



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.


Artwork by Cancer Support Community member in Pastel Palette

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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How Do Your Genes Fit? *Choosing a Lifestyle of Healthy Living*

Sharsheret, Myriad, SLOCA and Cancer Support Community of Greater St. Louis are proud to partner for this 3-part educational series that opens with a reception at 6:00 PM on Thursday, April 27 at the St. Louis Jewish Community Center - 2 Millstone Campus Dr, St. Louis, MO 63146.

Our presentation will begin at 6:30 with Suzanne Mahon DNSc, RN, AOCN, APGN offering an introduction about what we know about genetics and cancer. The evening will end with a "pre-vivor" and cancer survivor discussing the balance of knowing and choosing a path to wellness.

Turn to page 4 for information about the next steps



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 • April 4, May 2, and June 6

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: Wings on Wheels - RSVP

Tuesday, June 6 • 6:00 – 8:00 PM

Jennifer Lang from Wings on Wheels will lead families in expressive art play.

Families Connect at Steps for Hope

Saturday, May 13 • 10:00 AM

Join us at the Families Connect tent for games and activities that give you a taste for the fun and support you find at our monthly Families Connect program.



STRESS MANAGEMENT

Family Yoga - RSVP

Second Tuesdays • 6:30 – 7:30 PM • April 11 and June 13. No May 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.

healthy lifestyle

Family, Food, and Fun! - RSVP

Tuesday, May 9 • 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 Farmer's Market.

SOCIAL CONNECTIONS

Friday Night at the Movies:

Star Wars Episode V: Empire Strikes Back - RSVP

Friday, June 16 • 6:00 – 9:00 PM

Join us for the second 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, Express Scripts Foundation, Employees Community Fund of Boeing St. Louis, 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.

April 6: 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

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.*

May 4: Ask the Expert with Giancarlo Pillot, MD, St. Louis Cancer Care



MULTIPLE MYELOMA MONTHLY GROUP - Lunch Provided

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

St. Louis University Hospital,

West Pavilion 3635 Vista Avenue Room 302



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

POST TREATMENT... WHAT NEXT? MONTHLY GROUP

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.

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.*

May 4: Ask the Expert with Gregory McLennan, MD



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

Wednesdays, April 19, May 17, June 21 • 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

Please check our website for updated dates and times!

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

Twice Monthly: Siteman South County,
5225 MidAmerica Pl, St. Louis, MO 63129

Monthly: 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.



How Do Your Genes Fit? Choosing a Lifestyle of Healthy Living - Introduction - RSVP

Thursday, April 27 • 6:00 – 8:00 PM

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

This introductory workshop will provide general information about the genetic risk of cancer from Suzanne Mahon DNSc, RN, AOCN, APGN and the role of lifestyle in promoting wellness and health. The evening starts with a reception from 6:00-6:30. *This series is a partnership with Sharsheret, Myriad, SLOCA and Cancer Support Community of Greater St. Louis.*



Food for Life Cancer Project, Pt. 2 - (RSVP available after introduction on April 27)

Wednesday, May 10 • 6:30 – 8:00 PM

Certain diet patterns seem to have a major effect in helping people diagnosed with cancer to live longer, healthier lives. The National Cancer Institute research shows that as much as 50 percent of cancer risk may be related to diet. In this class, you will learn about healthy food choices.



Simple Strategies for Wellness, Pt. 3 - (RSVP available after introduction on April 27)

Wednesday, June 14 • 6:30 – 8:00

This workshop, with Jennifer Kane, D.C., will give you the chance to explore ideas for self-care to improve health during and after cancer treatment. Examples Dr. Kane will share include exercises drawing from yoga, qi gong, acupuncture, diet, and even the importance of breathing.

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

Lunch and Learn: Managing Lymphedema - RSVP

Monday, April 3 • 11:00 AM – 12:30 PM

Bring lunch and ask questions of lymphedema expert Jennifer Showalter OTR/L, CLT, STAR/C from Mercy Integrative Medicine Clarkson/Clayton.

Frankly Speaking About Coping with the Cost of Cancer Care - RSVP

Thursday, April 6 • 5:30 – 7:30 PM

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

This workshop provides a practical guide to navigating the numerous and complex challenges of managing the cost of cancer care. Join CSC facilitator, Renata Sledge, LCSW to learn information and practical advice to manage the financial maze of cancer.



Return to Wellness - RSVP

Wednesdays, April 26-May 31 • 6:00 – 8:30 PM

Eligibility: Adult survivors of any cancer diagnosis who have completed or are preparing to finish active treatment.

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.



Cancer and Men - RSVP

Monday, May 8 • 6:30 – 8:00 PM

Join author, survivor, and social worker Chris Frey as he offers strategies he has learned through personal and professional experiences and interaction with other men affected by cancer.

Lunch and Learn: Transitioning from Medical Care to Optimal Fitness - RSVP

Wednesday, May 10 • 11:30 AM – 1:00 PM

Join Dorie Sher, BS, ACSM-CPT with Gateway Mobility and Fitness Associates to learn best practices for developing an exercise program during and after cancer treatment. Lunch will be provided.

Frankly Speaking About Making Treatment Decisions - RSVP

Thursday, June 1 • 5:30 – 7:30 PM

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

Making treatment decisions about your cancer may seem like a very complicated problem. But, it can be broken down into smaller "bites," a series of decisions that you make at different points, from diagnosis through the end of your treatment. Join us in a discussion about maneuvering through your cancer journey.



Managing the Late Effects of Treatment - RSVP

Tuesdays, May 23, 30 and June 13 • 6:00 – 8:00 PM

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

This three-week group is an opportunity to explore the known and unknown of the long term effects of cancer treatment. Discussion will include managing fatigue, using integrative medicine to manage effects, and long term medical concerns to monitor. We will have guest speakers, gentle exercise and dinner.

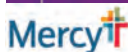


Frankly Speaking About Metastatic Breast Cancer - RSVP

Tuesday, June 27 • 6:00 – 8:00 PM

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

This workshop will provide information about treatment and ideas to help manage the physical and psychological effects of Metastatic Breast Cancer. Join us for education, connection and a light dinner.



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 Renata Sledge, MSW, LCSW (314-238-2000, Ext. 224) for an appointment.

Strengthened by Action

HEALTHY LIFESTYLE & STRESS MANAGEMENT

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

Spring Time Plant-based Appetizers with STL Veg Girl, Caryn Dugan - RSVP

Wednesday, April 26 • 6:00 – 8:00 PM

We will be preparing spring rolls with a peanut sauce, tomato-y tofu croquettes and mini black bean sliders!

Mindful Eating with Kelly O'Donnell - RSVP

Friday, May 26 • 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!

Jerry Pass Cooking For Wellness

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

Balancing your Outside with your Inside with Bridgette Kossor, Plant-Based Food/Life Energy Chef & Instructor, Macrobiotic Guide! - RSVP

Thursday, April 27 • NOON – 2:00 PM

Do you ever feel like your outside doesn't match how you feel inside? This class will help you feel balanced and centered through the food you eat and how you choose that food. Our menu will include Creamy Asparagus/Sweet Pea with Lemon Soup, Sukiyaki Nishime and Spring Salad with Citrus Vinaigrette Dressing. You will feel the bursting energy in these dishes, which will feed your fabulous inner glow!

Light Summer Cuisine - RSVP

Tuesday, June 13 • 6:00 – 8:00 PM

Join us as Vicki Bensinger shows us how to prepare light dishes for warm summer months.

Total Wellness - RSVP

Fridays, April 7 – May 12 • 10:00 – 11:30 AM

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

These 6 weekly meetings will provide a judgement free place to learn information about nutrition and is a simple and fun way 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.*

Writing and Mindfulness Workshop - RSVP

Tuesdays, April 4 – 25 • 1:00 – 3:00 PM

Create with words and share with a supportive group of CSC participants who have been affected by cancer. Facilitated by Marianne Rosenthal, M.A.T. This month's focus will involve the integration of writing and mindfulness through various techniques including meditation, breathing exercises, articles, writing exercises, and discussions. You may attend the entire series or you may drop in. Please RSVP weekly. *This program is made possible by an anonymous donor.*

An Introduction to Writing and Mindfulness - RSVP

Wednesday, April 5 • 6:00 – 8:00 PM

Create with words and share with a supportive group of CSC participants who have been affected by cancer. Facilitated by Marianne Rosenthal, M.A.T., this evening's focus will involve the integration of writing and mindfulness through various techniques including breathing exercises, writing prompts, and discussions. This program is made possible by an anonymous donor.

Kindfulness - RSVP

Second Thursdays, April 13, May 11 and June 8 • 6:30 – 8:00 PM
(Please commit to all 4 sessions)

Learn a mindful approach to being kind to yourself from the inside out with Kathy Bearman, LCSW.

Painting from Within - RSVP

Second Mondays, April 10, May 8, June 12 • 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.

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

Thursdays, April 13, May 11 and June 8 • 6:00 – 7:00 PM

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, April 17, May 15 and June 19 • 6:30-8:00 PM

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.

Songwriting for Self-Discovery - RSVP

Wednesday April, 19 • 1:30 – 3:00 PM

We often use music and lyrics to express feelings and thoughts that seem too difficult to share. Music therapists, Crystal Weaver and Andrew Dwiggin will share strategies for song writing as well as demonstrate the possibilities of song writing through a group experience. Come listen, play and express.

You Are Not Your Cancer Writing Workshop - RSVPTuesdays, May 2 – 23 • 1:00 – 3:00 PM – **Please RSVP weekly**

Create with words and share with a supportive group of CSC participants who have been affected by cancer. Facilitated by Marianne Rosenthal, M.A.T. This month's focus will involve the topic of moving beyond cancer through a journey into the art and craft of writing. We will experience the therapeutic benefits of writing as related to right brain exercises to stimulate creativity. Writers may choose to write about their cancer experience, or not. We will share articles, writing exercises, and discussions. You may attend the entire series or you may drop in.

Practical Relaxation - RSVP

Tuesdays, May 16, 23 and 30 • 10:30 – 11:30 AM

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).

**Touch, Caring and Cancer - RSVP**

Tuesday, May 16 • 6:30 – 8:30 PM

Join Wellspring Journey Project in learning how caregivers can support their loved one through safe, comforting, and relaxing touch. Participants will receive a complementary manual and DVD. Please sign up both people who will be attending (person with cancer and caregiver); space is limited!

Sustained by Community

SOCIAL PROGRAMS

Powered By Hope Meet-Up - RSVP

First Mondays • 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.

Pastel Palette and Introduction to Drawing - RSVP

Third Tuesdays • 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.

Creativity for the Soul - RSVP

Thursday, June 22 • 10:00 – 11:30 AM

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.

Garden Thyme

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

Colors of Spring: Bringing flowers into Your Life - RSVP

Wednesday, April 12 • 12:30 – 2:00 PM

Celebrate the beauty of the season as you create your own arrangement to take home.

Gardening for All: Making the Garden Come to Life - RSVP

Friday, May 12 • 12:30 – 2:00 PM

Join us as we plant the Inspiration Garden with herbs and flowers for all to enjoy through the seasons. Pot up a plant to enjoy at home.

The Wonder of Herbs - RSVP

Friday, June 9 • 12:30 – 2:00 PM

Enlighten your senses with a diversity of herbs from the garden. Learn how to grow, harvest, and create with these amazing plants. Make an herbal creation to enjoy at home.

Paper Crafts - RSVP

Thursday, April 27 • 10:00 AM – NOON

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

Jewelry Making - RSVP

Wednesday, May 10 • 2:00 – 4:00 PM

You'll want to check out this popular program where members gather to share, laugh, and create jewelry that speaks to their own creativity arising from the cancer journey-- and it's also just plain fun! *Materials are provided to create one beautiful item per participant.*

Craft Connection - RSVP

Monday, May 22 • 6:30 – 8:00 PM

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

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

Thursday, May 25 • 10:00 – 11:30 AM

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!



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
<h1 style="text-align: center;">APRIL 2017</h1> <div style="display: flex; justify-content: space-around; align-items: center;"> <p style="font-size: small;"> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY <i>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</i> </p> </div>						
	Lunch and Learn: Managing Lymphedema 11:00 AM Tai Chi 1:00 PM Powered by Hope Meet-Up 6:30 PM	Yoga 10:00 AM Writing and Mindfulness 1:00 PM Families Connect MG 6:00 PM	Yoga Basics / Breath Work 9:30 AM Yoga Basics 5:15 PM An Introduction to Writing and Mindfulness 6:00 PM Great Decisions 6:30 PM	Country Line Dancing 2:30 PM Frankly Speaking about Coping With the Cost of Care @ St. Anthony's 5:30 PM Lung Cancer MG 6:00 PM Bereavement MG 6:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM	Zumba 9:30 AM Total Wellness 10:00 AM Qigong 11:00 AM Yoga @ SLU NOON	1
2	Tai Chi 1:00 PM Painting from Within 6:30 PM	Yoga 10:00 AM Multiple Myeloma MG @ SLU 11:30 AM Writing and Mindfulness 1:00 PM Family Yoga 6:30 PM	Yoga Basics / Breath Work 9:30 AM Colors of Spring 12:30 PM Yoga Basics 5:15 PM	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM Kindfulness 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	8
9	Tai Chi 1:00 PM Energy 101: Introduction to Healing Touch 6:30 PM Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Writing and Mindfulness 1:00 PM Pastel Palette 6:30 PM	Yoga Basics / Breath Work 9:30 AM Songwriting for Self-Discovery 1:30 PM Yoga Basics 5:15 PM CSC New Members Meeting 6:30 PM Great Decisions 6:30 PM	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	15
16						22
23	Tai Chi 1:00 PM	Yoga 10:00 AM Writing and Mindfulness 1:00 PM	Yoga Basics / Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM Return to Wellness 6:00 PM Miss Mary's Cooking Demo 6:00 PM	Paper Crafts 10:00 AM Jerry Pass Cooking Demo NOON Pancreatic Cancer MG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM How Do Your Genes Fit? @ St. Louis Jewish Community Center 6:00 PM Post Treatment... What's Next? MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	29
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7	Tai Chi 1:00 PM Cancer and Men 6:30 PM RSVP Painting from Within 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM You Are Not Your Cancer Writing 1:00 PM RSVP Family, Food and Fun! 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Lunch and Learn 11:30 AM RSVP Jewelry Making 2:00 PM RSVP Yoga Basics 5:15 PM How Do Your Genes Fit? Food For Life Cancer Project 6:30 PM RSVP	Country Line Dancing 2:30 PM Kindfulness 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Gardening for All 12:30 PM RSVP	Steps for Hope @ Creve Coeur Park. Registration opens at 9 am. Event begins at 10 am. 
14	Tai Chi 1:00 PM Energy 101 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Practical Relaxation @ Pratt CC 10:30 AM You Are Not Your Cancer Writing 1:00 PM RSVP Touch, Caring and Cancer 6:30 PM RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP CSC New Members Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	20
21	Tai Chi 1:00 PM Craft Connection 6:30 PM RSVP	Yoga 10:00 AM Practical Relaxation @ Pratt CC 10:30 AM You Are Not Your Cancer Writing 1:00 PM RSVP Managing the Late Effects of Treatment @ Pratt CC 6:00 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	Yes...And 10:00 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	Zumba 9:30 AM Qigong 11:00 AM Miss Mary's Cooking Demo NOON RSVP Yoga @ SLU NOON	27
28	Memorial Day CSC Closed	Yoga 10:00 AM Practical Relaxation @ Pratt CC 10:30 AM Managing the Late Effects of Treatment @ Pratt CC 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM	<h1>MAY 2017</h1> <p>  = WORKSHOPS LOCATED OFF-SITE  = 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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<h1>JUNE 2017</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>						
4	5	6	7	8	9	10
	Powered By Hope Meet-Up 6:30 PM RSVP	Yoga 10:00 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	Country Line Dancing 2:30 PM Frankly Speaking About Making Treatment Decisions @ St. Anthony's 5:30 PM RSVP Lung Cancer MG 6:00 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	3
11	12	13	14	15	16	17
	Painting from Within 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Managing the Late Effects of Treatment @ Pratt CC 6:00 PM RSVP Jerry Pass Cooking Demo 6:00 PM RSVP Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Friday Night at the Movies 6:00 PM RSVP EMPIRE STRIKES BACK	
18	19	20	21	22	23	24
	Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP New Member Meeting 6:30 PM RSVP	Creativity for the Soul 10:00 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	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	
25	26	27	28	29	30	
	Frankly Speaking about Clinical Trials 6:00 PM RSVP	Yoga 10:00 AM Frankly Speaking about Metastatic Breast Cancer @ Pratt CC 6:00 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	Country Line Dancing 2:30 PM		



Join us and Take On Cancer Together. During the month of June will have three opportunities for St. Louis to learn about Cancer Support Community. We will have an introduction for our Donors, a Taste for health care professionals and will end the month with information for our members.

Donor Open House - RSVP

Saturday, June 3 • 10:00 AM – NOON

We look forward to our donors experiencing the Community they help support. Come participate in our cooking and nutrition programs, a gentle movement experience, mindfulness, and even an improv class taught by the Improv Shop! Call 314-238-2000 to RSVP.

Taste of Wellness - RSVP

Tuesday, June 20 • 5:30 – 7:30 PM

St. Louis area health care professionals are invited to get a taste of the various workshops offered through Cancer Support Community of Greater St. Louis. Bring a colleague to this fun opportunity to taste our mindfulness, movement, healing arts and social workshops available to people with cancer, friends and family and people who have lost someone to cancer. Call 314-238-2000 to RSVP and save your spot (we want to have enough food!).

Frankly Speaking About Clinical Trials - RSVP

Monday, June 26 • 6:00 – 8:00 PM

This workshop will highlight the importance of research and how clinical trials work. Not every person will be on a clinical trial or needs to be on one, but should be aware that a clinical trial may be a treatment option. Frankly Speaking About Cancer: Clinical Trials is made possible through an unrestricted educational grant from Amgen, AstraZeneca, BioMarin, Celgene, Karyopharm, Pfizer, and Novartis.

VOLUNTEER SPOTLIGHT



Jessica Eschen-Goodman is a fine arts volunteer who helps our members realize the artistic side of their personality. She believes that her sessions dealing with the use of pastels is a way for participants to relax while enjoying their works of art. Jessica uses all types of "media" to encourage her class to "let the creative juices flow" and design beautiful pieces of artwork.

Jessica, a survivor of cancer, herself, became interested in volunteering at CSC because of her dad, who is on staff at CSC. She has had past volunteer opportunities with a summer camp for kids (ages 4 – 12) and also with the St. Louis Art Work.

Jessica and her husband live in Crestwood. She has a B.A. in Fine Arts from the Kansas City Art Institute and is in the process of applying at SIUE for Art Therapy.

CSC is so happy to have Jessica as part of our wonderful group of Volunteers. For more information about volunteering at CSC, call Gabby Fish at 314-238-2000.

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 April 13 and June 8 • 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 • 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.

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 • 10:00 – 11:00 AM

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



CANCER EXPERIENCE REGISTRY

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.

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 October 1, 2016 through December 31, 2016. We apologize for any omissions or errors.

IN HONOR OF:

PAT BISHOP
Gene Peimann

MUERIEL CARP
Sheila Cohen

SHARI COHEN
Susan Merrick

RONNA CROFT
Jeannette and Alan Nissenbaum

GABBY FISH
Carolyn Gollub

TRICIA HENDRICKS
Janet and Jason Popelka

SHEILA HYATT
Janice Fishman

JOHN ISAACS
Carolyn Gollub
Cindy and Shep Hyken

MARLENE ISSACS
Rochelle Weiss and Stephen Loeb

DARLEEN JACKSONS
Erica Ecklund

ROBIN KEMP
Jacqueline Kemp

CAROLE LIPTON
Carole and Reid Garson

PEGGY NELSON
Audrey Anderson

MARTY OBERMAN
Sharon and Richard Cohen

ANN AND TIM PLUNKETT
Sally Pinckard

DEBBIE POLINSKY
Susan Merrick

JEFF AND KELLY ROBERTS
Merle and Marty Oberman

DON RUBIN
Gary and Marilyn Ratkin

GERRI SYKES
Lynn Goode

AMY WEINSTEIN
Ken Dubinsky

CINDY AND CURTIS WORKMAN
Nancy Bolozky

JERRY PASS COOKING
FOR WELLNESS
Charles Inman

IN MEMORY OF:

JANE ABRAMS
Merle and Marty Oberman

AARON BERNSTEIN
Linda and Norton Hoffman

LARRY BIERMAN
Toni Colletti Cook
Merle and Marty Oberman

MARY LOU BOHS
Shirley Davenport

MERLE BONE
Sesh Bala

DIANE BROWN
Lynn Goode

JUSTINE CLAISE
Robert Claise

DAVID DALTON
John Dalton
James Dent
Kathleen Feher
Michael Leahy
Tom and Bobbi Novell
Cheryl Primm
Gerald Syberg

JANET KAY DAVIS
Michael Spradling

ANTHONY DIPAOLO
JoyAnn Sanz-Agero

DANIEL DUNNE
Renata Sledge

KAYE FORMAN
Fran Whipple

GREG FOX
Carolyn Gollub

LOUIS GILULA
Deborah Gilula

CONNIE GODD
Susan Merrick

LEE MATZ LABOVITZ
Sharon and Barry Friedman

GAIL LEWIS
Fran Whipple

LINDA MALMBERG
Virgil Malmberg

ROSE MASS
Sheila Cohen

ELLEN NISSENBAUM
Ronna and David Croft

CAROLYN NOLAN
Linda Craig
Kathleen Feher

JENNY O'REILLY
John O'Reilly

LOIS PFEIFFER
No Name Lunch Club
Beth Horton
Patricia Wiltsch

MILDRED POLETSKY
Edie Cornell-Smith

DORIS REEVES
Sandra Ghormley

MARTHA L. SCHINDLER
Philip and Janet Carlock

RICHARD SCHREIBMAN
Carole and Reid Garson

RICHARD SLEDGE
Ron and Sheri Kanterman
Teresa Deshields and Raymond Tait

MARK STRICK
Jane Peyton

NANCY THUER
Marie Doyle

FRYDEL UCHITELLE
Edwin and Lenore Pepper
Shulamith Simon
Tom and Madge Treeger

SANDRA UPCHURCH
Stanley Adams
Anonymous
Tim and Joan Bauer
James Boles
Bob and Myra Borgmann
Bud Brundick
Bourbeuse Valley
Cycle Center, INC.
Union Kawanis Club
Michael Elliott
Louis Fischer
Robert Goebel
Chris Goeke
Jennifer Guerrant
Gerlad Hellenbusch
David Hoven
William Landolt
Roger Lawrence
Daniel Lucas
Gary Mades
Michael Maniaci
Tim and Phoebe Melenbrink
Sanford Menke
Park Meyer, LLC.
Bill Mueller
Chris Obermark
Craig Obermark
Mark Obermark
Ronald Obermark
Clarence Parmentier
Genelle Quattlebaum
Kenneth Rohrbach
Rich Sandoval
John Schneider

DALE STRAATMANN
Mary Jo Straatmann
James Strubberg
Bruce Templar
David Tobben
Andrews McMeel Universal
Victoria Walz
Gavin and Annette Woolley
Elizabeth Workman
Terry Zanin

AUDREY WEISMAN
Lynda and Mitch Baris

LORI WHITING
Hadi Al-Shathir
Louella Anspach
Jill Bennett
Billy Joe Boitnott
Patrick Brockmeier
Prentice E Brown
Kristina Carter
Jon Dunham
Richard and Kelly Eschenroeder
Robin Hogan
Marcia Imrie
Schowalater and Jabouri PC
Robert Kellar
Keith Kirchoff
Tamara Lane
Garrick Noland

Karen Oetting
Virginia Ouska
Fred Parsons
Julie Seibert
Bob Swanger
Gena Swearingen
James Torti
Curtis Vevang

DAVID J. WINSTON
Philip and Janet Carlock

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 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. 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.



WALK RUN INSPIRE

SATURDAY 5.13.17

REGISTRATION OPENS AT 9:00 AM

EVENT BEGINS AT 10:00 AM

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

Join us 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 impacted by cancer.



START A TEAM, JOIN A TEAM, REGISTER AS
AN INDIVIDUAL OR SPONSOR A WALKER.

ALL DONATIONS STAY IN THE ST. LOUIS COMMUNITY.

REGISTRATION...

Early Bird Discount through March 15: \$40

March 16- April 25: \$45

April 26- May 13: \$50

Anniversary Registration Minimum \$24

Celebrating 24 years of providing programs and services in STL

**does not include a STEPS FOR HOPE t-shirt*

MAKE A TRIBUTE

Tribute signs lining the walk path provide a special way to celebrate, honor or remember loved ones.

Online form available at CancerSupportStl.org.

DAY INCLUDES:

Starbucks, Sugarfire Smoke House & Utopia Entertainment

HAVE QUESTIONS?

Please contact 314-238-2000 or visit
CancerSupportStl.org for more information.

MEET OUR STEPS FOR HOPE CO-CHAIRS



Fee & Latham McCaskill

“ Cancer Support Community is a safe house for all people impacted by cancer to connect, share, cry, laugh and celebrate! STEPS FOR HOPE is a great time to honor our community in a fun, uplifting way. Working alongside the passionate and dedicated CSC team has made a difference in our lives and we are blessed there is such a support system here in STL. So, no matter what journey you travel, you are not alone. Please join us as we walk again, and will continue to walk, as long as we have CSC by our side :)”

REGISTER OR DONATE NOW > CancerSupportStl.org

WHOSE LINE IS IT Saint Louis!

LAUGHING MATTERS
FRIDAY 10.27.17

CANCER SUPPORT COMMUNITY OF GREATER ST. LOUIS
A NIGHT OF IMPROVISATIONAL COMEDY GAMES



MAJORETTE
COCKTAILS & DINNER SHOW



PRESENTATION OF THE MARSHA WOLFF
& TINA BORCHERT INSPIRATION AWARD

In the evening's entertainment, approximately five community supporters will participate in short-form improvisational comedy games along with professionals from The Improv Shop, a St. Louis-based improvisational comedy theater and school.
Our five players will compete for three titles:

The Comedy Master raises the most votes (\$10 per vote) both before and at the event;

The Judges' Choice Award receives the highest score from our judging panel;

The Comedy MVP raises the most overall support through votes, sponsorships and/or ticket sales.

EVERY PLAYER. EVERY GAME. EVERY VOTE. MATTERS.

**For information on being a player or sponsorship opportunities,
please call Special Events Manager Michelle Mills at 314-238-2000.**

A CHANCE TO LAUGH while raising funds for the programs offered by CSC.

LOOK WHAT OTHERS DID FOR CSC



Beth Kennedy and Danielle Hodges

Crestwood Elementary School raised over \$500 for CSC through a 5k running event in honor of one of their teachers, **Beth Kennedy**, an active member of CSC.

"My family has participated in the Families Connect program for many months now and feel a sense of home when we are there. That's why I couldn't wait to raise some money for your great organization."

-Beth Kennedy



During October's Breast Cancer Awareness, **Ganelle Claxton** and her students at **Gateway STEM High School** raised over \$160 by decorating jars and asking for donations during their lunch hour. Thank you for bringing about awareness and donating to CSC!



During the 2016 holiday season, the **Northwestern Mutual** office of **Kevin Dooley** gave their clients the option to receive chocolates or direct a donation to a charity. Thank you to the Dooley team and clients for generously contributing over \$800 to CSC through this philanthropic effort.



Logan Kruger, Tricia Hendricks, Amanda Carlson

A big thank you to **Texas Roadhouse** for donating gift cards, food coupons, and children's books to CSC! Recent philanthropic ventures included a breast cancer t-shirt sale in October as well as a book drive amongst their employees in January. All proceeds were donated to local charities.



In January, a new opportunity named **Cook & Connect** was created through one of our donors, **Cindy Hyken**. She invited guests to tour CSC and get a glimpse of the programs and services provided. A cooking demo with STL Veg Girl, Caryn Dugan, followed. If you would like to learn more and "host" a Cook & Connect event, please email Michelle Mills at mmills@cancersupportstl.org.

Thank you to everyone who participated in these efforts! We are thrilled to count you as partners in extending support to those facing cancer in our community.

Donor Open House - RSVP

Saturday, June 3 • 10:00 AM – NOON

We look forward to our donors experiencing the Community they help support. Come participate in our cooking and nutrition programs, a gentle movement experience, mindfulness, and even an improv class taught by the Improv Shop! Call 314-238-2000 to RSVP.

A Legacy of Giving

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. In doing so you leave a legacy to Cancer Support Community to help ensure our future, yet preserve and enjoy assets you might need during your lifetime. Plus, the assets distributed to CSC are exempt from estate tax.

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.

STEPS FOR HOPE Walk Volunteer Opportunities



We need your help to make our annual STEPS FOR HOPE walk, which takes place Saturday, May 13th at Creve Coeur Park, a success! We have numerous ways to volunteer including: set up and tear down; selling raffle tickets; managing rest stops; and more. Contact Amanda Carlson at 314-238-2000 or acarlson@cancersupportstl.org to sign up or learn more.

Oberman Recognized for Board Leadership



Tricia Hendricks, Marty Oberman, Ann Plunkett, Colin Meadows

On Thursday, February 2, 2017, JProStl held its 12th Annual Recognition Luncheon to honor and celebrate professionals in the community. **Marty Oberman**, a member of the CSC Board of Directors, received the prestigious 2017 JProStl Partnership Award,

recognizing a board leader who best exemplifies the lay-staff relationship through commitments to the Jewish community and St. Louis region, ethical leadership, Jewish values and acts of kindness. Congratulations, Marty, and thank you for your outstanding leadership and support!

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. 225

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

CHAIR OF THE BOARD

Colin Meadows

TREASURER

Gary Wesolowski

BOARD OF DIRECTORS

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Barbara Rubin

Jay Simon*

Jeff Till

Gary Wolff

* Past Chair of the Board



1058 Old Des Peres Road
St. Louis, MO 63131

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

www.cancersupportstl.org

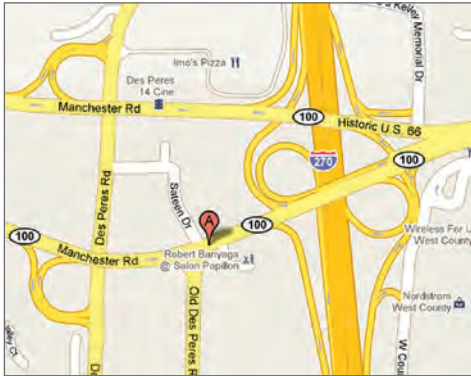


[Facebook.com/CancerSupportSTL](https://www.facebook.com/CancerSupportSTL)



@CSC_St_Louis

NON-PROFIT ORG.
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SAVE THE DATE!

Whose Line Is It, Saint Louis?
Friday, October 27, 2017 at Majorette

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

Thank you to our 2017 Print Sponsor: *accredo*
Specialty Pharmacy



OUR DONORS' DOLLARS AT WORK

A Snapshot of 2016

Last year, Cancer Support Community was honored to receive **2,762** donations from **1,619** individuals, corporations, and foundations. With this generous support, we were able to serve:

1,355 individuals with **2,052** programs or individual support sessions, at **7** locations throughout the metro area. These programs added up to a total of **13,925** service hours, with a total estimated value of **\$835,500**.

Thank you to every donor who joined us in these efforts to build hope and community amongst those facing cancer in St. Louis!

314-238-2000 • cancersupportstl.org