving monthly. This is a great way to support Cancer Support Community of Greater St. Louis and is as easy as providing pre-arranged gifts through your credit card.

- › **It's Affordable:** Spread your contribution throughout the year and plan in advance how much you want to contribute to help our program participants.
- › **It's Convenient:** Once you've decided how much you want to give; no further action is required. Your donation will appear on your credit card statement each month.
- › **Your Gift Goes Further:** You will provide reliable and predictable revenue to help us with offering programs and services to people impacted by cancer in our community.

To set up monthly giving today, contact us at 314-238-2000.

"I donate monthly to CSC because I know as a survivor and board member CSC is meeting the needs of someone on the cancer journey every single day. I hope my consistent giving will sustain the community so that no matter what that day happens to be, no-one will face cancer alone." – Peggy Nelson



Leave Your Lasting Legacy

Including a charitable bequest in your will is a simple way to make a lasting gift to Cancer Support Community of Greater St. Louis. You can leave a bequest to CSC by adding to an existing will, drafting a new one or simply naming Cancer Support Community as a beneficiary of a life insurance policy for a set amount or a percentage. In doing so you leave a legacy to Cancer Support Community to help ensure our future yet preserve and enjoy assets you might need during your lifetime. For more information about how your charitable bequest can benefit Cancer Support Community, please contact us at 314-238-2000. We also recommend that you consult with your tax advisor or planning professional.

2019 *IN REVIEW*

In 2019, Cancer Support Community of Greater St. Louis welcomed:

2,140

visits to our support group sessions

"I continue to come as I learn new information, hear how others cope with the illness, learn about side effects and feel as though I can voice my feelings which are not always easy to discuss with my family and friends."

Lung Cancer Networking Group Participant

414

visits to our educational workshops

"Each workshop has taught me new coping skills for the variety of challenges I am facing. I now have a tool to use to deal with the stress, anger, sadness, fear and joys of this new life."

Lunch And Learn Workshop Participant

3,081

visits to our healthy eating/ cooking demonstrations, stress management classes, and healthy lifestyle sessions

"I cannot say how much this institution has helped me physically, mentally and emotionally. Movement, art, cooking, each feed a different aspect of life. Creating the best "life" is so important for creating the "new normal" that comes after cancer."

Yoga, Painting From Within, and Cooking Class Participant

1,213

visits for individual support

"CSC has given me a voice that I thought brain cancer had stolen from me. I always find great experiences and support from the staff and members at Cancer Support Community. Fighting cancer alone does not have to be the option on your journey."

Program Participant



Since opening its doors,

Cancer Support Community programs are offered at no cost to anyone impacted by cancer so there is never a financial barrier for anyone who needs cancer support. All our programs are exclusively funded by donations from individuals, family and private foundations, corporations, and special event fundraisers. All funds stay in the St. Louis community and help fund our essential programs and services.

Since opening its doors 27 years ago, Cancer Support Community has supported tens of thousands of people in their cancer journey.

In addition to our home in Des Peres, Cancer Support Community offers select groups and classes at our ongoing partnership locations; David C. Pratt Cancer Center at Mercy, Saint Louis University Cancer Center, and Mercy South (formerly St. Anthony Center for Cancer Care).

"Cancer Support Community is a place where no one fights alone. It helps those who have had to hear the word 'cancer' find a place where they don't feel alone in that diagnosis. It creates a space for all who are affected – patient, family and caregivers—to share their experiences and find others who understand what they are going through. For me, it made taking one day at a time bearable until better days came along."

Our programs change lives.

The top 5 benefits reported by participants:

1. *Reducing cancer-related distress*
2. *Participating in opportunities to find hope and meaning*
3. *Feeling more connected to others*
4. *Being able to express their full range of emotions*
5. *Increasing access to community resources*

National partnerships:



CSC is the largest professionally-led nonprofit network of cancer support worldwide. Through a collaboration with **Airbnb**, select communities will provide free housing for people traveling for cancer treatment who meet certain geographic and income criteria through their Open Homes program.



Walgreens, in collaboration with Cancer Support Community, has launched a new program called Feel More Like You, a first-of-its-kind service available at no cost to help people manage the medical and physical changes associated with cancer treatment. This is the first U.S. pharmacy, health and beauty retailer to integrate personalized oncology clinical care from pharmacists with beauty support services from specially trained beauty consultants.



MISSION:

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.

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Design services provided by K&A Design

**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.

If you are impacted by cancer, you will find a Community here ready to take on cancer together. When you call, you will talk to a social worker who works with you to schedule a time to meet individually or in our monthly New Member Orientation. On your first visit, you will have the opportunity to create your own wellness plan based on your needs, tour our space and learn about the many ways our members find support through professionally led support groups, education, healthy lifestyle and stress management workshops and social activities. We also have programs for the whole family, the whole time, when a child under 18 is affected by parents or grandparents with cancer.

