



# 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](http://www.cancersupportstl.org).



Artwork by Families Connect children and parents

**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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## WALK. RUN. INSPIRE.



**CANCER  
SURVIVORSHIP  
CELEBRATION**

**Saturday, May 13, 2017**  
at Creve Coeur Park.

# Families CONNECT

## THE WHOLE FAMILY, THE WHOLE TIME

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

### Families Connect Monthly Networking Group

First Tuesdays • 6:00–8:00 PM • Jan. 3, Feb. 7 and Mar. 7

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! **RSVP by NOON the Monday prior to each group!**



### Special Families Connect: Healing in the Lyrics - RSVP

Tuesday, February 7 • 6:00 – 8:00 PM

Tracie Sandheinrich, Music Therapist for Kids Rock Cancer, will talk about ways music can help us cope and will lead participants in the songwriting process.

## STRESS MANAGEMENT

### Family Yoga -RSVP

Second Tuesdays • 6:30 – 7:30 PM • Jan. 10 and Mar. 14. No Feb. session.

Lisa Roberts, RYT, RCYT and author of *Breathe, Chill – A Handy Book of Games and Techniques Introducing Breathing, Relaxation and Meditation to Kids and Teens* will offer ongoing sessions for children and families to practice wellness in fun and interesting ways.

## education



### Kid Support Spring Session -RSVP

Saturday, March 4 • 9:30 AM – NOON

Kid Support™ is an educational workshop for children and teens (ages 5 – 19, 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 9:30 and brunch is provided. Sessions begin promptly at 10:00 a.m.

## healthy lifestyle

### Family, Food, and Fun! -RSVP

Wednesday, March 1 • 6:30 – 7:30 PM

Teaching artist and foodie, Maria Ojascastro will guide kids and their parents, step by step, to create this nutritious and delicious family friendly meal of turkey sliders and baked apples sprinkled with sugar and cinnamon.

## SOCIAL CONNECTIONS



### Friday Night at the Movies:

**Star Wars Episode IV:**

**A New Hope - RSVP**

Friday, January 27 • 6:00 – 9:00 PM

Join us for the first installment of Star Wars here at CSC! The movie begins promptly at 7:00, but come early to get a seat and meet your favorite Star Wars characters! Photo opportunities and popcorn provided!



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.



# 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.

*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, Nordstrom, Gertrude & William A. Bernoudy Foundation, Saigh Foundation, Lung Cancer Connection 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.*

## 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. Morning and evening groups are 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.

# NETWORKING GROUPS

These are drop-in groups (except where otherwise indicated) designed for attendees with similar diagnoses or life situations (such as single during treatment) 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. *This group is made possible by Missouri Baptist Healthcare Foundation.*

**January 5: Pot Luck-bring a side dish or dessert; we will have sandwiches**

## BRAIN TUMOR MONTHLY GROUP

Third Thursday each month • 6:30 – 8:30 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 PREFERRED (Salad provided)**

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

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

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



## GYNECOLOGICAL CANCERS MONTHLY GROUP

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

First Thursday each month • 6:00 – 7:30 PM at CSC

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

Location: Christian Hospital 11133 Dunn Rd 63136 Room 2100

The group provides a nurturing environment to learn about and discuss coping skills, disease management, and quality of life during and after treatment. *Made possible by a generous donation from its sponsor, Lung Cancer Connection.*



## POST TREATMENT... WHAT NEXT? MONTHLY GROUP - RSVP

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

Connect with others who are finished with treatment or on maintenance treatment and are getting back into life. A guest speaker will be present quarterly to address the many issues related to survivorship. Discussion will follow.

**February 23: Cancer Transitions Reunion**

## ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Thursday each month • 1:00 – 2:30 PM

Location: Siteman Cancer Center, West County  
2nd Floor Conference Room

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, John Krey Cancer Information Center, 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.*



## SINGLE DURING TREATMENT MONTHLY GROUP

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

This new group is an opportunity to connect and discuss the experience of being single while navigating cancer treatment.



# WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

## Empowered by Knowledge EDUCATION

### New Member Meetings - RSVP

Jan 18, Feb 15, March 15 • 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.

### From Cancer to Health™ - RSVP

Every Tuesday • 11:00 AM – 12:30 PM

at Center for Advanced Medicine, Barnard Health and Information Center, 4921 Parkview Place, St. Louis, MO 63110

Second Monday (Jan 9, Feb 13, March 13) and

Third Thursday (Jan 19, Feb 16, March 16) • NOON-1:30 PM

at Siteman South County, 5225 MidAmerica Pl, St. Louis, MO 63129

Fourth Thursday (Jan 26, Feb 23, March 23) • 11:00 AM – 12:30 PM

at Siteman West County, 10 Barnes West Drive, St. Louis, MO 63141

Research shows that people participating in the program feel less stress, have better immunity, keep healthier diet and exercise habits and feel greater social support. These sessions will help participants manage stress, learn ways to lessen the impact of physical symptoms of cancer, and develop skills to cope with common problems faced by people with cancer.



### Frankly Speaking About Cancer: Treatment and Side Effects - RSVP

Thursday, February 2 • 5:30 – 7:30 PM

Location: St. Anthony's Cancer Care Center 10010 Kennerly Rd., 63128

Come learn about the management of side effects of treatment, such as strategies to manage issues such fatigue, hair loss, anemia, infection, and pain. A CSC facilitator will address ways to cope with emotional distress and optimize quality of life during and after treatment. A complimentary booklet entitled Frankly Speaking About Cancer: Treatment and Side Effects will be provided to all participants.



### Love Your Shadows: Letting Go of "Negative" Emotions - RSVP

Wednesday, February 8 • 6:30 – 8:00 PM

Join CSC facilitator John Eschen, Licensed Professional Counselor, and participants in a discussion exploring ways to feel negative emotions without becoming stuck in them; discovering the surprising reasons why it is actually necessary to experience anger, anxiety and sadness for emotional and physical well-being and learning ways to release emotions through the practice of forgiveness.



### An Introduction to Life After Treatment - RSVP

Tuesdays, February 28, March 7 and March 14 • 6:00 – 8:00 PM

Please commit to all three sessions

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

This three-week group is an introduction into the "new normal" that accompanies finishing treatment. We will discuss the changing relationship with your care team, communicating with friends and family, and understanding your survivor care plan. Connect with others who are finished with treatment or on maintenance treatment and are getting back into life. We will have guest speakers, gentle exercise and dinner.



### Frankly Speaking About Breast Reconstruction - RSVP

Tuesday, March 28 • 6:00 – 8:00 PM

Location: David C. Pratt Cancer Center, Conference Room  
Mercy Hospital—St. Louis, 607 S. New Ballas Rd., 63141

Come learn about breast reconstruction options, making a decision that is right for you, medical factors that may influence the decision, and how to prepare for and what to expect after surgery. Featured speakers include Michael Curtis, MD, and Julie Matkin, MSW, LCSW, group facilitator at Cancer Support Community.



**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, LMSW (314-238-2000, Ext. 230) for appointment.

## Check Our Website For More Information About These Programs!

### Multiple Myeloma Journey Partners

This free, one-hour, educational program gives people with multiple myeloma and their caregivers an opportunity to hear a trained Journey Partner share his or her personal experience of living with multiple myeloma and having an autologous stem cell transplant. You'll also learn about helpful resources and the importance of considering a transplant evaluation.

### Return to Wellness

This 6-week series of workshops, each 2 1/2 hours, is designed to help survivors transition from active treatment to post-treatment care. Guest presenters, including physicians, nutritionists, social workers, and fitness experts will discuss and lead activities on the topics of exercise, stress management, and healthy eating. Each session includes a meal, networking, exercise, a presentation, and discussion. *Eligibility - Adult survivors of any cancer diagnosis who have completed active treatment. Must have signed Physician Release. Attendees receiving hormonal treatment or similar agents may attend.*







## 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, January 20 • NOON – 2:00 PM

Kelly O'Donnell is a Certified Holistic Health Coach and Holistic Therapist who will share how to cook a healthy seasonal meal while incorporating how mindful eating can enhance your life, increase your sense of wellness, help you eat less and enjoy food more!

#### **Feeding Your Inner Glow with Bridgette Kossor, Plant-Based Food/Life Energy Chef & Instructor, Macrobiotic Guide! - RSVP**

Tuesday, January 31 • NOON – 2:00 PM

Have you seen people who just glow? Their skin, eyes and smile just sparkle and shine... and yours will too as we explore foods and make recipes that light your body up, from the inside out. We will make Homemade Veggie Stock which will become a Veggie Soup (a staple in my kitchen), Spicy Sesame Coleslaw, and Sweet Vegetable Tea.

### Jerry Pass Cooking For Wellness

*These classes are provided by Jeanne Pass, family and friends.*

#### **Vegetarian Comfort Food - RSVP**

Tuesday, February 7 • NOON – 2:00 PM

Join us as Vicki Bensinger shows us how to prepare No-Noodle Butternut Squash Lasagna, salad and dessert.

#### **Spring Eating with STL Veg Girl, Caryn Dugan - RSVP**

Wednesday, March 8 • 6:00 – 8:00 PM

We will be preparing caprese salad, creamy kale and basil pesto with linguini and sundried tomatoes, coconut curry carrot soup, and lemony dijon asparagus.

### **Painting from Within - RSVP**

Second Mondays • 6:30 – 8:00 PM

January 9, February 13, March 13

Start with some quiet meditation, no pre-planned ideas, and using only one brush stroke at a time you will create paintings that come from places deep inside, using your intuition as your guide. As always, absolutely no art experience necessary.

### **Wise Writers Workshop - RSVP**

Tuesdays, January 10-March 28 • 1:00 – 3:00 PM

Create with words and share with a collaborative and supportive group of CSC Members who have been affected by cancer either as a patient, caregiver, or bereaved. Please RSVP Weekly. Facilitated by Marianne Rosenthal, M.A.T., Secondary Language Arts. *This program is made possible by an anonymous donor*

### **Creativity for the Soul - RSVP**

January 11 and March 8 • 3:00 – 4:30 PM

Join us for collaging, journaling, and creativity inspired by the process of SoulCollage®! Each session will encourage participants to explore their inner peace and happiness while completing creative art projects. No experience or artistic talent necessary! Please bring your own notebook/journal, and all other materials will be provided. If you would like to learn more about SoulCollage, please visit [www.soulcollage.com](http://www.soulcollage.com).

### **Music and Meditation - RSVP**

Thursday, January 12 • 1:30 – 3:00 PM

Cancer Support Community Facilitator Kathy Bearman will help you experience how the art of concentration and the power of sound can create a healing space for you.

### **Restorative Movement: Improve Balance, Strength and Bone Health - RSVP**

Second Thursday • 6:00 – 7:00 PM

January 12, February 9, March 9

Join Natalie Sutto in movement focused on improving balance, strength and bone health. Natalie starts with Pilates Mat and moves beyond! Equipment provided by CSC.

### **Energy 101: Introduction to Healing Touch - RSVP**

Third Mondays • 6:30 – 8:00 PM

January 16, February 20, March 20

Learn Healing Touch techniques to support your health and well-being. Healing Touch is used 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.



**Sanctuary - RSVP**

Third Wednesdays • 7:15 – 8:30 PM

January 18 and February 15

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.

**Building a Mindfulness Practice - RSVP**

Four Consecutive Thursdays, February 2, 9, 16 and 23

10:00 – 11:30 AM (Please commit to all 4 sessions)

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 series will provide information on the benefits of mindfulness and meditation for the body and brain 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.

**Practical Relaxation**

Mondays January 30, February 6, and 13

NOON – 1:00 PM

**Location:** David C. Pratt Cancer Center, Conference Room  
Mercy Hospital—St. Louis, 607 S. New Ballas Rd., 63141

Drop-in to learn practical applications for relaxation to help manage worry and stress in the waiting room or treatment area. Each session will include information, strategies for integrating relaxation into your day, and a relaxation experience. Open to anyone affected by cancer (patients, family and friends, bereaved).

**Laughter Yoga with Marlene - RSVP**

Friday, February 17 • 12:30 – 2:00 PM

Marlene Chertok, RN BSN, has been laughing for ten years as a way to reduce the stress of her own cancer diagnosis. Now she shares the aerobic and playful form of exercise with members. Laughter is good medicine!

**Sound Meditation - RSVP**

Wednesday, March 15 • 7:15 – 8:30 PM

Start your week off with a break. Matthew Pace will facilitate a meditation using Tibetan and crystal singing bowls to relax the mind body and spirit.



### *Sustained by Community* SOCIAL PROGRAMS

**Powered By Hope Meet-Up - RSVP**

January 9, February 6, March 6 • 6:30 – 7:30 PM

When you hear the words 'You have cancer,' you have entered the greatest race of your life. This group is for those wanting to meet with others that have a connection to cancer. This social meeting was started by Teri Grieger with the purpose to empower, be positive and have HOPE- How Ordinary People Endure. We will have dinner and a guest speaker each month.

**Great Decisions Discussion Group - RSVP**

First and Third Wednesdays • 6:30 – 8:00 PM

Great Decisions, a program of the Foreign Policy Association, is America's largest discussion program on world affairs. Join David Shippee, a cancer survivor and member of CSC, in discussing topics ranging from shifting alliances in the Middle East to Climate Geopolitics.

**Yes...And: An Introduction to Improv - RSVP**

Fridays, January 27 and March 24 • 12:30 – 2:00 PM

Join Andy Sloey from the Improv Shop in learning and experiencing the team sport of improvisation. In this session, you will have the experience of letting go of consciously thinking and being in a state of flow with others!

**Pastel Palette and Introduction to Drawing - RSVP**

January 17, February 21, and March 21 • 6:30 – 8:00 PM

Artist Jessica Eschen-Goodman will teach an introduction to drawing with pastels. No experience or "artistic ability" required. Come learn, enjoy and share in this art practice. Each session is unique. Supplies will be provided.

**Paper Crafts - RSVP**

Thursday, January 26 • 10:00 AM – NOON




Juli Stumpf will lead members in creating paper craft art-cards, gift bags and decorative tags! Supplies will be provided.

**Craft Connection: "Make and Take" Card Making - RSVP**


Thursday, March 23 • 6:30 – 8:00 PM

Learn different techniques each class with volunteer Rhonda Travers. Participants will create several unique cards each time! Both beginners and experienced crafters welcome.

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
	CSC Closed New Year's Day Observed	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Families Connect MG 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Single During Treatment MG 6:30 PM	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Bereavement MG 6:30 PM RSVP Prostate Cancer MG @ David C. Pratt CC 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	
1	2	3	4	5	6	7
8	9	10	11	12	13	14
	From Cancer to Health @ Siteman South County NOON RSVP Tai Chi 1:00 PM Painting from Within 6:30 PM RSVP Powered by Hope Meet-Up 6:30 PM RSVP	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Lung Cancer MG @ Christian Hospital 6:00 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Creativity for the Soul 3:00 PM RSVP Yoga Basics 5:15 PM	Music and Meditation 1:30 PM RSVP Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	
15	16	17	18	19	20	21
	Tai Chi 1:00 PM Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM CSC New Members Meeting 6:30 PM RSVP Great Decisions 6:30 PM RSVP Sanctuary 7:15 PM RSVP	From Cancer to Health @ Siteman South County NOON RSVP Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM Miss Mary's Cooking Demo NOON RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Miss Mary's Cooking Demo NOON RSVP	
22	23	24	25	26	27	28
	Tai Chi 1:00 PM	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP	Paper Crafts 10:00 AM RSVP From Cancer to Health @ Siteman West County 11:00 AM RSVP Pancreatic Cancer MG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Post Treatment...What's Next? MG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Yes...And 12:30 PM RSVP Friday Night at the Movies 6:00 PM RSVP	
29	30	31	<h1>JANUARY 2017</h1> <p>  = WORKSHOPS LOCATED OFF-SITE             = RSVP REQUIRED             = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY         </p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>			
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5		Tai Chi 1:00 PM Practical Relaxation @ David C. Pratt CC NOON Powered By Hope Meet-Up 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM <b>Love Your Shadows 6:30 PM</b> RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	11
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12	From Cancer to Health @ Siteman South County NOON RSVP Practical Relaxation @ David C. Pratt CC NOON Tai Chi 1:00 PM Painting from Within 6:30 PM RSVP	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Lung Cancer MG @ Christian Hospital 6:00 PM	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM <b>Great Decisions 6:30 PM</b> RSVP CSC New Members Meeting 6:30 PM RSVP Sanctuary 7:15 PM RSVP	From Cancer to Health @ Siteman South County NOON RSVP Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Laughter Yoga 12:30 PM RSVP	18
19	Tai Chi 1:00 PM <b>Energy 101: Introduction            to Healing Touch 6:30 PM</b> RSVP Gynecological Cancers MG 6:30 PM	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP	From Cancer to Health @ Siteman West County 11:00 AM RSVP Pancreatic Cancer MG @ Siteman West County 100 PM Country Line Dancing 2:30 PM <b>Post Treatment...What's Next? MG</b> 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	25
26	Tai Chi 1:00 PM	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP An Introduction to Life After Treatment @ David C. Pratt CC 6:00 PM RSVP	27	28		
<div> <h1>FEBRUARY 2017</h1> <p> <span style="color: purple;">■</span> = WORKSHOPS LOCATED OFF-SITE                <span style="color: red;">■</span> = RSVP REQUIRED                <span style="color: black;">■</span> = 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.           </p> </div>						



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<h1>MARCH 2017</h1> <p>  = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED   = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY         </p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>						
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12	From Cancer to Health @ Siteman South County NOON RSVP Tai Chi 1:00 PM Painting from Within 6:30 PM RSVP	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Lung Cancer MG @ Christian Hospital 6:00 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Creativity for the Soul 3:00 PM RSVP Yoga Basics 5:15 PM Jerry Pass Cooking Demo 6:00 PM RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLUNOON	11
19	Tai Chi 1:00 PM Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP	From Cancer to Health @ Siteman West County 11:00 AM RSVP Pancreatic Cancer MG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Post Treatment...What's Next? MG 6:30 PM RSVP Craft Connection 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLUNOON Yes...And 12:30 PM RSVP	25
26	Tai Chi 1:00 PM	From Cancer to Health @ CAM 11:00 AM RSVP Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Frankly Speaking About Breast Reconstruction @ David C. Pratt CC 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM	Country Line Dancing 2:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLUNOON	
3	6	7	8	9	10	11
10	13	14	15	16	17	18
17	20	21	22	23	24	25
24	27	28	29	30	31	

# CONTINUING EDUCATION

## Opportunity for Health Care Professionals:

### Grieving as We Work

Thursday, March 9 • 8:00 – 9:00 AM

Registration starts at 7:30 AM



Join VITAS and Cancer Support Community of Greater St. Louis in a workshop designed to enable health care professionals to acknowledge and manage their grief while continuing to work effectively and efficiently. We will discuss

expressions of grief in the workplace, tasks of mourning, grief interventions for yourself and your team as well as explore disenfranchised grief. This workshop will provide 1.0 CE credit in Missouri for nurses, social workers, and nursing home administrators.

## Call for Volunteers!

CSC is looking for volunteers to assist with answering phones, general office work and outreach ambassadors. Hours are generally Monday through Friday between 9 am to 5 pm. If you are interested in volunteering, please contact our Volunteer Coordinator, Gaby Fish, at 314-238-2000 or email her at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org)



Cancer Support Community of Greater St. Louis is lucky to have so many volunteers who are willing to share their skills with other members.

Check our website and look for a Jack-in-the-Box flyer around CSC for Pop-up Programs! such as *An Introduction to Reiki, Origami, Sound Meditation* and many more!



Participating is easy. There are only two steps:

1. Visit [www.CancerExperienceRegistry.org](http://www.CancerExperienceRegistry.org) to sign up for the Cancer Experience Registry
2. Answer a set of survey questions and provide updates on a yearly basis

Help change the cancer experience for the millions of people who live with cancer every day. Encourage people you know who have been diagnosed with cancer to register now at [www.CancerExperienceRegistry.org](http://www.CancerExperienceRegistry.org).

***Together, we can make a difference!***

# MIND/BODY/SPIRIT 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!

**The Practice of Qigong Fridays • 11:00 AM – NOON** Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well-being. Drop in – no experience necessary. Comfortable clothing and physician approval recommended. *Thank you to Sue Ashwell, Harrison Beard, and Riki Howard for the gift of this class.*

**Restorative Movement 2nd Thursdays • 6:00–7:00 PM - RSVP** Join Natalie Sutto in movement focused on improving balance, strength and bone health. Natalie starts with Pilates Mat and moves beyond! Equipment provided at CSC. Thank you Natalie Sutto for the gift of this class.

### Introduction to Tai Chi Mondays, October 24–November 14

**1:00–2:30 PM** Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination.

**Zumba! Fridays • 9:30–10:30 AM** This aerobic dance offering is guaranteed to bust through any blues! Lively, contemporary music gets the energy rocking as you learn a variety of dance moves from various cultures. Take it slow or shake your booty, but join us for this program of fun and fitness!

**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.

## YOGA LOCATIONS:

### Cancer Support Community

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

**Tuesdays • 11:00 AM – NOON**

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

### SLU Cancer Center *Free parking for yoga attendees.*

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

**Fridays • NOON – 1:00 PM**



# 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 July 1, 2016 through September 30, 2016. We apologize for any omissions or errors.

## IN HONOR OF:

CAROL ABRAMS  
Lawrence Adams

ROBERT COHEN  
Gary and Sherry Wolff

JOHN DIPERSIO  
CSC Board and Staff

JOHN ESCHEN  
Tina Saunders

ED GREENBERG  
Patrick and Lauren Knobloch

SHEILA HYATT  
Jay and Sherry Phillips

ROBIN MCCLANATHAN  
Marty and Merle Oberman

SUSAN MESSERSMITH  
Rae Meyer

LED NACKMAN  
Barry and Sharon Friedman

JEANNETT NISSENBAUM  
David and Ronna Croft

JOHN LAWRENCE WOLFF  
CSC Board and Staff  
Bob and Donna Cohen

LINDSEY WOOLISCROFT  
Gary and Marie Wesolowski

## IN MEMORY OF:

PAUL ARENBERG  
Harriet Baron  
CSC Board and Staff  
Roxanne Frank  
Anne Hartnett  
Jeanne Hartz  
Warner and Helene Isaacs  
Tim and Ann Plunkett  
Laura Rossmann  
Paul and Michelle Schultz

ED BARBARASH  
Barry and Sharon Friedman

BILL BARNETT  
Bobbie Tolpen

ROBERT BENNER  
Alice and Jon Benner

BER BRICK  
Richard Levy

MERLE BONE  
Ray Eckard  
Paula Goodrich  
Ellen Lenart  
Frank Williams

DAVID BOXER  
Richard Levey

GERRY BURSTEIN  
CSC Board and Staff  
Barry and Sharon Friedman  
Richard Levey  
Marty and Merle Oberman

ANTOINETTE BUSH  
Cora Mae Austin Harrison

EDMOND GARESCHE  
Nancy Kalishman

KATHRYN KOOP  
Robert Jones  
Peggy Krabbe  
Bobbie Tolpen

SAL LAUGHTER  
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BRENDA JOYCE LOCKETT  
Wesley Smith  
United Methodist Church

GEORGE MOLL  
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Dan and Maureen DeMeo  
Kathleen Feher  
Suzanne Fischer

LOIS PFEIFFER  
Kenneth Bauer  
Kara Brostron  
Timothy Carpenter  
Lea Ann Coates  
David Coleman  
Carole Cooper  
Sue Franey  
Barbara George  
June Greer  
Tina Heuer  
Ronald Jacobs  
Vernon Johannes  
Raymond Massey  
Joseph McCulloch  
Paula McGinnis  
Paul Meier  
Paul Pfeiffer  
Daniel Rabbitt  
Alvin Stalley  
Bruce Thorley  
Thomas Wiltsch  
Agnes Wunderlich

ANN PROSCINO  
Carol Barnett  
Jaynee Belt  
Jacki Breece  
Amy Eovaldi  
Mario Ferroni  
Curt Fritz  
Lindley James  
Bonnie Laskowski  
John Leach  
Marie Markowski  
Jack Moore  
Jack Murray  
Ashley Norris  
Michael O'Leary  
Kenneth Renz  
Robert Saitz  
Stephen Smith  
Richard White  
Rosemary Winkler

NORMAN RAEER  
Kathleen Feher

SALLY SHER  
Julian Mathes

KARLTON "CORKY" SMITH  
Colleen Buerke  
Roy Dill

FRYDEL UCHITELLE  
Audrey Anderson  
Sue Ashwell  
Harriet Baron  
Michael Bobroff  
Jutta Buder  
Gary Feder  
Elaine Gernstein  
The Hasek Family; Anthony, Beth,  
Maddie, Ella and Aiden  
Nancy Kalishman  
Arnold Kaplan  
Jacqueline Kuehn  
Roger Levy  
Martin Lindquist  
Charles and Rosalyn Lowenhaupt  
Alice Montgomery  
Leigh Prattler  
Paul and Judy Putzel  
Marilyn Sandweiss  
Jane Schaefer  
Stanley Schechter  
Paul and Michelle Schultz  
Bernard Stein  
Henry Stolar

JERRY VESPER  
Billie and Myron Klevens

DELORES WESOLOWSKI  
Anonymous  
John Carpenter  
Lydia Jane Crouthers  
CSC Board and Staff  
Stephanie Greenberg  
Matt and Jennie Guest  
Michael Jordan  
Eric Moses  
Tim and Ann Plunkett  
Bessie Powers  
Robert and Donna Stewart

RONALD WILLIAMS  
Mary Ann Williams

MARSHA WOLFF  
Charles Schagrin

GUS WYNN  
Bob and Donna Cohen

MORRIE ZIMRING  
Marty and Merle Oberman

## Tribute Card

### Give Gifts with Meaning



Struggling to find the perfect gift for someone who has everything? 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 **TRIBUTE 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. It's a meaningful gesture AND a great way to help a cancer patient live and flourish.

### HERE'S HOW:

**Direct Payment:** 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.

**Drawing Account:** For a frequent tribute donor, a drawing account is a convenient option. An account can be set up from which available funds can be drawn for tributes with just a phone call, email or fax. To open an account and to maintain a balance, a check can be sent or credit card information can be provided over the phone. To establish a Drawing Account, contact Tricia Hendricks at 314-238-2000, ext. 226.

**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.*





## CANCER SURVIVORSHIP CELEBRATION

**Saturday, May 13, 2017** at Creve Coeur Park.  
Registration opens at 9am. / Event begins at 10 am.

WALK. RUN.  
INSPIRE.

# WALK / RUN INSPIRE

### Walk to support Cancer Support Community!

Join us for our 19th year and 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 and help make a difference in the lives of people in our community living with cancer.

**1 mile or 3.7 mile walk or fun run at  
Creve Coeur Park in Sailboat Cove.**

ONLINE registration opens **January 2017**

Register or Donate at:  
[www.cancersupportstl.org](http://www.cancersupportstl.org)

**Keep an eye out for early bird specials!**





# LAUGHING MATTERS!



We would like to thank everyone who joined us November 12th for a night of improvisational comedy. Almost 300 guests attended and raised funds for those facing cancer in our community. Some well-deserved congratulations to all our award-winning cast:

- **Joe Ortmeier** raised the most votes winning him the Comedy Master award.
- **Justin Fantroy** swept away the judges and received the highest score winning him the Judge's Choice award.
- **Alison Ferring** stole the show by raising the most overall support through votes, sponsorships and ticket sales, earning her the Comedy MVP award.
- **Paul Gallant, Laurie McConnell** and **Jeff & Randy Vines** are all champions for their bravery and support.

Please visit our website for additional photos.



Katie Nunn, Jeff Vines, Laurie McConnell,  
Alison Ferring, Randy Vines,  
Paul Gallant, Joe Ortmeier



Joe McClanathan, Virginia Howell, Alison Ferring,  
John Howell, Robin McClanathan



Harriet Lipnick, Diane Gallant,  
Paul Gallant, Barbara Rubin,  
Don Rubin



Sherry Wolff, Suzy Besnia, Kate Stephens, Sheri Schweizer





# Gracie's Gathering

Thank you to everyone who joined us for Gracie's Gathering on Wednesday, September 14, 2016 at The 560 Music Center!

Around 180 individuals attended to remember our late board member Grace Brod and learn more about the organization that she helped build and fortify. We proudly presented the Marsha Wolff and Tina Borchert Inspiration Award to the Brod Family—Grace's children, grandchildren, nieces, siblings and more—whose continued support is helping make a difference in the lives of those facing cancer in our community.

The videos we shared at Gracie's Gathering are on our website. Additional photos are on our Facebook page.



*David Garfinkel, Brad Cytron, Gary Wesolowski, Donald Ferguson, Jay Simon*



*Todd and Kimberly Wolff*



*Sheri Sherman, Lynne Palan, Pam Lester, Mindy Pultman, Debbie Kaminer, Michelle Mills*



*Eli, Jessica, Zachary, Andy Millner*



*Alice Benner, Colin Meadows, Ryan Blackburn*



# LOOK WHAT OTHERS DID FOR CSC



Big thanks and congratulations to Joseph Kemp and Jeff Bloomrosen on completing their one-day 205-mile fundraising bike ride from St. Louis to Lake of the Ozarks on October 7th! While celebrating Robin Kemp's 14-year milestone as a cancer survivor, they raised over \$3,000 for CSC.

## LOPATA, FLEGEL & COMPANY<sub>LLP</sub>

Accountants and Management Consultants

Lopata, Flegel & Company participated in a companywide jeans day September 22, 2016 to raise funds for programs offered by CSC.



We want to thank Beth Horton for donating the proceeds from her Jewelscent fundraiser to CSC in memory of her Aunt Lois.



Waterway Carwash held their 4th annual fundraiser in October to support Breast Cancer Awareness Month and raised funds for CSC. We want to thank their staff and customers for their generous support!

## HOW YOU CAN SUPPORT CSC



Make a donation.  
Visit [www.cancersupportstl.org](http://www.cancersupportstl.org).



Ask a Friend to Donate.



Walk or run in Steps For Hope. See page 12.



Tell Others About CSC.



Volunteer at CSC.



Remember CSC in your will, insurance or estate plan.



Volunteer at an Event.



Ask Corporations for Support.

If you would like to support our work to inspire hope in cancer patients and their families, contact Tricia Hendricks at [thendricks@cancersupportstl.org](mailto:thendricks@cancersupportstl.org) or 314-238-2000.



1058 Old Des Peres Road  
St. Louis, MO 63131

PH: 314-238-2000  
FAX: 314-909-9900

[www.cancersupportstl.org](http://www.cancersupportstl.org)



[Facebook.com/CancerSupportSTL](https://www.facebook.com/CancerSupportSTL)

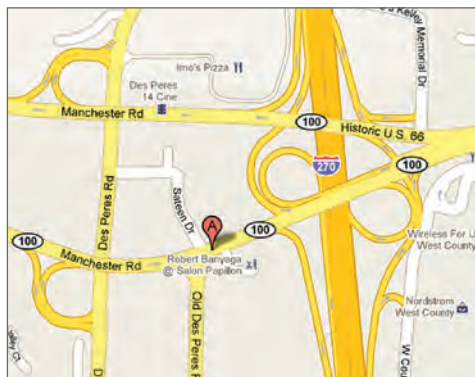


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PERMIT NO. 930



**Make a tribute donation to Cancer Support Community in honor, memory or celebration of someone special. Call 314-238-2000**

# SAVE THE DATE!

## STEPS FOR HOPE WALK

Saturday, May 13, 2017 at Creve Coeur Park

### STAFF - Contact us 314.238.2000

#### EXECUTIVE DIRECTOR

F. Scott Gee, ext. 223

#### PROGRAM DIRECTOR

Renata Sledge, MSW, LCSW, ext. 224

#### DEVELOPMENT DIRECTOR

Tricia Hendricks, ext. 226

#### SPECIAL EVENTS MANAGER

Michelle Mills, ext. 235

#### DEVELOPMENT AND COMMUNICATIONS COORDINATOR

Amanda Carlson, ext. 231

#### PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

#### PROGRAM COORDINATOR

Dannielle Hodges, MSW, LMSW, ext. 228

#### PROGRAM OUTREACH COORDINATOR

Kelly O'Neal, MSW, LMSW, ext. 230

#### CLINICAL STAFF

Karen Banks, MEd, PLPC  
Kathy Bearman, MA, LCSW  
Jennifer Dunn, MSW, LCSW  
John B. Eschen, MEd, LPC  
Dannielle Hodges, MSW, LMSW  
Susie McGaughey, LPC, ATR  
Julie Matkin, MSW, LCSW  
Kelly O'Neal, MSW, LMSW  
Jeff Piper, MSW, LCSW  
Renata Sledge, MSW, LCSW



## 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.*

### BOARD MEMBERS

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Colin Meadows

#### TREASURER

Gary Wesolowski

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\* Past Chair of the Board