



CANCER SUPPORT **COMMUNITY** GREATER ST. LOUIS

A Place for People Impacted by Cancer



SAVE THE DATE!

Saturday, May 4, 2024

Sailboat Cove in Creve Coeur Park

1-mile or 3.7-mile walk or fun run

WALK. RUN. INSPIRE.

See page 10 for more info or visit cancersupportstl.org/events/steps-for-hope-walk

What's Inside:

ALL SERVICES OFFERED AT
NO CHARGE!

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Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

A program for the whole family when a parent, grandparent, or adult relative has cancer, as well as families experiencing the loss of a loved one to cancer.

*Funding for this program is provided in part by the **Saigh Foundation** and **St. Louis Blues For Kids**.*

New Family Meeting

This meeting focuses on your specific needs as a family—Learn what kids and teens understand about cancer at different developmental stages, how to talk about cancer and answer common questions, and find ways to support each other.

Families Connect Counseling

Looking for extra 1:1 support for you or your child? We are excited to offer short-term counseling to our families—whether it is with one child, a group of siblings, or the entire family, we are here for you.

The Song Society



The Song Society provides music therapy to children, teens, and families affected by cancer. A music therapy session can be scheduled by itself or in addition to a counseling session for a creative and unique therapeutic experience.

Contact Kelly O'Neal at 314-238-2000 ext. 353 or koneal@cancersupportstl.org to schedule your New Family Meeting, Counseling Consult, Song Society Music Therapy Session, or Family Journal! Available for Live or Zoom sessions.

Family Journal

Looking for a way to collect stories and memories of your family?

Look no further—we are excited to provide personalized Family Journals! Once you register, you will be sent a weekly question, and your answers and any photos provided will be collected and designed by us into a unique Family Journal.



Families Connect Tent at Steps for Hope!

Saturday, May 4 • 9:00 AM

Join us for games, activities, and giveaways that give you a taste of the fun and support you will find at our Families Connect programs! Stay tuned for special guests!



Young Adults: Interested in 1:1 support/counseling? Check out Page 3!

Generously supported by The Joel and Rachael Brightfield Family



A group for adults 18-40ish to find support and community while navigating cancer—young adult caregivers and bereaved are also welcome.

Coping Through a Sports Psychology Lens

Register for ZOOM or RSVP for LIVE Session

Wednesday, April 24 • 6:30–8:00 PM

Join Dustin Adamo, PhD, Licensed Psychologist in exploring multiple aspects of coping with a cancer diagnosis and the treatment process from the perspective of an athlete (you do not need to be an athlete to attend!). Find humility and learn how to accept assistance from others while navigating challenges.

Therapeutic Dance

Register for ZOOM or RSVP for LIVE Session

Wednesday, May 15 • 6:30–8:00 PM

Join licensed mental health professional, dance educator and workshop facilitator Brittni Johnson for a somatic experience with dance and movement. Participants will have an opportunity to connect themselves with their emotions through music and moving their bodies in ways that feels most comfortable to them.



Soundtrack to Strength: Write Your Story, Sing Your Song

Register for ZOOM or RSVP for LIVE Session

Wednesday, June 19 • 6:30–8:00 PM

This unique workshop offers young adults a safe space to explore their emotions, express themselves creatively, and find healing through the power of music. Led by a board-certified music therapist from The Song Society, participants will engage in a meaningful songwriting experience tailored to their needs as a group.



INDIVIDUAL SUPPORT

Call 314-238-2000 to schedule any individual support service



Open to Options™

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.

Short Term Individual Counseling

Up to 6 support sessions specifically related to a person's experience with cancer. This service is offered on a case by case basis.

Mini Mindfulness Sessions

Individually designed sessions using mindfulness and relaxation techniques ranging from 5-20 minutes.

Any individual services can be accommodated in-person or virtually.

SUPPORT GROUPS

Call 314-238-2000 for a support group preparation meeting

Weekly Support for People Living with Cancer

Professionally led groups for people in active treatment or who are living with cancer.

Twice Monthly Support for Cancer Survivors

Professionally led groups for people in maintenance treatment or who are living with long term side effects or concerned with recurrence.

Twice Monthly Support Cancer Bereavement

Professionally led groups for those who have lost a loved one to cancer in the past several years.

All Support and Networking Groups are free, led by licensed mental health professionals, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, St. Louis Service Bureau, Missouri Baptist Healthcare 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

Professionally led groups designed for attendees with similar diagnosis or life situations to meaningfully connect with others and find support. Participants will share resources and discuss important topics such as treatment options, quality of life, intimacy concerns, and fear of recurrence. Participants can range anywhere from newly diagnosed to survivorship. Friends and family are welcome, unless indicated otherwise.

BRAIN TUMOR MONTHLY GROUP

Register for ZOOM

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

BREAST CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

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

Dinner will be provided on June 12 to in-person participants.



FRIENDS AND FAMILY MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

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

This group provides anyone supporting a person with cancer the opportunity to discuss common issues of caregiving and coping with their own stress.



GASTROINTESTINAL MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

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

This group offers support to those impacted by anal, bile duct, colon, esophageal, gall bladder, intestinal, liver, pancreatic, rectal, and stomach cancers.



GYNECOLOGICAL CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

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

Dinner will be provided on June 17 to in-person participants.

This group welcomes anyone with gynecologic cancer or has a history of gynecological cancers.

LUNG CANCER MONTHLY GROUP

Register for ZOOM

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

METASTATIC CANCER MONTHLY GROUP

Register for ZOOM

Second Monday each month • 10:00–11:30 AM

Living with metastatic cancer presents several unique experiences that are explored in this monthly group including living with uncertainty, maintenance treatment, and managing your health and long term side effects.

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Register for ZOOM

Fourth Monday each month • NOON–1:30 PM

(May group will be held on the 20th due to holiday)

PROSTATE CANCER MONTHLY GROUP

RSVP for LIVE Session

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

Meetings now held at Cancer Support Community!

SURVIVORSHIP MONTHLY GROUP

Register for ZOOM

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.

In an effort to keep our programs free, we require that you complete a visitor form once a year.

Welcome Meeting

Register for ZOOM: Mondays, April 22, May 20, June 17 • 5:30–6:30 PM
or **RSVP for LIVE Session:** Fridays, April 5, May 10, June 7 • 10:00–11:00 AM

This introduction session allows people with cancer, their family, friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others. We will discuss how you get involved, where to register for programs, and answer any questions you may have regarding our support services. We look forward to seeing you there!

START HERE!

Frankly Speaking About Advance Care Planning

Wednesday, April 17 • 6:00–7:30 PM

Register for ZOOM or **RSVP for LIVE Session**

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

This workshop offers information and support on advance care planning (ACP). We will discuss the process of creating an advance care plan and creating an advance directive, and the differences between the two. Participants will learn why ACP is important and tips on what to consider when creating a care plan.



Coping with the Cost of Care

Monday, May 13 • 6:00–7:30 PM

Register for ZOOM or **RSVP for LIVE Session**

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

This workshop streamlines crucial resources available to people in treatment for cancer. Topics addressed include employment, insurance, and creditors. The program seeks to shed light on the impact of incurring debt while coping with cancer.



Cancer Transitions: Moving Beyond Treatment®

Tuesdays, June 4, 11, 18, and 25 • 11:00 AM–12:30 PM

Please commit to all four sessions

Register for ZOOM

The Cancer Transitions: Moving Beyond Treatment® program is a four-week workshop that addresses many of the physical, social, and practical issues survivors may face as they transition into post-treatment cancer survivorship. This program is designed for people who have finished active treatment within 24 months.

Session 1: Get Back to Wellness: Taking Control of Your Survivorship

Session 2: Emotional Health: Addressing the Barriers to a Positive Life

Session 3: Eating Well and Staying Active

Session 4: Managing Your Medical Story Beyond Cancer: What you Need to Know



Coping With Cancer: Skills to Manage Emotions and Balance Uncertainty with Hope

June • (specific date/time TBD)

Please commit to all five sessions

Register for ZOOM

Join Elizabeth Cohn Stunt, LCSW, and Ronda Reitz, PhD., in this research study to learn practical tools to manage the challenges of life with cancer and beyond. This 5-week curriculum includes ways to make complicated decisions under stress, manage emotions without overwhelm, and navigate relationships with loved ones, colleagues, and health care professionals.

EDUCATION

Walk Me Through It

Head/Neck Cancers: Tuesday April 9 • NOON–1:00 PM

Melanoma: Tuesday May 14 • NOON–1:00 PM

Post Treatment Cancer Survivorship:

Tuesday June 11 • NOON–1:00 PM

Register for ZOOM

Join us for a conversation with a licensed ReVital Certified cancer rehabilitation physical therapist to discuss the role of physical, occupational and speech therapy to support your healing through cancer. This discussion will walk you through what these evaluations and treatments would look like for individuals with a specific diagnosis and we will discuss ways to support you and your loved ones in mind, body, and spirit through a variety of services.



Genetics and Hereditary Cancer: Let's Learn Together

Thursday, April 4 • 6:00–7:30 PM

RSVP for LIVE Session

St. Louis Jewish Community Center,
2 Millstone Campus Dr., St. Louis, 63146

The Hamsa Wellness Community at the Jewish Community Center (The J), St. Louis Ovarian Cancer Awareness (SLOCA), and Cancer Support Community of Greater St. Louis are proud to partner for this educational workshop. Learn from a genetic counselor and medical oncologist about hereditary cancers, genetic counseling and how this impacts risk and treatment decisions, as well as medical management. There will be an opportunity for questions. Doors open at 5:30 PM and light refreshments will be served.



HEALTHY LIFESTYLE & STRESS MANAGEMENT

Healthy Lifestyle & Stress Management programs provided in part by Bayer Fund and The Foundation for Barnes-Jewish Hospital.

Maximizing Your Self-Care with Food and More

Tuesday, April 16 • NOON–2:00 PM

Register for ZOOM or **RSVP for LIVE Session**

There are many strategies for self-care. No matter your age or health, we may benefit from embracing positive habits. In this session we will discuss simple self-care practices while creating several healthy snacks and simple recipes.

Eating to Tame Inflammation

Wednesday, May 15 • 11:30 AM–1:00 PM

RSVP for LIVE Session

David Sindelar Cancer Care Center - Conference Room 1 10010 Kennerly Rd., 63128

Chronic inflammation may increase the risk of various diseases and cause uncomfortable symptoms in the body. Join well-being instructor Maria Ojascastro as she talks about anti-inflammatory foods and behaviors. She will demonstrate recipes that incorporate anti-inflammatory ingredients like avocados, dark chocolate and more.



Summer Meal with Friends

Wednesday, June 5 • 11:30 AM–1:00 PM

Register for ZOOM or **RSVP for LIVE Session**

Join cooking instructor Vicki Bensinger for a refreshing menu meant to be shared, savored, and enjoyed with loved ones. Recipes will include fresh Salmon Nicoise Salad, Herb Twists, and Grilled Peaches with Ice Cream and Balsamic Drizzle.

Weekly Wellness

Tuesdays • 11:30 AM–NOON

Register for ZOOM or **RSVP for LIVE Session**

Stop by to learn strategies to enhance your wellness routine and cope with stress or negative emotions in your life. This program allows you to check in with others and participate in activities such as breath work, progressive muscle relaxation, mindful meditation, guided imagery or creative journaling exercises.

Sanctuary Sound Journey

April 18, May 16, and June 20 • 6:00–7:30 PM

RSVP for LIVE Session

Join Mark Biehl, Certified Vibrational Sound Coach and Licensed Spiritual Health Coach, in this blissful journey. Allow the vibrational energies of Himalayan singing bowls, gongs, chimes, indigenous flutes and the voice to transport you into deep relaxation and remove stress. You will be lying down on a comfortable mat or seated in a chair. Dress comfortably, bring some water to drink, and prepare for a very peaceful experience.

Nourish and Revitalize – A Retreat For Those Impacted by Cancer

Saturday, June 8 • 10:00 AM–2:00 PM

RSVP for LIVE Session

Just as the flowers emerge in spring, participants will flourish with new ways to feel rejuvenated and refreshed at our summer retreat. Nourish and Revitalize will offer healthy ways to replenish and sustain the body, mind, and spirit connection. Sessions will consist of three revitalizing activities, including a nutritional cooking demonstration, a mindful journaling session, and a restorative moment practice. Lunch will be provided.

Writings of Resilience: A Creative Writing Workshop

Wednesday, June 26 • 6:30–8:00 PM

Register for ZOOM or **RSVP for LIVE Session**

This safe space welcomes cancer patients, survivors, caregivers, and the bereaved to collectively draw strength from shared experiences through creative writing. These pieces may include short stories, personal essays, poetry, and more. Participants will create their own pieces and have the choice to share them during the workshop, promoting connections in a supportive environment. No writing experience needed—just an open heart to explore language's profound healing potential.

SOCIAL CONNECTIONS

Book Club - *Radical Hope*

1st Tuesday of the Month • 5:00–6:30 PM

Register for ZOOM

Join us for a monthly discussion about *Radical Hope* and the 10 research-based key healing factors from Dr. Kelly Turner's 15+ years of research. Discover what these 10 factors have in common and how you can utilize CSC programs to help you implement them in your own life. This book club discussion is led by Cheryl Houston, CSC participant, Certified Health Education Specialist, and Certified Coach for Radical Remission/Radical Hope Project.

April 2: *Herbs and Supplements*

May 7: *Releasing Suppressed Emotions*

June 4: *Having Strong Reasons for Living*

A Night To Remember

Monday, June 10 • 6:00–8:00 PM

RSVP for LIVE Session

Join us in honoring family, friends or community members who have passed away. A meal will be provided as well as readings and a ceremony to honor your loved one. Feel free to bring a photo or object of remembrance to display at our celebration table.

Homemade Cards to Go

Wednesday, June 12 • 6:30–8:00 PM

RSVP for LIVE Session

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. Supplies will be provided.



MOVEMENT

All movement classes are designed for participants at any ability level or physical condition and can be modified for your comfort, sitting or standing.

Gentle Yoga

Tuesdays • 10:00–11:00 AM

Wednesdays • 9:30–10:30 AM

Wednesdays • 5:15–6:15 PM

Register for ZOOM or RSVP for LIVE Session

Gentle yoga practice can increase flexibility, mobility and strength while decreasing symptoms of pain, fatigue, depression and anxiety.

Qigong

Fridays • 11:00 AM–NOON

Register for ZOOM or RSVP for LIVE Session

Qigong uses meditation, breathing and gentle movement to balance and strengthen energy connections to heal your energy flow and increase vitality.

Strength Training

1st and 3rd Mondays at 11:30 AM–12:30 PM

Register for ZOOM or RSVP for LIVE Session

(No class April 1)

This class focuses on gentle strengthening to promote safe movement using a variety of light weights, balls, bands or simply your body.

Movement and Mantras with intenSati

2nd and 4th Tuesdays • 4:30–5:30 PM

Register for ZOOM or RSVP for LIVE Session

This practice uses gentle aerobic movement combined with positive mantras to shift your mindset and strengthen your body. You will leave feeling stronger and more empowered.

Yoga and Bone Health

Third Monday of the Month • 6:30–8:00 PM

Register for ZOOM or RSVP for LIVE Session

Participants of this 3 part series will learn a yoga practice to benefit bone strength and support fall prevention. Each session is limited to six live participants. Activities in this class require movement to and from the floor. Participation by Zoom is also welcomed and unlimited.


April 15: Alignment and Flexibility

May 20: Stress and Body Awareness



June 17: Exercise and Balance

EVENT CALENDARS

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
	1 Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Book Club 5:00 PM ZOOM Friends and Family MG 6:30 PM ZOOM or LIVE	2 Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE	3 Genetics and Hereditary Cancer: Let's Understand Together @ St. Louis Jewish Community Center 6:00 PM LIVE Prostate Cancer MG 6:30 PM LIVE	4 Welcome Meeting 10:00 AM LIVE Qigong 11:00 AM ZOOM or LIVE	5	6
7 Metastatic Cancer MG 10:00 AM ZOOM	8 Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Walk Me Through It NOON ZOOM Movement and Mantras Intensati 4:30 PM ZOOM or LIVE	9 Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 5:30 PM ZOOM or LIVE	10 Lung Cancer MG 6:30 PM ZOOM	11 Qigong 11:00 AM ZOOM or LIVE	12	13
14 Strength Training 11:30 AM ZOOM or LIVE Gynecological Cancer MG 6:30 PM ZOOM or LIVE Yoga and Bone Health 6:30 PM ZOOM or LIVE	15 Pancreatic Cancer MG NOON ZOOM Welcome Meeting 5:30 PM ZOOM	16 Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Maximizing Your Self-Care Cooking Demo NOON ZOOM or LIVE	17 Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Advance Care Planning @ Mercy 6:00 PM ZOOM or LIVE Gastrointestinal MG 6:30 PM ZOOM or LIVE	18 Sanctuary 6:00 PM LIVE Survivorship MG 6:30 PM ZOOM	19 Qigong 11:00 AM ZOOM or LIVE	20
21 Pancreatic Cancer MG NOON ZOOM Welcome Meeting 5:30 PM ZOOM	22 Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Movement and Matras Intensati 4:30 PM ZOOM or LIVE	23 Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE JBYAP: Coping Through Sports Psych 6:30 PM ZOOM or LIVE	24 Brain Tumor MG 6:30 PM ZOOM	25 Qigong 11:00 AM ZOOM or LIVE	26	27
28 Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE	29 Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE	30	 CANCER SUPPORT COMMUNITY GREATER ST. LOUIS			

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE

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<div><div>May 2024</div><div>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE</div></div>						<div><div>4</div></div>
5	<div>CSC CLOSED</div> <div>Strength Training 11:30 AM ZOOM</div>	<div>Gentle Yoga 10:00 AM ZOOM or LIVE</div> <div>Weekly Wellness 11:30 AM ZOOM or LIVE</div> <div>Book Club 5:00 PM ZOOM</div> <div>Friends and Family MG 6:30 PM ZOOM or LIVE</div> <div>7</div>	<div>Gentle Yoga 9:30 AM ZOOM or LIVE</div> <div>Gentle Yoga 5:15 PM ZOOM or LIVE</div> <div>Breast Cancer MG 5:30 PM ZOOM or LIVE</div> <div>8</div>	<div>Prostate Cancer MG 6:30 PM LIVE</div> <div>2</div>	<div>Qigong 11:00 AM ZOOM or LIVE</div> <div>3</div>	
12	<div>Metastatic Cancers MG 10:00 AM ZOOM</div> <div>Coping with the Cost of Care @Mercy 6:00 PM ZOOM or LIVE</div> <div>13</div>	<div>Gentle Yoga 10:00 AM ZOOM or LIVE</div> <div>Weekly Wellness 11:30 AM ZOOM or LIVE</div> <div>Walk Me Through It NOON ZOOM</div> <div>Movement and Matras Intensati 4:30 PM ZOOM or LIVE</div> <div>14</div>	<div>Gentle Yoga 9:30 AM ZOOM or LIVE</div> <div>Eating to Tame Inflammation Cooking Demo @ Mercy South 11:30 AM LIVE</div> <div>Gentle Yoga 5:15 PM ZOOM or LIVE</div> <div>Gastrointestinal MG 6:30 PM ZOOM or LIVE</div> <div>JBYAP Therapeutic Dance 6:30 PM ZOOM or LIVE</div> <div>15</div>	<div>Sanctuary 6:00 PM LIVE</div> <div>Survivorship MG 6:30 PM ZOOM</div> <div>16</div>	<div>Qigong 11:00 AM ZOOM or LIVE</div> <div>17</div>	18
19	<div>Strength Training 11:30 AM ZOOM or LIVE</div> <div>Pancreatic MG NOON ZOOM</div> <div>Welcome Meeting 5:30 PM ZOOM</div> <div>Gynecological Cancer MG 6:30 PM ZOOM or LIVE</div> <div>Yoga and Bone Health 6:30 PM ZOOM or LIVE</div> <div>20</div>	<div>Gentle Yoga 10:00 AM ZOOM or LIVE</div> <div>Weekly Wellness 11:30 AM ZOOM or LIVE</div> <div>21</div>	<div>Gentle Yoga 9:30 AM ZOOM or LIVE</div> <div>Gentle Yoga 5:15 PM ZOOM or LIVE</div> <div>22</div>	<div>Brain Tumor MG 6:30 PM ZOOM</div> <div>23</div>	<div>Qigong 11:00 AM ZOOM or LIVE</div> <div>24</div>	25
26	<div>CSC CLOSED</div>	<div>Gentle Yoga 10:00 AM ZOOM or LIVE</div> <div>Weekly Wellness 11:30 AM ZOOM or LIVE</div> <div>Movement and Mantras Intensati 4:30 PM ZOOM or LIVE</div> <div>28</div>	<div>Gentle Yoga 9:30 AM ZOOM or LIVE</div> <div>Gentle Yoga 5:15 PM ZOOM or LIVE</div> <div>29</div>	<div>30</div>	<div>Qigong 11:00 AM ZOOM or LIVE</div> <div>31</div>	

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June 2024

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						1
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30						29

SAVE THE DATE!

Saturday, May 4, 2024

Sailboat Cove in Creve Coeur Park

1 mile or 3.7 mile walk or fun run

Registration: March 1 - May 1

\$25 - Minimum registration (t-shirt not provided)

\$45 - Registration includes STEP FOR HOPE t-shirt

(Register by Wednesday, April 10 to guarantee a t-shirt)

Start Time:

9:00 AM - On-site registration opens

10:00 AM - Event kick-off

Join us for our **26th Steps For Hope Walk**

to celebrate those impacted by cancer, honor loved ones, and support Cancer Support Community of Greater St. Louis. Invite your family, friends, and coworkers to take their own **STEPS FOR HOPE!** Together we can make a difference in the lives of individuals and families in our community living with cancer.



**Scan the QR
Code for more
information!**



TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from October 1, 2023 through December 31, 2023. We apologize for any omissions or errors.

IN HONOR OF:

MIKE HENNESSEY
Sherry Wolff

ROSS BULLINGTON
Jamie Daughaday

ED MUSEN
Ed Goldberg

RACHEL WALLIS ANDREASSON
Merle and Marty Oberman

THE WOLFF FAMILY
Marge Price

DEB CURRAN
Nathan Spangler

ANN AND TIM PLUNKETT
Kevin and Jennifer Plunkett
Sally Pinckard
Mrs. Colleen McMillan, S.
Lee McMillan Charitable
Foundation of the St. Louis
Community Foundation

MR. & MRS. DAN HOCHMAN
Lorin Dunn

**MR. AND MRS.
JJ LANDERS CARNAL**
Laurie and John Haffenreffer

MR. AND MRS. BOB CIAPCIAK
Laurie and John Haffenreffer

DR. AND MRS. TED GARRETT
Laurie and John Haffenreffer

**MR. AND MRS.
NELSON GRUMNEY**
Laurie and John Haffenreffer

MR. AND MRS. RALPH HAGER
Laurie and John Haffenreffer

MR. AND MRS. CRAIG LABARGE
Laurie and John Haffenreffer

MR. AND MRS. LEO SCHMID
Laurie and John Haffenreffer

MR. AND MRS. JOE SIVEWRIGHT
Laurie and John Haffenreffer

IN MEMORY OF:

ANN ARENBERG
Steven Arenberg
Susan Arenberg

PAUL ARENBERG
Susan Arenberg

CANDY ROSS
Rhonda Banford

EDWARD A. EISWIRTH, JR.

Lisa Gray
Juanita Huie Fuller
Stanley Stutz
Christie Schillinger
Tom Schillinger
Joyce and Mike Ugarte
George and Sue Orton
Carrie Myers
Lipscomb Family Fund

MICHAEL FRANCIS FULLER
Juanita Huie Fuller

ELLEN WEISS
Gary Wolff

ESTELLE ANN KRAM
Leonard Komen

EVELYN KLAYMAN
Merle and Marty Oberman

FREDERICK KODNER
Maureen Mezines

GAIL SCHAEFFERS
Jamie Brooks
Patrick Finlay
Nancy Foley
William Hopkins
Mary Pat and Jim Glauber
Frank LaQuinta

JANET GRIFFARD
Janet Iggulden

JEFFREY KORN
Sherry Wolff

MICHAEL HOLBROOK
Beth Frohlichstein
Leonard Holbrook

MIKE HENNESSEY
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PATRICIA BLASSIE
Cheryl Lamprecht

GARY NELLING
Helen Nelling
Peggy Nelling
Lorine Davis

PATRICK GROFF
Susie and Mike Haywood

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Mia Kweskin

NANCY AND DEBBIE
Barbara Pratter

PEGGY THOMPSON
Helen Nelling

RONNA CROFT
Stephanie Rogers

NEWS

from our Cancer Support Community
of Greater St. Louis Board Of Directors.

We thank outgoing Board Chair, Peggy Scott, and welcome new Board Chair Michelle Mufson and new board members Victor Hathuc, Jamie Loomis, and Todd Taylor.

CSC Welcomes new Board Chair Michelle Mufson



Michelle Mufson is a Vice President at Merrill Lynch and brings over 18 years of experience as a senior financial advisor and 30 years of experience in business. She is a Certified Plan Fiduciary Advisor as well as a Certified Retirement Plan Specialist and a Senior Portfolio Advisor. A cancer survivor who has used CSCSTL services herself,

Michelle knows firsthand the importance of the support and community found here at Cancer Support Community of Greater St. Louis and works diligently to build awareness of these free services available to anyone impacted by cancer

Here's what the incoming Chair, Michelle, had to say to outgoing Board Chair Peggy Scott:

Peggy,



On behalf of myself and the entire board, I want to extend my heartfelt gratitude for your dedicated service as our past board chair. Your leadership, vision, and tireless commitment have been instrumental in shaping the direction of the organization.

Under your guidance, we have achieved remarkable milestones and made significant strides towards our mission.

Thank you for your exemplary service and being an inspiring role model for us all.

Michelle Mufson

NEW BOARD MEMBERS

Victor Hathuc



Victor is a Financial Advisor with Edward Jones and has over 17 years of experience in creating client financial strategies. He brings a wealth of past experience in volunteer service to the community. Victor will be instrumental in providing valuable guidance and oversight in serving on the Finance Committee.

Jamie Loomis



Jamie is Senior Director of Strategy, Planning and Enablement with Ameren and has over 18 years of accounting and finance experience working in various leadership roles across the organization. Prior to joining Ameren, she was an external auditor at PricewaterhouseCoopers and a local public accounting firm. Given that close family members and friends have had their own cancer experiences, Jamie has a desire to serve and support CSCSTL's mission. She brings accounting expertise and a collaborative approach to the Finance Committee.

Todd Taylor



Todd is Vice President at the Daniel & Henry Insurance Company. He has 35 years of experience and serves on their Board of Directors along with acting as unit head specializing in commercial property, casualty & financial risk as well as personal insurance, health, and life insurance. Todd has served on various charitable boards throughout his career and will be instrumental in providing expertise to the board Governance and Nomination committee.

WHAT OTHERS ARE DOING FOR CSC



Waterway Car Wash

In December, Waterway Carwash presented Cancer Support Community of Greater St. Louis with a check accumulating their 2023 fundraising efforts for CSCSTL, an astonishing **\$11,462!** In September, Waterway raised funds for CSCSTL through their participation in the Kirkwood Greentree Festival, where all spins on their Waterway Prize Wheel guaranteed a free car wash. During the month of October, they recognized Breast Cancer Awareness Month with their "GO PINK" fundraiser, selling quick dry microfiber towels at each of their five locations, proudly supporting CSCSTL. We are so grateful for Waterway's generous support and dedication to making sure that no one in the St. Louis community faces cancer alone!



Design/Layout: KA Design



Amid the Falling Show – Christmas Cabaret

A big thank you to Bob Becherer and the guests of his annual Christmas Cabaret fundraiser! All proceeds from this event benefited local St. Louis organizations, with Cancer Support Community of Greater St. Louis receiving **\$6,775!**

STAFF

Contact Us @ 314.238.2000

EXECUTIVE DIRECTOR

Lori Thaman

PROGRAM DIRECTOR

Dannielle Hodges, MSW, LCSW - x. 351

PROGRAM MANAGER

Haylee Nix, LMSW - x. 352

PROGRAM SPECIALIST

Kelly O'Neal, MSW, LCSW - x. 353

DEVELOPMENT DIRECTOR

Sharon K. Clark - x. 354

MARKETING AND COMMUNICATIONS COORDINATOR

Emily Kelle - x. 355

ADMINISTRATIVE ASSISTANT & OFFICE MANAGER

Sarah Long - x. 350

LICENSED MENTAL HEALTH PROFESSIONALS

Karen Banks, MEd, PLPC

Jennifer Dunn, MSW, LCSW

Dannielle Hodges, MSW, LCSW

Julie Matkin, MSW, LCSW

Haylee Nix, LMSW

Kelly O'Neal, MSW, LCSW

Valentina Penalba, PhD, LMFT

Jessica Z. Taylor, PhD, LPC, NCC, BC-TMH



CANCER SUPPORT COMMUNITY GREATER ST. LOUIS



MISSION: *Cancer Support Community of Greater St. Louis uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.*

PROFESSIONAL ADVISORY GROUP

Dustin Adamo, PhD

Emily Coen, MSW

Hillary Hinrichs, PT, DPT, CLT, WCS

Rochelle Hobson, RN, MSN, CHPN

Rebecca Lasater, LCSW

Mary-Kate Malecek, MD

Alex P. Michael, MD

David G. Mutch, MD

Gary A. Ratkin, MD

Calvin Robinson, MSAH, RT

Jessica Taylor, PhD

Kumar Vasudevan, MD

Crystal Weaver, MHA, LCP, CRC, MT-BC

Anne Walerius, RN

Martin Wice, MD

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Helen Nelling

TREASURER

Brad Kloeppel

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Rebecca Frigy Romine

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Mark Goran

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Ann Plunkett