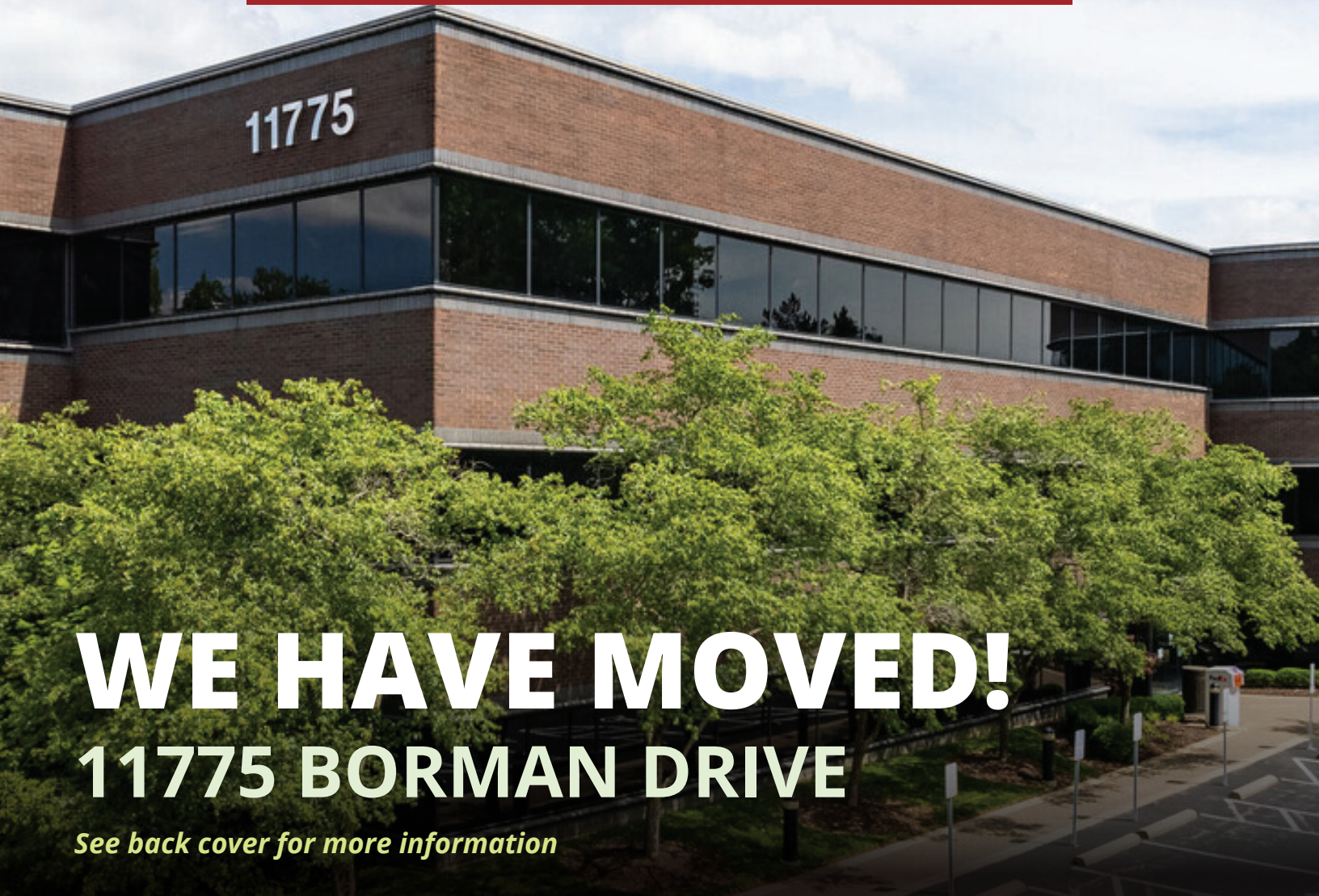




# CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



# WE HAVE MOVED! 11775 BORMAN DRIVE

*See back cover for more information*

## What's Inside:

ALL SERVICES OFFERED AT  
**NO CHARGE!**

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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.

### 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.

### Frankly Speaking About Cancer: What Do I Tell the Kids?

Register for ZOOM

Wednesday, February 19 • 6:30-7:30 PM

Learn about the ways children understand information about cancer at different developmental stages. Kelly O’Neal, MSW, LCSW will discuss strategies to have conversations about cancer and ways for families to cope with emotional distress and optimize support systems.

### What Do I Tell the Kids: What’s Next?

Register for ZOOM

Wednesday, February 26 • 6:30-7:30 PM

Let’s take the conversation deeper and dig into the stressors that come with being a caregiver to kids and teens while also managing the impact of cancer, and how best to cope. Come prepared to reflect on and discuss relationships, grief around life changes and loss, mental health, hope, and self-compassion.

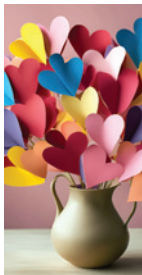
### Families Connect Valentine’s Day Party

RSVP for LIVE Session

Wednesday, February 12 • 6:00-8:00 PM

(Dinner provided 6:00-6:30 PM)

Join us for an evening of love and laughter! We will make Valentine cards to take home and share, decorate cookies, and make a fun flower heart craft.



### Disney Trivia Night

RSVP for LIVE Session

Wednesday, March 19 • 6:30-8:00 PM

Wish upon a star and join us for a magical evening of testing your Disney movie knowledge! Treats, crafts, giveaways and prizes will be available for families. We will also have special guests from Dream Time Princess Events!



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

Generously supported by the Joel and Rachael Brightfield Family

### Frankly Speaking About Cancer: Mental Health

Register for ZOOM

Wednesday, February 19 • 7:30-8:30 PM

This program is developed for young adult cancer patients, survivors, and caregivers to learn the overall importance of mental health and how it is impacted after a cancer diagnosis. This workshop educates participants about how to connect to mental health resources and support while navigating the nuances of life such as dating and relationships, career, fertility and parenting, etc.

### Mental Health: What’s Next?

Register for ZOOM

Wednesday, February 26 • 7:30-8:30 PM

Join us as we take the conversation deeper with conversation and thought-provoking prompts, strategies to help manage anxious and depressive symptoms in everyday life, and develop hope for tomorrow.

### Sushi Bowls with STL Veg Girl

Register for ZOOM or

RSVP for LIVE Session

Thursday, March 6 • 6:30-8:00 PM

Join Caryn Dugan to make your very own vegan black rice sushi bowl-you do not want to miss this delicious experience!



### Watercolor Workshop

RSVP for LIVE Session

Wednesday, March 26 • 6:30-8:00 PM

So, you don’t know how to watercolor? That’s ok! Even a novice can paint beautiful scenes using this easy art medium. Pre-art therapy intern and artist Niaya Rice will guide you in creating paintings of oceans, forests, gardens, and seasonal scenes. This is a great way to explore your creativity and relax.



Contact Kelly O’Neal at 314-238-2000 ext. 353 or [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) to schedule your New Family Meeting, Counseling Consult, or Family Journal! Available for Live or Zoom sessions.

# 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.

*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

### Tuesdays on ZOOM

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

## Twice Monthly Support for Cancer Survivors

### First and Third Mondays on ZOOM

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

### Daytime group & evening group available in-person

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, 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

January group ZOOM only

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

## COLORECTAL/GASTROINTESTINAL MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

January group ZOOM only

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.

## FRIENDS AND FAMILY MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

January group ZOOM only

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.

## GYNECOLOGICAL CANCER MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

January group ZOOM only

Third Monday each month (session on Jan 13) • 6:30–8:00 PM

This group welcomes anyone with a history of gynecologic 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

## ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

### Register for ZOOM

Fourth Monday each month • NOON–1:30 PM

## PROSTATE CANCER MONTHLY GROUP

### RSVP for LIVE Session

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

January group held at 1058 Old Des Peres location

## 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, January 27, February 24, March 24  
5:30–6:30 PM & Friday, January 10 • 11:00 AM–NOON  
or **RSVP for LIVE Session:** Fridays, February 14  
& March 14 • 11:00 AM–NOON

This introduction session allows people with cancer, their family, friends, and the bereaved an opportunity to explore how to get involved, where to register for programs and answer any questions you may have regarding our support services.

**START HERE!**

## Cancer Transitions: Moving Beyond Treatment® – Two Part Series

### RSVP for LIVE Session

David Sindelar Cancer Care Center -  
Conference Room 1 10010 Kennerly Rd., 63128  
(Participants can attend the series or just one session)



### > Taking Control of Your Survivorship

Thursday, January 30 • 11:30 AM–12:30 PM

Participants will explore coping mechanisms and finding meaning in their cancer experience. The issues of survivorship will be broken down to help participants develop their own survivorship action plan.

### > Health and Medical Management Beyond Cancer

Thursday, February 6 • 11:30 AM–12:30 PM

This session includes long-term nutrition and activity maintenance, long-term side effect maintenance, and management of ongoing health care and screenings post cancer.

## Coping with Brain Fog/Chemo Brain

Thursday, March 6 • 6:00–7:30 PM

### Register for ZOOM

Those in cancer survivorship often describe being in a state of mental fog, also known as “chemo brain.” Through this class, learn more about this condition and various cognitive compensatory and problem-solving strategies to utilize when tackling your daily tasks.

## Taking Control of Your Survivorship

Monday, March 10 • 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, 63131



It is common to feel alone or confused about the next steps once treatment ends. This workshop addresses the issues survivors face as they transition into post treatment survivorship. Participants will develop their own survivorship action plan.

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

Thursdays, March 13 – April 10 • 1:30–3:00 PM  
(Please commit to all 5 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

*Education Programs are funded in part by the David S. and Roberta Tolpen Education Fund.*

## Walk Me Through It

Tuesdays • NOON–1:00 PM

Gynecological Cancers: Tuesday, January 14

Colorectal Cancers: Tuesday, February 11

Gallbladder/Bile Duct/Kidney Cancers: Tuesday, March 11

### Register for ZOOM

Join us for a casual, clinical 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 to focus on the unique needs of that population. Cancer survivors (before, during and after treatment), family members and health care providers all welcome!



## Tools for Managing Worry

Tuesday, January 14 • 6:30–8:00 PM

### Register for ZOOM

Worry and anxiety are two of the most common concerns for people with cancer and their loved ones. Worrying about treatment, recurrence, symptom management, and balancing practical matters can compound to create high levels of distress and emotional exhaustion. This workshop, led by Jennifer L. Abel, Ph.D., teaches participants about worry, how it impacts your body, and different strategies to manage worries that are out of our control.

## Dealing with Cancer Related Hair Loss

Monday, January 27 • 5:30–6:30 PM

### Register for ZOOM

Join Chrissy Stojan, Certified Trichologist, for an informal discussion about treatment options that are available during cancer treatment to help your scalp and hair health. Learn about options to enhance growth during and after cancer treatment without the use of medications. Participants will also have an opportunity to explore toppers and wig options.

# HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

## Winter Comfort Foods

Tuesday, January 21 • 3:00–4:30 PM

[Register for ZOOM](#)



Everyone loves warm, hearty comfort food in the winter. Join us as instructor Artinices Smith uses plant-based ingredients with bold flavors like lentils and sweet potatoes to make a delicious Shepherd's Pie. Experiment with other recipes using similar ingredients to diversify your menu options.

## No Noodle Lasagna Casserole

Tuesday, February 11 • 11:30 AM–1:30 PM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)



Casseroles are a perfect dish in the winter to feed large groups or to portion and freeze for easy meals. Instructor Vicki Bensingler will demonstrate a butternut lasagna paired with salad and a simple Valentine's inspired dessert.

## Soothing Foods for Touchy Digestive Systems

Wednesday, February 12 • 11:30 AM–1:00 PM

[RSVP for LIVE Session](#)



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

When your digestive system is touchy, how do you keep your nutrition on track to stay feeling well and keep your immune system strong? We can use certain food and herbs to calm our systems and minimize nutritional deficiencies. Join certified health coach Gayle Rose to explore simple recipes and taste delicious foods that can bring comfort during and after treatments.

## Ignite Your Health— A Healthy Living Series

Wednesdays, March 5, 12, 19, 26 • 5:30–7:00 PM

*(Series participation is encouraged, but you may attend a single session.)*

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

Join Health Coach Gayle Rose for an all-encompassing, four-part healthy living series. Each session will include a wellness lesson, a food demonstration, a recipe card and progress tracker for each participant to use in the week between sessions.

- > **Session 1: Lower Stress and Welcome Pleasures**
  - Explore mindset and invite goal setting
- > **Session 2: Fueling Well to Feel Well**
  - Explore obstacles to making healthier food choices
- > **Session 3: Getting Ignited about Moving More**
  - Explore ways to build energy
- > **Session 4: Embracing Your Health Journey with Mindfulness & Intention**
  - Learn about how food and movement are medicine, and how proactive stress management leads to a lower risk of illness and stronger immunity



## Weekly Wellness

Tuesdays • 11:30 AM–NOON

[Register for ZOOM](#) or [RSVP for LIVE Session](#)  
**January ZOOM only**

Stop by to learn strategies to enhance your wellness routine and cope with stress or negative emotions in your life. This brief opportunity 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.

## Qigong

Fridays • 11:00 AM–NOON

[Register for ZOOM](#) or [RSVP for LIVE Session](#)  
**January ZOOM only**

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

## Sanctuary Sound Journey

NOW ONLY  
1 HOUR

[Register for ZOOM:](#)

Thursday, January 16 • 6:00–7:00 PM

[RSVP for LIVE Session:](#)

Thursday, February 20 and March 20 • 6:00–7:00 PM

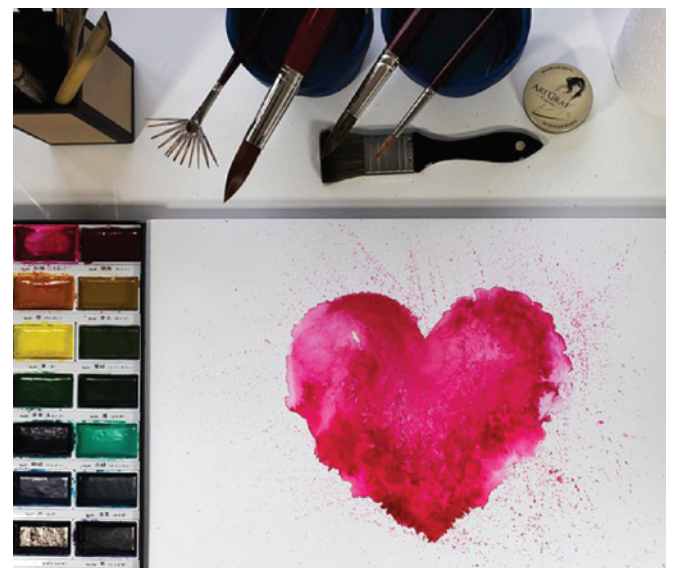
Join Mark Biehl, Certified Vibrational Sound Coach and Licensed Spiritual Health Coach, in this blissful journey. Allow the vibrational energies of Himalayan singing bowls, gongs, chimes, indigenous flutes and the voice to transport you into deep relaxation and remove stress. You will be lying down on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

## Positive Affirmation Art

Tuesday, February 13 • 1:00–2:30 PM

[RSVP for LIVE Session](#)

In the spirit of Valentine's Day, give yourself the gift of love. Join CSC's pre-art therapy intern and artist, Niaya Rice, as she leads an experience in creating artwork featuring a positive affirmation, thought, word or image to keep as daily reminders of strength or appreciation of self.



# SOCIAL CONNECTIONS

## Virtual Artsy Meet Up

Thursday, January 16 • 6:00–7:30 PM

### Register for ZOOM

Ward off the winter blues with a virtual artsy meet up hosted by CSC's pre-art therapy intern and artist, Niaya Rice. We will be painting rocks that can be added to a planter, set on a desktop, or place them in public spaces to uplift others and spread positivity. All you need is one or two paint brushes; a couple colors of acrylic paint and some smooth rocks of any size.

## Beading Bonanza

Tuesday, February 25 • 1:00–2:30 PM

### RSVP for LIVE Session

Enjoy a playful session of beading with pre-art therapy intern and artist, Niaya Rice. Participants can make key chains, bracelets, or other creative wearable beaded pieces.

## CSC Office-Warming Open House!

Thursday, February 27 • 3:00–7:00 PM

### RSVP for LIVE Session

Join CSCSTL for our office-warming open house for a first look at our new location! Check out our new movement space, program area, group rooms, and kitchen while enjoying light refreshments and community- we hope to see you there!

## Wonders of Watercolor

Thursdays, March 6, 13, 20, 27 • 6:00–7:00 PM

### RSVP for LIVE Session

So you don't know how to watercolor? That's ok! Even a novice can paint beautiful scenes using this easy art medium. Artist, Niaya, Rice will guide you in creating paintings of oceans, forests, gardens, and seasonal scenes.

## Open Art Studio

Tuesdays, March 4, 11, 18, 25 • NOON–2:30 PM

### RSVP for LIVE Session

Open Art Studio is a time for you to breathe, decompress, explore your artistic side, or creatively express what is happening inside of you. Pre-art therapy intern and artist, Niaya Rice will be available to guide you in this experience or simply provide some ideas and the materials for your project.

## Game Night

Tuesday, March 18 • 6:00–8:00 PM

### RSVP for LIVE Session

Join us for an evening full of board game bliss! We will be providing games hand-picked for their quick turns, simple rules, and incredible fun. Come connect with others while expanding your experience with board games. No experience needed.

# 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 January ZOOM only

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

## Rise and Renew

Saturdays • 9:00 AM

### Register for ZOOM



Join Desireé Williams, Certified Fitness Instructor, in a gentle, empowering strength training class designed specifically for those impacted by cancer. This supportive class focuses on building strength, resilience and confidence, helping reconnect your body in a safe, encouraging environment. Through carefully guided exercises, you'll improve muscle tone, increased energy, and nurture a sense of renewal and vitality. Participants are welcome to use a chair, resistance bands, or light weights.


## Meet Our New Movement Instructor!

### Desireé Williams

Desireé Williams is a highly experienced Certified Fitness Instructor (NESTA) and Nutrition Coach (NASM) with nearly 10 years of expertise in guiding individuals toward healthier, more fulfilling lives. Known for her compassionate and results-driven approach, Desiree specializes in creating inclusive fitness classes tailored to participants' unique needs. She is deeply committed to community health and well-being and empowers others to build strength, confidence, and sustainable habits for lifelong vitality.

# 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
<b>JANUARY 2025</b>						
■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE						
5	6	7	8	9	10	11
		Gentle Yoga 10:00 AM Weekly Wellness 11:30 AM Friends and Family Monthly Group 6:30 PM	CSC CLOSED	Prostate Cancer MG @ 1058 Old Des Peres Rd 6:30 PM LIVE	Qigong 11:00 AM ZOOM	Rise and Renew 9:00 AM ZOOM
12	13	14	15	16	17	18
	Metastatic Cancer MG 10:00 AM Gynecological Cancer MG 6:30 PM	Gentle Yoga 10:00 AM Weekly Wellness 11:30 AM Walk Me Through It NOON Tools for Managing Worry 6:30 PM	Gentle Yoga 9:30 AM Gentle Yoga 5:15 PM Breast Cancer MG 5:30 PM	Lung Cancer MG 6:30 PM ZOOM	Qigong 11:00 AM Welcome Meeting 10:00 AM LIVE	Rise and Renew 9:00 AM ZOOM
19	20	21	22	23	24	25
	CSC CLOSED	Gentle Yoga 10:00 AM Weekly Wellness 11:30 AM Winter Comfort Foods 3:00 PM	Gentle Yoga 9:30 AM Gentle Yoga 5:15 PM	Sanctuary 6:00 PM Virtual Artsy Meet Up 6:00 PM Survivorship MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM	Rise and Renew 9:00 AM ZOOM
26	27	28	29	30	31	
	Pancreatic Cancer MG NOON Dealing with Cancer Related Hair Loss 5:30 PM Welcome Meeting 5:30 PM	Gentle Yoga 10:00 AM Weekly Wellness 11:30 AM	Gentle Yoga 9:30 AM Gentle Yoga 5:15 PM	Taking Control of Your Survivorship @ Mercy South 11:30AM LIVE	Qigong 11:00 AM ZOOM	

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# FEBRUARY 2025

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						Rise and Renew 9:00 AM ZOOM
						1
						Rise and Renew 9:00 AM ZOOM
						8
						Rise and Renew 9:00 AM ZOOM
						15
						Rise and Renew 9:00 AM ZOOM
						22
						Rise and Renew 9:00 AM ZOOM
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						Rise and Renew 9:00 AM ZOOM
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						Rise and Renew 9:00 AM ZOOM
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						Rise and Renew 9:00 AM ZOOM
						11
						Rise and Renew 9:00 AM ZOOM
						18
						Rise and Renew 9:00 AM ZOOM
						17
						Rise and Renew 9:00 AM ZOOM
						24
						Rise and Renew 9:00 AM ZOOM
						25
						Rise and Renew 9:00 AM ZOOM
						23
						Rise and Renew 9:00 AM ZOOM
						28
						Rise and Renew 9:00 AM ZOOM





SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

# MARCH 2025



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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
						Rise and Renew 9:00 AM ZOOM
2	3	4	5	6	7	8
						Rise and Renew 9:00 AM ZOOM
9	10	11	12	13	14	15
						Rise and Renew 9:00 AM ZOOM
16	17	18	19	20	21	22
						Rise and Renew 9:00 AM ZOOM
23	24	25	26	27	28	29
						Rise and Renew 9:00 AM ZOOM
30	31					

# 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 July 1, 2024 through September 30, 2024. We apologize for any omissions or errors.

## IN HONOR OF:

**BECKY SNODGRASS**  
*Douglas Snodgrass*

**BIRTH OF GABI LUNA MACIEJEWSKI**  
*Marty Oberman*

**BIRTH OF PENNY JO LANGENHORST**  
*Marty Oberman*

**GARY WOLFF**  
*Rick Halpern*

**LEONARD KOMEN**  
*Lawrence Dyson*  
*Louise Rovak*

**SUSIE KNOPF**  
*Ruthy Kolker*

**TODD TAYLOR**  
*Rick Halpern*

## IN MEMORY OF:

**BRANDI WARD**  
*Peggy Scott*

**CARMEN TAMAYO**  
*Gary Buck*

**DOLORES DIMARCO**  
*John Rademeyer*  
*Christine Blazevic*  
*Marilyn Bundy*  
*Kelsey Caputa Bockskopf*  
*Bill & Lori Kesler*  
*Kathy Kraus*  
*Joseph Schenker*  
*Daniel Trudell*

**FLORENCE AUBUCHON**  
*Nancy Bolozky*

**GENE DAVIDSON**  
*Jessica and Andy Millner*

**JANIS BERRY**  
*William R. Peck*

**RICHARD KEPES**  
*Sheila Cohen*

**SUZANNE HAGAN**  
*Joseph Hagan*

**VICTOR HATHUC**  
*Katie Warchol*  
*Kristene Bachmann*  
*Phung Dang*  
*Loan Do*  
*Constantine Katopodis*  
*KLJ Enterprises*  
*Ray Kloppenburg*  
*Lorraine Larson-Meyer*  
*Deanna Ley*  
*Milissa Mazanec*  
*Helen Nelling*  
*Tuan Pham Dang*  
*Elizabeth Riebeling*  
*Anne Ross-Weldy*  
*Peggy Scott*  
*Jim & Kathy Thompson*

**WARNER ISAACS**  
*Doris Alport*



Tribute donations to Cancer Support Community of Greater St. Louis 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 greeting card to notify that special someone of your kind donation. Your contribution helps fund our programs and services, offered at no charge, to those facing a cancer diagnosis in our community.

## Here's how:

1. Direct Payment: Online at [www.cancersupportstl.org](http://www.cancersupportstl.org)
2. Make checks payable to Cancer Support Community of Greater St. Louis and mail with relevant information to Cancer Support Community of Greater St. Louis, 11775 Borman Dr, St Louis, MO 63146.
3. You may also call 314-238-2000 and make a tribute gift using a credit card.

*Gifts of \$25 or more are published in Cancer Support Community of Greater St. Louis' quarterly newsletter. Due to administrative costs, a minimum donation of \$10 per tribute is requested.*



# TRIBUTES OF HOPE

**PEGGY NELSON**  
*Chuck and Jean Naslund*  
*Mike Nelson*

**JON MCDANIEL**  
*Mike Nelson*

**SHAWN CROCKER**  
*Mike Nelson*

**GARY NELLING**  
*Tony Garavaglia*  
*Helen Nelling*

**PEGGY THOMPSON**  
*Helen Nelling*

**CATHY WICE**  
*Dr. Martin Wice*

**MARCIA HALPERN LERNER**  
*Rick and Deby Halpern*  
*Marty Oberman*

**JIM SCOTT**  
*Peggy Scott*

**VIRGINIA SCOTT**  
*Peggy Scott*

**TIM PLUNKETT**  
*Ann Plunkett*

**LINDA JONES**  
*Ann Plunkett*

**JERRY RITTER**  
*Peggy Ritter*

**ELAINE FRIEDMAN**  
*Barry and Sharon Friedman*

**CAROLYN COHEN**  
*Barry and Sharon Friedman*

**WANDA EVERETT**  
*Karen Dupske*

**FAYE SIEGEL**  
*Betty and Valery Welch*

**SAM BLUESTEIN**  
*Shirley Bluestein*  
*Michelle Mufson*

**JOANN RASKAS**  
*Don Eisenberg*

**BRANDI WARD**  
*Don Eisenberg*  
*Joyce and Charlie Woodard*

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**LORI LUEBBERING**  
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**GRACE BROD**  
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**GAIL BOPP**  
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**LYNNE PALAN**  
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**JENNIFER BRUCKNER**  
*Rebecca Romine*

**MARSHA WOLFF**  
*Gary Wolff*

**MY SISTERS**  
*Sharon Clark*

**ALL THOSE AFFECTED BY CANCER**  
*CSC Staff*



**Cancer is a journey...** from diagnosis, through treatment, and beyond. Cancer Support Community of Greater St. Louis offers a safe community where those impacted by cancer can find others who relate and access resources to help in making important decisions along the way. Helping to find a glimmer of hope during the darkest times... hope after the darkness of cancer. For 31 years, Cancer Support Community of Greater St. Louis has been providing that HOPE to those impacted by cancer in our community. On October 10, our community joined us in raising more than **\$393,000** at our annual HOPE AFTER DARK fundraising campaign. **KEZK's Julie Tristan** emceed our Night to Celebrate VIP sponsor event on October 10 at **The World's**

**Fair Pavilion** where we had over 200 supporters join us for an evening of inspiration. We celebrated leaders in our community who have made a difference in the lives of people impacted by cancer by presenting our 2024 Marsha Wolff and Tina Borchert Inspiration Award to honorees, **Joel and Rachael Brightfield**. Because of our sponsors, donors, supporters, and YOU, Cancer Support Community of Greater St. Louis can continue to provide HOPE along with emotional support, educational resources, social connections and a place of understanding to those impacted by cancer. Thank you for helping us prove that together, **St. Louis is Stronger than Cancer.**



Julie Tristan (Emcee), Joel Brightfield (Award Recipient), Michelle Mufson (CSCSTL Board Chair), Lori Thaman (CSCSTL Executive Director), and Rachael Brightfield (Award Recipient)



Bette Welch, Susan Block, Valery Welch, Ree Hamlin and Frieda Smith



Ephraim and Michelle Mufson



Kayti and Randy Houchins



Julie Tristan and Shannon Mays



Danielle McPherson, Gina Johnson, Jonelle Lofton, Keisa Johnson and Letitia Young



Lori Thaman, Executive Director



Empire Groove



Plinko Fun!



Utopia Experience



Brendan, Kayla, Rhonda and Brad Kloeppel



Ring Toss Winner!



Tribute Lanterns



Paddle Raise!



1904 World's Fair Pavilion

# hope after dark

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*marmi*  
AND THE WOLFF FAMILY

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CHARITABLE FAMILY FOUNDATION

MARTIN WICE

BRAD AND RHONDA KLOEPEL

## Beam of Hope

BARRY AND SHARON FRIEDMAN

CAROLINE SCHOTT AND

EMILY AND MATT COEN

NICHOLAS TOMPKINS

# SAVE THE DATE!

**Saturday, May 3, 2025**  
**Creve Coeur Park in Sailboat Cove**  
**1 mile or 3.7 mile walk or fun run**

Join us for our **27<sup>th</sup> Steps For Hope Walk** to celebrate survivorship, 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.

## Day Includes:

Community, Kids Activities, Entertainment, Food, Raffle, and more!

**Check our website for registration to open early 2025!**



# WALK. RUN. INSPIRE.

# HOW YOU CAN SUPPORT CSCSTL

## Leave Your Lasting Legacy



Here at Cancer Support Community of Greater St. Louis, we spend a lot of time planning for a better future. You can help and make a big impact with a future gift by remembering Cancer Support Community of Greater St. Louis in your will and estate

plan. It's a meaningful way to make a big difference by giving beyond your lifetime. **A couple of ways to do that are:**

### Bequest

You can include the Cancer Support Community of Greater St. Louis in your will and specify an amount of money, or percentage of your estate, to benefit CSCSTL.

### Insurance Policy

Gift a life insurance policy by naming the Cancer Support Community of Greater St. Louis as a beneficiary.

For more information, please contact:

Sharon Clark, [sclark@cancersupportstl.org](mailto:sclark@cancersupportstl.org)

314.238.2000, Extension 354

## 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.

## Matching Gifts



Double the impact of your gift! Check with your company to see if they offer a matching gift program. Many may offer a dollar for dollar match.

## Stock Gifts



A direct donation of stock to Cancer Support Community of Greater St. Louis is the most cost-effective method when compared with a gift of cash or the sale of securities followed by a gift of the proceeds. By directly gifting

appreciated securities, you can make a more generous contribution than you might with cash. Your gift of appreciated securities to Cancer Support Community of Greater St. Louis is an easy and prudent way to make your charitable gift.

# WHAT OTHERS ARE DOING FOR CSCSTL

## 205 Miles. One Day.

A huge shoutout and thank you to **Joseph Kemp** for raising funds and awareness for Cancer Support Community of Greater St. Louis. Every year, Joseph takes on a

**205-mile bike ride** to Lake of the Ozarks from Chesterfield in honor of those facing cancer in our community. Going

on his 22nd year, we asked what keeps him motivated year after year: "Suffering for 13 hours is a lot less than what people who have cancer are going through," he says, "I want to continue to support everyone I know who has cancer, and I have seen the benefits first hand of the impact that Cancer Support Community of Greater St. Louis has on those affected by cancer." Thank you, Joseph, for taking on this incredible feat and for your generosity!



## Waterway Car Wash

Thank you to **Waterway Car Wash** for your support throughout 2024! In September, they participated in the Kirkwood Greentree Festival, where all spins on their Waterway Prize Wheel guaranteed a free car wash with all proceeds going to CSCSTL! During the month of October, they recognized Breast Cancer Awareness Month with their "GO PINK" fundraiser, collecting donations and selling pink microfiber towels at each of their locations, proudly supporting CSCSTL. All their fundraising efforts resulted in **\$11,510** being donated to CSCSTL! Thank you, Waterway, for helping us prove that together, **St. Louis is Stronger than Cancer!**

# NEW YEAR, NEW HOME!

We are getting a new home in the new year! After more than 30 successful years of providing supportive care services to people living with cancer and their loved ones, Cancer Support Community of Greater St. Louis, will be moving its facility and staff operations to a new site in the new year. Our new space will be located inside the office building of 11775 Borman Drive. Within a 2-mile radius, the office has access to I-270, US 67, MO-340, and Page Avenue, leading to all parts of the surrounding area. The building is easy to find, has a large, lighted parking lot, and our facility is on the first floor. The location is eight miles from our current site. We are excited about this move and believe it will help us to provide emotional support, education, and hope to more people living with cancer in our community. We will open our new doors by the first week of February, 2025. We hope you will stop by and let us give you a tour of our beautiful new home!



Design/Layout: KA Design

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Contact Us @ 314.238.2000

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### PROGRAM MANAGER

Haylee Rieger, MSW, LCSW - x. 352

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### DEVELOPMENT DIRECTOR

Sharon K. Clark - x. 354

### MARKETING & COMMUNICATIONS COORDINATOR

Emily Kelle - x. 355

### ADMINISTRATIVE ASSISTANT & OFFICE MANAGER

Courtney Fraley - x. 350

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**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.*

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