



CANCER SUPPORT COMMUNITY

GREATER ST. LOUIS

A Place for People Impacted by Cancer

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



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

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SAVE THE DATE!

Saturday, May 4, 2019
Creve Coeur Park in Sailboat Cove.

1 mile or 3.7 mile walk or fun run

Registration opens at 9am
Event begins at 10am

See page 13 for more info!



WALK. RUN. INSPIRE.

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 and Cardinals Care.

Families Connect Monthly Group - RSVP

First Tuesdays, February 5, March 5 (no January session) • 6:00 – 8:00 PM

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

Special Families Connect: Luke the Support Dog! - RSVP

Tuesday, February 5 • 6:00 – 8:00 PM

Luke the support dog will visit us for a fun evening of connection and compassion!



Family, Food, and Fun! - RSVP

Wednesday, February 20 • 6:30 – 7:30 PM

Teaching artist and foodie Maria Ojascastro will guide kids and their parents, step by step, to create a nutritious and delicious family friendly meal inspired by the changing season.



SOCIAL CONNECTIONS



Family Movie Night: The Lego Batman Movie - RSVP

Wednesday, March 13 • 6:00 – 8:00 PM

Join us for dinner and a movie, with special guest appearances!



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.

STRESS MANAGEMENT

Family Yoga - RSVP

Second Mondays, January 14, February 11, March 11 • 6:30 – 7:30 PM

Lisa Roberts, RYT, RCYT and author of *Breath, 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.

SUPPORT GROUPS

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

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

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS

offers those supporting a person with cancer the opportunity to discuss common issues. Together family, friends and caregivers learn new ways to cope with their individual stress as well as ways to support their loved ones living with cancer. An Evening group is available.

TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS

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

All Support and Networking Groups are free, led by licensed facilitators, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, 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.

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.

ALL CANCER MONTHLY GROUP

Third Tuesday each month • 10:00 – 11:30 AM

Mercy South Cancer Care Center, 10010 Kennerly Rd, 63128

The Monthly Cancer Group at Mercy South gives people with cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.



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 3: Potluck

BRAIN TUMOR MONTHLY GROUP

Fourth 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

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

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

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



GYNECOLOGICAL CANCERS MONTHLY GROUP

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

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

LUNG CANCER MONTHLY GROUP

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

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



METASTATIC CANCER MONTHLY GROUP

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

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.

MULTIPLE MYELOMA MONTHLY GROUP

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

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

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



ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Monday each month • NOON – 1:30 PM

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

PROSTATE CANCER MONTHLY GROUP

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

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

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



NEXT STEPS MONTHLY GROUP

Third Monday 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

Many cancer survivors say that they felt they had lots of support during their treatment, but once treatment ended, it was hard to make a transition to a new way of life. This monthly group helps work through new feelings, new problems and a new perspective.



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, Jan. 4, Feb. 1, March 1 • 10:00 – 11:00 AM

Third Wednesdays, Jan. 16, Feb. 20, March 20 • 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.

Transition to Survivorship - RSVP

Third Thursdays, Jan. 17, Feb. 21, March 21 • 6:30 – 8:00 PM

This monthly education session is an opportunity to connect with others and learn to move toward wellness in mind, body and spirit. Sessions will include topics such as medical management, exercise, stress-management, and healthy eating. *Eligibility: These sessions target people who have completed active treatment.*

Meaning Centered Connections - RSVP

Friday, January 11, February 22 • 10:00 – 11:30 AM

For the best experience, please commit to 6 out of 7 sessions

This 7-week group, inspired by the work of Viktor Frankl explores creating, experiencing, and keeping a sense of meaning in life. Through group discussion and personal reflection, the group will explore how history, choices, work, and experiences give meaning to life, despite the changes that cancer brings.

Communication Workshop

Fourth Tuesdays, January 22, February 26, March 26 • 10:00 – 11:30 AM

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

Drop in to get help preparing and organizing your questions, concerns, and priorities related to cancer and discussing ways to maximize communication with your treatment team.

Frankly Speaking About Metastatic Breast Cancer - RSVP

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

The Cancer Support Community invites people with metastatic breast cancer and their caregivers/loved ones to a free workshop featuring information on the latest treatment options and side effect management. In addition, patients and loved ones will learn about ways to cope with the social and emotional challenges of this diagnosis. We will start with dinner from 6:00-6:30. Medical presentation offered by Keely Walerius RN, BSN, OCN. *Dinner will be provided.*

The Caregiver Rollercoaster - RSVP

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

Being a caregiver can be stressful. This workshop by, Teresa Deshields, Ph.D., ABPP, will provide caregivers with information and techniques to re-energize and care for yourself, so you have more to give.

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

Living with Lung Cancer - The Benefits of Palliative Care - RSVP

Wednesday, March 27 • 6:00 – 8:00 PM

This workshop with Becky Lasseter, LCSW, OSW-C, and Jennifer Dunn LCSW, provides fundamental information about palliative care and how it can benefit patients with lung cancer. *Dinner will be provided.*



Exercise to Energize - RSVP

Tuesday, March 26 • 11:00 AM – NOON

This one-hour presentation will discuss the role of cardiovascular exercise for the cancer survivor as well as managing cancer related fatigue.



Lunch and Learn: How Does It All Work at Cancer Support Community? - RSVP

Monday, March 4 • 11:30 AM – 1:00 PM

Are you curious about the history of CSC? Have you wondered how CSC of Greater St. Louis has been able to sustain in the community for 25 years? Do you wonder why certain decisions are made about programming or fundraising? Join a panel of CSC staff to learn more and ask questions. *Bring a sack lunch.*



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



Strengthened by Action

HEALTHY LIFESTYLE & STRESS MANAGEMENT

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

Cancer Fighting Compounds and Healthy Weight Management with STL Veg Girl, Caryn Dugan - RSVP

Tuesday, January 22 • 6:00 – 8:00 PM

Caryn will share information from the Physicians Committee for Responsible Medicine Class and prepare this menu: Roasted red pepper hummus, sweet and sour stir fry with brown rice, and gingered melon.

Seasonal Cuisine - RSVP

Tuesday, February 12 • NOON – 2:00 PM

Join Vicki Bensinger as she works with the flavors of the season to create some healthy winter dishes!



Jerry Pass Cooking For Wellness

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

Mindful Eating with Kelly O'Donnell - RSVP

Friday, March 29 • 11:30 AM – 1:30 PM

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

Total Wellness - RSVP

Fridays, February 1 - March 8 • NOON – 1:30 PM

For the best experience, please commit to 5 out of 6 sessions

These 6 weekly meetings will provide a judgement-free place to learn about nutrition and simple and fun ways to change your unhealthy habits, rewire thought patterns that sabotage you, and transform your relationship with food! 6 weeks to prioritize your body, mind, and spirit! *This opportunity brought to you by Jerry and Peggy Ritter.*

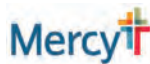
Stress Management Workshop

Second Tuesdays,

January 8, February 12, March 12 • 1:00 – 2:00 PM

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

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



Creative Journaling - RSVP

Wednesday, January 9 • 6:30 – 8:00 PM

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

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays, Jan. 10, Feb. 14, March 14 • 6:30 – 8:00 PM

Learn to relax and stay in the moment using mindfulness meditations. Each session will include information, strategies for integrating mindfulness into your day, and a practice. Open to anyone affected by cancer (patients, family and friends, bereaved).

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, Jan. 21, Feb. 18, March 18 • 6:30 – 8:00 PM

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

Painting from Within - RSVP

Second Mondays, Jan. 14, Feb. 11, March 11 • 6:30 – 8:00 PM

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.

Sanctuary - RSVP

Second Wednesdays, Jan. 9, Feb. 13, March 13 • 7:15 – 8:30 PM

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

Young Adult Night with GYMGUYZ - RSVP

Wednesday, January 23 • 6:30 – 8:00 PM

Between the ages of 18 and 40ish? Come join GYMGUYZ for an evening of education and exercise! Experience the benefits of exercise such as improved fitness, greater muscular strength, improved cardiovascular capacity and leaner body mass. In this class you will learn what level and amount of exercise is right for you and proper exercise selection. It will all be put together into an exercise class that will be appropriate for ALL Fitness levels and abilities!

Writers Workshop: What I really want to say...**Wednesdays • 1:30 – 3:00 PM**

Writing personal essays guide you to explore your past and present and share your life stories with those you love and, perhaps, with a larger readership. Please join us as we write, share, discuss and enjoy the process of writing with one another. We write to organize our thoughts, express emotion, identify what we value, important, changes, challenges and triumphs in our lives using our voices to claim ourselves. Come claim your voice through writing. This class will have a blog writing element to it. If participants choose, their writing pieces will be posted on the CSC Facebook Page and/or website.

Garden Thyme

Jeanne Carbone, Therapeutic Horticulture Instructor, from Missouri Botanical Garden will guide activities helping us intentionally experience community in our very own Inspiration Garden.

Woody Door Decor – RSVP**Monday, January 21 • 12:30 – 2:00 PM**

With a combination of dried plants, pine cones, wood, seeds and greenery, create a wreath or spray for your window or front door.

Missouri Botanical Garden Field Trip – RSVP**Monday, March 11 • 10:00 AM – NOON**

**Missouri Botanical Garden Main Entrance, Visitors Center
4344 Shaw Blvd. St. Louis, MO 63110**

Enjoy a specially designed tour of the famous Missouri Botanical Garden Orchid Show. We will learn interesting facts about orchids and pay particular attention to color, texture, structure and scent of these wonderful plants.



Sustained by Community
SOCIAL PROGRAMS

**Men's Breakfast – RSVP**

**First Tuesdays, February 5, March 5 (no January session)
9:30 – 10:30 AM**

Mercy South Cancer Care Center 10010 Kennerly Rd., 63128

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

**Game Night – RSVP****Second Wednesdays, Jan. 9, Feb. 13, March 13 • 6:30 – 7:30 PM**

If you want to connect with others, laugh and play, join us for board and card games in the CSC conference room. Each month we will learn a new game. This program is brought to you by our friends at Cape Albeon.

Grateful Hearts – RSVP**Monday, January 7 and Tuesday, January 15 • 1:00 – 3:00 PM**

Join Jody Chassin to learn how to make these simple and fun necklaces! We will choose two different papers from a wide variety - one for the front and another for the back of each heart and add different colors of string to make a necklace for someone special in your life and another for a woman receiving chemotherapy on Valentine's Day.

Craft Connection – RSVP**Thursday, January 31 • 6:30 – 8:00 PM**

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

Paper Crafts – RSVP**Thursday, February 7 • 10:00 AM – NOON**

Julie Stumph will lead members in creating paper craft art-cards, gift bags or decorative tags! Supplies will be provided.

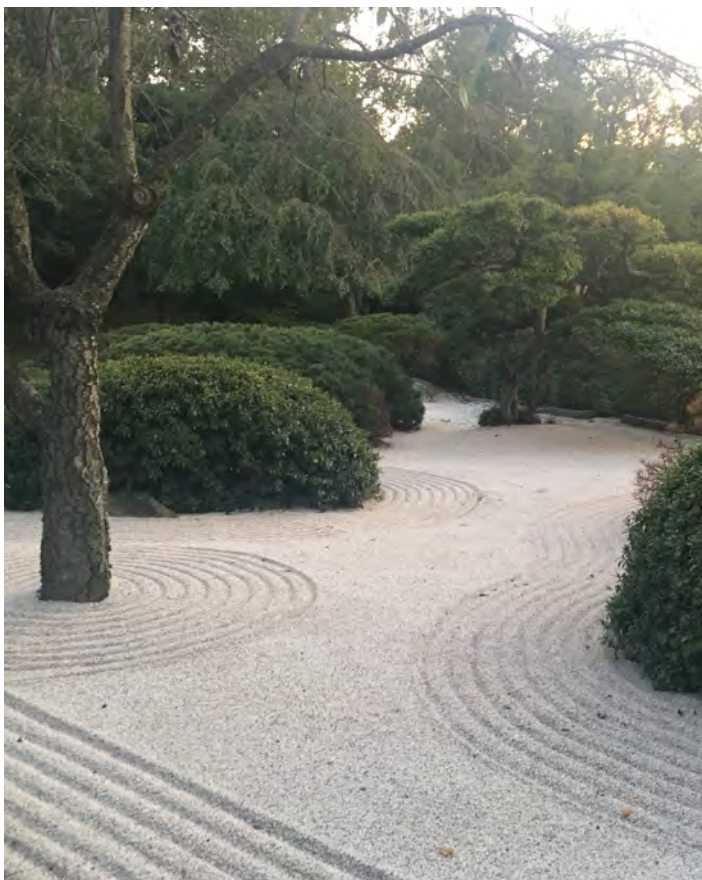
**Book Club: Furiously Happy: A Funny Book
About Horrible Things by Jenny Lawson – RSVP**

Thursday, March 14 • 10:30 AM – NOON

Do you love to read and socialize? If so, join us for Book Club! The first 9 people to RSVP will be able to check out the book from Kelly O'Neal (she will contact those people once the books are in).

Spring Crafts – RSVP**March 21 • 10:00 AM – NOON**


Join Judy Geodeker in creating art-cards for Spring time celebrations! Supplies will be provided.



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
<div>JANUARY</div> <div><div><div></div><div></div></div><div><div>= WORKSHOPS LOCATED OFF-SITE</div><div>= RSVP REQUIRED</div><div>= NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</div></div><div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div></div>						

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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	<div>  </div>	

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<h1>MARCH 2019</h1> <p> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled. </p>						
						
3	How Does it All Work at Cancer Support Community? 11:30 AM RSVP	Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Tai Chi 1:00 PM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM Metastatic Cancers MG 6:30 PM	Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLUNOON	1
10	Missouri Botanical Garden Field Trip 10:00 AM - RSVP Painting from Within 6:30 PM RSVP Family Yoga 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Tai Chi 1:00 PM Stress Management Workshop @ Mercy South 1:00 PM	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Family Movie Night 6:00 PM RSVP Game Night 6:30 PM RSVP Sanctuary 7:15 RSVP	Book Club 10:30 AM RSVP Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Mindfulness 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLUNOON	8
17	Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM Next Steps Monthly Group 6:30 PM @ David C Pratt	Yoga 10:00 AM Tai Chi 1:00 PM All Cancer MG @ Mercy South 1:00 PM	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM New Member Meeting 6:30 PM RSVP	Paper Crafts 10:00 AM RSVP Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLUNOON	15
24	Pancreatic MG NOON	Communication Workshop @ Mercy South 10:00 AM Yoga 10:00 AM Exercise to Energize 11:00 AM RSVP Tai Chi 1:00 PM	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM Living with Lung Cancer - The Benefits of Palliative Care 6:00 PM RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Jerry Pass Cooking Demo 11:30 AM RSVP Yoga @ SLUNOON	22
31						29
						30

MOVEMENT CLASSES

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

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 Fourth Thursday of the month
6:00 – 7:00 PM - RSVP**

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

Introduction to Tai Chi Tuesdays • 1:00 – 2:00 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. *Yoga supported in part with a generous donation from Ameren.*

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:

Yoga supported in part with a generous donation from Ameren.

Cancer Support Community

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

Tuesdays • 10:00 – 11:00 AM

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

SLU Cancer Center Free parking for yoga attendees.

Fridays • NOON – 1:00 PM

Sponsored by St. Louis University Cancer Center

3655 Vista • St Louis MO 63110 • 314-268-7015



NEW TO THE COMMUNITY

Sharon Clark



Dear CSC Members, Supporters, Board of Directors and Staff

I am delighted to join the CSC family as the new Development Director! In working with the CSC members and community, my goal is to bring greater awareness of our organization and the resources offered to the St. Louis community. Building relationships and inspiring others to help by communicating the many ways we help patients and their families cope with cancer is key.

I have spent the past 7 years working in non-profit development, both here in St. Louis and Jacksonville, Florida, following a 25-year career in banking. One thing I've learned is that no matter what the profession, life is really about the relationships we build and nurture along the way. That is why CSC feels like such an amazing community and a wonderful opportunity to make a difference in the lives of those impacted by cancer each day through my efforts to build awareness and inspire others.

Ensuring that people are empowered by knowledge, strengthened by action and sustained by community to enhance their overall well-being is a mission that I am honored to be a part of advancing in my work. Thank you for your welcome—please stop by to say hello the next time you visit CSC!

With much gratitude,
Sharon



Participating is easy. There are only two steps:

1. Visit 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/join/CSCStLouis.

Together, we can make a difference!



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, 2018 through September 30, 2018. We apologize for any omissions or errors.

IN HONOR OF:

LARRY ALTON
Sharon and Barry Friedman

SHANE AUMILLER
Jeannie Aumiller

MILES AND AMANDA CORCORAN
Marty and Merle Oberman

ROB AND SHARON CRAIG
Gary and Marilyn Ratkin

RONNA CROFT
Tom and Viki Diedrich

MARY JO HUGHES
Marjorie Brammeier
Marilyn Milonas
Christine Schillinger
Thomas Schillinger

SHEILA HYATT
Janice Fishman

JOSEPH KEMP
Joan Kemp

ROBYN KEMP
Michelle Finch

MARCY MAMROTH
Ron and Sheri Kanterman

SUSAN MESSERSMITH
Rae and John Meyer

GARY RATKIN
Robert and Jane Feibel

EILEEN SCHECTHER
Richard Levey and Susie Knopf

IN MEMORY OF:

BECKY ALPER
Gloria Schonbrun

JOAN BLOOM
Sharon and Barry Friedman

BOB AND GRACIE BROD
Lou Bopp
Craig and Risa Brown

JIM AND GINNY CLARK
Jane Peyton

NELLIE EDDLEMAN
Mary Ann Williams

NORMAN ESSMAN
Catherine O'Neill
Bette and Valery Welch

GREG FOX
Merle Fox

CHRISTOPHER GUTWEILER
Stan Soboleski

PAUL KOVEN
Joan Koven

CAROLE KULLMANN
Ann Tucker

CAROL MALONE
Andrea and John Atkinson
Edward Finkelstein

ELISABETH MUELLER
Doris Wiemann

ROSALIND NEUMAN
Richard Levey and Susie Knopf

LYNNE PALAN
Rachel Katzman
Ricki and Ben Tischler

SAM PINZUR
Richard Levey and Susie Knopf

DAVID REINI
Jennifer Reini

MEL RICH
Sharon and Barry Friedman
Ina Sacher
Ricki and Ben Tischler

DIANE STONE
Sharon and Barry Friedman

LOIS WHITESITT
Sandy Kline

GLOVA WILLIAMS
Peggy Halford
Marjorie Soules

SANDY WILLICK
Steve Litzman



Give Gifts with Meaning

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

HERE'S HOW:

Direct Payment: Online at www.cancersupportstl.org.

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

Drawing Account: For a frequent tribute donor, an account can be set up from which available funds can be drawn for tributes with just a phone call or email. To establish a Drawing Account, contact Amanda Corcoran at 314-238-2000, ext. 231.

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.

NO ONE IS ALONE

We are profoundly grateful for the support of the
NO ONE IS ALONE 25th anniversary day of giving!

We are excited to share that
CSC of Greater St. Louis has
successfully raised more than

\$207,142

CAMPAIGN HIGHLIGHTS:

RESULTS

Our goal was **\$200,000** and we raised more than **\$207,142!**

- Almost **450** donors participated, and **CSC** acquired more than **160** new donors!
- **CSC's** mission was communicated to donors from New York to California—**18** states were represented!
- The longest-term donor started giving to **CSC** in January 1992!

IMPACT

Because of this campaign, CSC can continue to provide vitally important services to those impacted by cancer. Through September 2018, we have delivered:

- **11,770** hours of programming
- **6,550** visits for:
 - support groups
 - educational workshops
 - movement classes
 - stress-management experiences
 - social opportunities and more

ONE COMMUNITY. ONE GOAL. ONE DAY.

We are all one family, touched in some way by cancer. We are all **ONE COMMUNITY** and we came together with one goal: to make certain that no one will face cancer alone.

THANK YOU TO OUR GENEROUS MATCHERS

Donors of Strength

Staenberg Family Foundation
Wolff Shoe Company

Donors of Knowledge

Gladys K. Crown Charitable Foundation
Land Dynamics
Chuck & Jean Naslund
Tom & Karen Stern
Donors of Action
Alvin J. Siteman Cancer Center
Ameren
American Poolplayers Association
Lou Bopp
Jim & Elaine Bonzon
Bob & Donna Cohen
Jeff & Jan Dicke
Roxie Frank
Barry & Sharon Friedman
Scott & Kim Gee
Ron & Sheri Kanterman
Tommy & Trish Kolbrenner
Ken & Nancy Kranzberg
Pam & Kenny Lester
Markay Management
Tony & Sharon O'Driscoll
Brian & Mindy Pultman
JoAnn Raskas
The Romanoff Family
Barry & Dana Sandweiss
Tim & Julie Stern

CSC Board of Directors

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Fritz Clifford
Chuck Deubner
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Rick Halpern
Virginia Howell
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Sunil Parwal
Ann Plunkett
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Dr. Gary Ratkin
Calvin Robinson
Rebecca Frigy Romine
Jay Simon
Jeff Till
Gary Wesolowski
Gary Wolff



At Creve Coeur Park in Sailboat Cove.
Registration opens at 9am. / Event begins at 10 am.
1 mile or 3.7 mile walk or fun run

WALK. RUN. INSPIRE.

SAVE THE DATE

Saturday, May 4, 2019

Join us for our **21st 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 and help make a difference in the lives of people in our community living with cancer.

Start a team, join a team, register as an individual or sponsor a walker.

Day Includes:

Lunch provided,
Starbucks, Raffle,
Kids Corner, Tribute Signs
to honor loved ones.

Register online at
cancersupportstl.org
beginning February 1st!



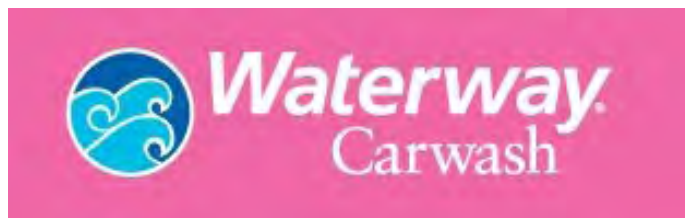
WHAT OTHERS ARE DOING FOR CSC

Making A Difference

For the past 6 years, **Waterway Carwash** has teamed up with Cancer Support Community of Greater St. Louis for Breast Cancer Awareness Month. Once again, all 7 of their locations accepted donations throughout the month of October in order to support those facing cancer in the St. Louis area. Since 2012, they have donated over **\$14,000** for the programs offered at CSC.

In addition to their fundraising in October, this year Waterway also raised almost **\$7,000** for the members at CSC through the Kirkwood Green Tree Festival!

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



205 Miles. One Day.

For the past 13 years, Joe Kemp has honored his wife, Robin, and her cancer journey by riding his bike from St. Louis to Lake of the Ozarks, 205 miles, in one day. *"You think riding 205 miles in one day is hard? Imagine being told you have cancer."*

A huge thank you to Joe for his belief in our mission and for riding and raising funds for Cancer Support Community for the past 5 years. *"The Cancer Support Community provides support to those diagnosed. They assist with the everyday challenges faced by those with cancer. Research is extremely important, but, time is precious for those with cancer. No one is ready for the diagnosis. They need support now with coping skills, nutrition, and more. No one has the tools to move on without help."*



Joe and Robin Kemp



Get Your Think On

A dedicated member and 4-year cancer survivor is generously hosting a blast from the past trivia event! Join us on **March 30, 2019** at Trinity Lutheran Church located at 14088 Clayton Road in Chesterfield. Doors open at 6:30pm with Trivia beginning at 7:00pm. Event includes ten rounds of trivia, beer and wine included, and a silent auction with proceeds benefiting the programs and services offered by Cancer Support Community. \$25/person or \$200/table. **Twist and Shout and come on out to give back!**

Please reserve your spot by contacting Amanda Corcoran at acorcoran@cancersupportstl.org by March 28, 2019.



Host A Fundraiser!

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

Here are a few ways you can fundraise for CSC:

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

The possibilities are endless!

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

HOW YOU CAN SUPPORT CSC



"I wanted to find a way to give back, stay connected with the community, and help ensure CSC is there for those who need it as it was always there for me. I am very excited to be a part of this new initiative."

– Ann Tucker, volunteer

Give Back And Stay Involved!

Alumni and Friends of CSC is a group of individuals, including members who have used our services and community friends, dedicated to **supporting the awareness and fundraising efforts** of Cancer Support Community. The group will host quarterly social gatherings and an annual fundraiser.

This is a great way to stay connected and share with others all that CSC offers!

Please contact Amanda Corcoran at acorcoran@cancersupportstl.org if you're interested in getting involved!



Monthly Giving

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

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

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

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



Leave Your Lasting Legacy

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



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.

STAFF – Contact us 314.238.2000

EXECUTIVE DIRECTOR

F. Scott Gee, ext. 223

PROGRAM DIRECTOR

Dannielle Hodges, MSW, LCSW, ext. 228

PROGRAM MANAGER

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

DEVELOPMENT DIRECTOR

Sharon K. Clark, ext. 235

DEVELOPMENT AND COMMUNICATIONS MANAGER

Amanda Corcoran, ext. 231

PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

CLINICAL STAFF

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Karen Banks, MEd, PLPC

Kathy Bearman, MA, LCSW

Teresa DeShields, PhD

Jennifer Dunn, MSW, LCSW

Dannielle Hodges, MSW, LCSW

Susie McGaughey, LPC, ATR

Julie Matkin, MSW, LCSW

Kelly O'Neal, MSW, LCSW

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Brad Kloeppel

Jessica Brod Millner

Michelle Mills

Michelle Mufson

Peggy Nelson*

Martin Oberman*

Sunil Parwal

Ann Plunkett*

Katie Rapp

Gary Ratkin, MD

Calvin Robinson

Rebecca Frigy Romine

Jay Simon*

Gary Wolff

* Past Chair of the Board

Mercy South Cancer Care Center and Cancer Support Community Take On Cancer Together



Every quarter, patients and caregivers at Mercy South will have the opportunity to experience group sessions, education, stress management and social connection workshops while at Mercy South.

CSC Program Coordinator Kelly O'Neal, MSW, LCSW will be available to meet with patients

and caregivers on a walk-in basis or by appointment every Tuesday. She can be reached at koneal@cancersupportstl.org, (314) 525-1641 on Tuesdays, and (314) 238-2000 ext. 230 on Monday and Wednesday-Friday.

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

Men's Breakfast - RSVP

First Tuesdays, February 5, March 5 (no January session) • 9:30 – 10:30 AM

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

Stress Management Workshop

Second Tuesdays, January 8, February 12, March 12 • 1:00 – 2:00 PM

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

All Cancer Monthly Group

Third Tuesdays, January 15, February 19, March 19 • 1:00 – 2:30 PM

The Monthly Cancer Group at Mercy South gives people with cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.

Communication Workshop

Fourth Tuesdays, January 22, February 26, March 26 • 10:00 – 11:30 AM

Drop in to get help preparing and organizing your questions, concerns, and priorities related to cancer and discussing ways to maximize communication with your treatment team.

Stay Tuned

There will also be more opportunities for education, stress management and social connections. Check our website, www.cancersupportstl.org, for more information about these sessions.



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

