



CANCER SUPPORT  
**COMMUNITY**  
GREATER ST. LOUIS

# ANNUAL REPORT 2021

## COMMUNITY IS STRONGER THAN CANCER

**REAL IMPACT IN CHALLENGING TIMES.** Just as you've had to adapt over the past two years to an ever-changing environment, Cancer Support Community of Greater St. Louis has had to pivot in its program delivery to continue to meet the needs of those impacted by cancer in a safe and supportive way.

Although the last two years have been difficult, **we are still here, the need is still HERE**; the need to have access to *free support, education and hope* for those impacted by cancer. Cancer Support Community of Greater St. Louis continues to deliver on its mission **so no one faces cancer alone.**

# THE NEED IS STILL HERE

In 2021 CSCSTL held a **multitude of support programs** via Zoom as well as some socially distanced, masked in-person programs at the Cancer Support Community of Greater St. Louis facility. In total there were **1,384 PROGRAM SESSIONS** held at CSCSTL.

We served **more people** in 2021 through support groups and healthy lifestyle programs than the previous year. In addition, we increased the number of individuals served using the Cancer Support Source™, a questionnaire designed to help participants identify key areas of concern and create a personal support care plan tailored to provide additional information and match them with the appropriate resources at CSCSTL.

Last year we had **an increase in first time visits**, meaning individuals in the community who utilized our programming for the first time. Programming that has been developed through years of evidence-based, peer reviewed research and is practiced throughout our 175 network partners world-wide.

Because of YOU we were able to provide over **5,000 HOURS OF SUPPORT**.

## AVAILABLE WHEN YOU NEED IT MOST

Through generous community supporters we expanded our online resource library and created 20 healthy cooking videos, in December alone. This online resource library makes it possible for people to **get the education they need, when they need it.**

## OPEN TO OPTIONS

With more diagnoses and at a later stage, CSCSTL has served more people through their unique Open to Options™ Decision Support Counseling sessions. Whether you are newly diagnosed or facing a second cancer diagnosis, there are questions to be answered and knowledge to be gained. Through Open to Options, a thorough list of questions and priorities related to side effect management and quality of life is developed and given to the family to use in upcoming appointments with their medical team.

