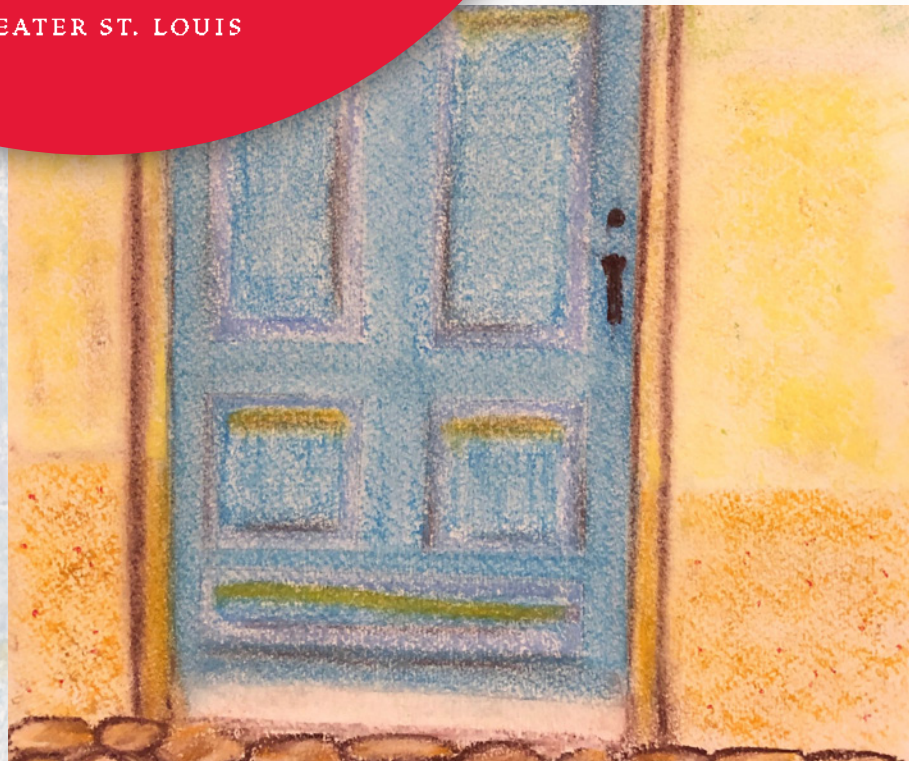




CANCER SUPPORT COMMUNITY

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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MEMBER SPOTLIGHT

Gerry Mandel

When Cancer Changes Your World

There is no escaping it. Cancer impacts the lives of almost everyone—family, friends, co-workers, yourself. When that happens, how do you find help to meet that situation? Where do you turn when you hear the frightening diagnosis?

I volunteer at the Cancer Support Community because of my familiarity with cancer: my mother, my brother, my wife. I needed the help and support. That's what I found here. The CSC was a haven when my world turned dark. They offer an impressive choice of workshops, classes, groups, consultations, expertise, for all situations related to cancer, whether you are a patient, a caregiver or dealing with loss of a loved one.

There is not cost for any of these services. There is no pressure, only a welcoming environment. After my first visit, I knew I had found the help I needed. I can't tell you what is right for your situation; each person is different. I only know that the wonderful people at CSC have the skills, the desire, the compassion to lead you through the darkness.

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, April 2, May 7, June 4 • 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!**

SOCIAL CONNECTIONS

Families at Steps For Hope

Saturday, May 4 • 9:00 AM

Sailboat Cover in Creve Coeur Park

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

education



Kid Support™ Spring Session - RSVP

Saturday, April 13 • 9:30 AM – NOON

Kid Support is an educational workshop for children and teens (ages 5 – 19, divided into age groups) who have a parent, grandparent, or other adult family member with cancer. Kid Support includes age-appropriate activities (art, games, writing) that provide children a safe space to learn age appropriate information about cancer, to begin a conversation about their loved ones' cancer and learn coping skills. An adult family support group is held while the children and teens meet! Registration begins at 9:30 and brunch is provided. Sessions begin promptly at 10:00 a.m.



Family Night at the Missouri Botanical Garden - RSVP

Monday, June 17th • 5:30 – 7:00 PM

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

Walk the grounds of our beautiful Garden and enjoy a scavenger hunt in the Sensory Garden. The evening will end with potting of an herb for your own garden.

STRESS MANAGEMENT

Family Yoga - RSVP

Monday, May 13 • 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.



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.

healthy lifestyle

Family, Food, and Fun! - RSVP

Wednesday, June 19 • 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.

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 • 1:00 – 2:30 PM

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.*

April 4: 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 (May 20 due to holiday)

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 different perspective.



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 6

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, April 5, May 3, June 7 • 10:00 – 11:00 AM

Third Wednesdays, April 17, May 15, June 19 • 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, April 18, May 16, June 20 • 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.*

Lunch and Learn: Nutrition During Treatment and Beyond - RSVP

Thursday, April 4 • 11:30 AM – 12:30 PM

Bring a sack lunch and join Mercy South Dietitian Cathy Feldmeier to learn about nutritional needs and myths during and after cancer treatment.

Lunch and Learn: Developing Your Self-Care Routine - RSVP

Thursday, May 9 • 11:00 AM – NOON

Bring a sack lunch and join an interactive presentation by Dr. Rachel Loeb that will include the role of stretching, acupressure and self-massage techniques as self-care for anyone including people dealing with post-surgical issues. She will provide information specific to pain relief, nausea, stress, digestion, grief, anxiety, mental clarity, insomnia and general wellness.

Healing from Cancer Trauma - RSVP

Friday, May 31 • 10:30 AM – NOON

Living with or through cancer can change people. The mind and the body are not separate from each other, they are two parts of a whole and when there is trauma in the body it affects the mind, and when there is trauma in the mind it affects the body. The shock of the diagnosis, the challenge of the treatment, and the physical discomfort may end. However, changes in mood, behaviors, and somatic symptoms may persist. People may be hesitant to talk about emotional or psychological suffering. How can we alleviate this suffering? We can start by talking about it and learning what treatment options are available. There are many ways to alleviate the psychological trauma of cancer. Come learn more about this topic and treatment options with Licensed Clinical Social Worker and Health Coach, Kelly O'Donnell.

Cancer in the Workplace: Navigating Employment Issues - RSVP

Wednesday, April 3 • 6:30 – 8:00 PM

Join Ann Plunkett (attorney and President of Workplace Partners) in discussing issues related to employment, your rights under ADA and FMLA.

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



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.

Seasonal Cuisine - RSVP

Tuesday, April 16 • NOON – 2:00 PM

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

Mexican Meal with STL Veg Girl, Caryn Dugan - RSVP

Wednesday, May 1 • 6:00 – 8:00 PM

Just in time to celebrate Cinco de Mayo, Caryn Dugan is back with a delicious whole food, plant-based Mexican feast you can share with your guests!

Jerry Pass Cooking For Wellness

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

Mindful Eating with Kelly O'Donnell - RSVP

Friday, May 10 • 11:30 AM-1:30 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, and help you eat less and enjoy food more!

Mastering Your Energy with Food - RSVP

With Bridgette Kossor, macrobiotic cooking teacher/energy guide

Tuesdays, April 23, May 7, 21 and June 4 • 11:00 AM – 1:00 PM

Please commit to all four sessions

This four class, pioneering program is brand new and designed to help you learn how to identify, manage and master your energy, from the food you eat to the choices you make, based on your inner "GPS". Topics covered in this program: (every class includes cooking instruction)

- Cooking instruction, including techniques and their energetic effects on food and mood.
- Learning how to balance moods and choices with the energy in our food and thoughts.
- Explore how to create an inner-based system for health and well-being by learning how to manage and master our own personal energy.
- The scale of food energy, how to navigate and use it daily.

Stress Management Workshop

Second Tuesdays, April 9, May 14, June 11 • 1:00 – 2:30 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!



Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays, April 11, May 9, June 13 • 4:00 – 5:30 PM (NEW TIME)

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).

The Power of Mindfulness: A Deeper Look - RSVP

Three Consecutive Tuesdays, May 14, 21 & 28 • 10:00 AM – NOON

(Please commit to all 3 sessions)

David C. Pratt Cancer Center, Conference Room,

Mercy Hospital, 607 S. New Ballas Rd, 63141

Curious about mindfulness and meditation, but unsure how to get started in developing your own practice? Join Kathy Bearman, LCSW, to explore the realms of mindfulness and meditation. This 3-week series will provide information on the benefits of mindfulness and meditation for the body and brain, allow you to experience and participate in mindfulness exercises, breathing meditations, and guided imagines, and will offer tips to help you establish your personal practice and skills to reduce stress and increase the experience of peace and well-being in your life.

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, April 15, May 20, June 17 • 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

Monday, April 8, May 13, June 24 • 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, April 10, May 8, June 12 • 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: Equine-Assisted Learning - RSVP

Thursday, May 30 • 6:30 – 8:00 PM

EAL BARN 3369 MO-109, Wildwood, MO 63038

Between the ages of 18 and 40ish? Join us at Equine-Assisted Therapy, Inc., a non-profit organization dedicated to providing therapeutic horseback riding activities and equine-assisted learning for qualifying individuals. Our members are invited to tour the grounds, meet the horses and engage in equine-assisted learning activities that can provide benefits to body and soul. There will be no horse riding at this event.

Writers Workshop: What I really want to say...

Wednesdays • 1:30 – 3:30 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.

Creative Journaling - RSVP

Wednesday, June 5 • 3:00 – 4:30 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!

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.

Garden Planning as a Community - RSVP

Thursday, April 18 • 12:30 – 2:00 PM

Planning for this year's garden will include exploring dried flowers and herbs from last year, a conversation about plants we enjoyed and what to try in 2019. Everyone will leave with an herbal planting of their own.

Plant Day - RSVP

Friday, May 17 • NOON – 1:30 PM

Join us as we dig in and plant the Inspiration Garden with flowers, herbs and vegetables for all to enjoy.



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/join/CSCStLouis.

Together, we can make a difference!

Sustained by Community SOCIAL PROGRAMS

Men's Breakfast - RSVP

First Tuesdays, April 2, May 7, June 4 • 9:30 – 11:00 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, April 10, May 8, June 6 • 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.



Communi-Tea Time

Daily • 11:00AM – NOON

Come in before or after workshops for refreshments and good company in the beautiful community garden. It's a great place for conversation or quiet contemplation.

Craft Connection - RSVP

Thursday, April 18 • 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, May 16 • 10:00 AM – NOON

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

A Celebration of Memory and Hope - RSVP

Tuesday, June 18 • 6:00 – 8:00 PM

Join us in honoring family, friends or community members who have died. We will share a potluck meal, readings, and a candle lighting ceremony. Feel free to bring a photo or object of remembrance to display at our celebration table.

Jewelry Making - RSVP

Thursday, June 27 • 10:00 AM – NOON

Join Judy Geodeker in creating one beautiful beaded piece of jewelry! Supplies will be provided.

Steps for Hope Walk

T-shirt Decorating Party - RSVP

Friday, May 3 • 11:00 AM – 1:00 PM

Cut, tie, bedazzle and bling-Show your team spirit in a creative way! Members who sign up for the walk and purchase a t-shirt can bring decorating supplies and enjoy community and snacks while preparing to show your team spirit at Steps for Hope Walk.

Happy Little Trees-Art for Non-Artists - RSVP

Thursday, June 13 • 6:30 – 8:00 PM

Join non-artist Ann Tucker as she guides other non-artists in a Bob Ross inspired acrylic painting of a spring scene. Enjoy refreshments and create come happy little accidents on the canvas!

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!

NEW! Thanks for the Dance (The Nia Technique)

Mondays- 12:30 – 1:30 PM

Nia is an expressive fitness and movement program which combines the concentration of Tai Chi, the poses of Yoga, the power of Marital Arts, and the fun and grace of dance to stay fit and enhance well-being.

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.

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.

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.

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!

Qigong Fridays • 11:00 AM – NOON Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well being. Comfortable clothing and physician approval recommended. No experience necessary.

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Nia 12:30 PM 1	Men's Breakfast @ Mercy South 9:30 AM RSV Yoga 10:00 AM Tai Chi 1:00 PM Families Connect 6:00 PM RSV 2	Yoga 9:30 AM Writers Workshop 1:30 PM Yoga 5:15 PM Metastatic Cancers MG 6:30 PM Cancer in the Workplace 6:30 PM RSV 3	Lunch and Learn: Nutrition 11:30 AM RSV Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSV 4	Zumba 9:30 AM New Member Meeting 10:00 AM RSV Qigong 11:00 AM Yoga @ SLU NOON 5	Kid Support 9:30 AM RSV 6
7	Nia 12:30 PM Painting from Within 6:30 PM RSV 8	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 9	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSV Game Night 6:30 PM RSV Sanctuary 7:15 PM RSV 10	Country Line Dancing 2:30 PM Mindfulness 4:00 PM RSV Lung Cancer MG 6:00 PM 11	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON 12	13
14	Nia 12:30 PM Energy 101: Balance Your Body's Energies 6:30 PM RSV Gynecological Cancers MG 6:30 PM Next Step Monthly Group 6:30 PM @ David C. Pratt Center 15	Yoga 10:00 AM Miss Mary's Cooking Demo NOON RSV All Cancer MG @ Mercy South 1:00 PM Tai Chi 1:00 PM 16	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM New Member Meeting 6:30 PM RSV 17	Garden Planning as a Community 12:30 PM RSV Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSV Craft Connection 6:30 PM RSV 18	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON 19	20
21	Pancreatic Cancer MG NOON Nia 12:30 PM 22	Frankly Speaking About Coping with the Cost of Care @ Mercy South 10:00 AM RSV Yoga 10:00 AM Mastering Your Energy with Food 11:00 AM RSV Tai Chi 1:00 PM 23	Yoga 9:30 AM Writing Workshop 1:30 PM RSV Yoga 5:15 PM 24	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSV Brain Tumor MG 6:30 PM 25	Zumba 9:30 AM Qigong 11:00 Yoga @ SLU NOON 26	27
28	Nia 12:30 PM 29	Yoga 10:00 AM Tai Chi 1:00 PM 30	<h1>APRIL 2019</h1> <p>  = WORKSHOPS LOCATED OFF-SITE  = RSV REQUIRED  = NO RSV, 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>			

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>MAY 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>						Steps for Hope @ Creve Coeur Park in Sailboat Cove. Registration opens at 9am. Event begins at 10 am.
	5	6	7	8	9	10
	12	13	14	15	16	17
	19	20	21	22	23	24
	26	27	28	29	30	31

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>JUNE 2019</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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2		3	4	5	6	7
	Nia 12:30 PM	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM 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 Game Night 6:30 PM Sanctuary 7:15 PM RSVP	Country Line Dancing 2:30 PM Mindfulness 4:00 PM Lung Cancer MG 6:00 PM Happy Little Trees-Art for the Non-Artist 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	8
9		10	11	12	13	14
	Nia 12:30 PM Energy 101: Balance Your Body's Energies 6:30 PM Gynecological Cancers MG 6:30 PM Next Step MG @ David C. Pratt 6:30 PM Family Night @ Missouri Botanical Garden 6:30 PM RSVP	Yoga 10:00 AM All Cancer MG @ Mercy South 1:00 PM A Celebration of Memory and Hope 6:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM New Member Meeting 6:30 PM Family, Food, and Fun! 6:30 PM RSVP	Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	15
16		17	18	19	20	21
	Nia 12:30 PM Pancreatic MG NOON Painting from Within 6:30 PM RSVP	Frankly Speaking About Coping with the Cost of Care @ Mercy South 10:00 AM Yoga 10:00 AM	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM	Jewelry Making 10:00 AM Country Line Dancing 2:30 PM Restorative Movement 6:00 PM Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	22
23		24	25	26	27	28
30						29

VOLUNTEER APPRECIATION



April is Volunteer Appreciation Month.

Cancer Support Community of Greater St. Louis relies on the wonderful people who volunteer their time to serve our community.

Here are some of the ways our volunteers make a difference:

- Hospitality-reception desk, phone calls, greet members
- Community Support-newsletter delivery, health fairs, outreach presentations to community groups
- Special Events-walk teams, fundraisers
- Office support-data entry, reports
- Workshop Leader-sharing your knowledge or talents at jewelry making, card crafting, painting, etc.

WE APPRECIATE EACH AND EVERY ONE OF YOU!

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.

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, 2018 through December 31, 2018. We apologize for any omissions or errors.

IN HONOR OF:

DR. ELLIOTT ABBEY
Juanita Huie Fuller

JAN AHRENS
Mary Jo Montagno

SUSAN ARENBERG
Steven Arenberg

BOBBY BECKER
Richard Levey

MARY ANN BERANEK
Jane Peyton

BARBARA BOXER
Richard Levey and Susie Knopf

SUSAN COOPER
Eric Friedman and Miriam Wilhelm

RONNA CROFT
Dave and MaryKay Beck-French
Susan Bruno
Harry and Susan Burack
Mary Ann Cummings
Linda and Mark Eggers
Iris Elliot
Cindy Gauthier
Jennifer Gauthier
Lindsay Goodman
Matthew Hafft
Renee Kanterman
Ron and Sheri Kanterman
Megan Kennedy
Suzanne Klamen
Susan Kyman
Sarah Levinson
Lisa McNamara
Sue and Bill McNealy
Nancy and Larry Present
Marci Rosenberg
Susan Skinner
Julie Tenenbaum
Diane and Sam Valencia
Sandy Vaughan
Ann Warren
Bill and Susan Young

JOANIE GOLDSTEIN
Rick and Deby Halpern

MR. AND MRS. DAN HOCHMAN
Lorin and Debra Dunn

KATHERINE AND RANDY HOCHINS
Barbara and Barry Bell
Joel and Rachael Brightfield
Diane and Bryan Carr
Katie Dill
Tammy Hardesty
Kristina Heffernan
Molly Hunter
William and Ruth Irvine
Betsy Lay
Brian Mebruer
Frank Monroe
Richard and Mina Overton
Francis and Helen Pennington
James and Karen Raterman
Tony Sausville
Deborah Small
Mary Jean and Andrew Stubblefield
Elinor Tucker
Thomas Tucker
Carol Vella
Gavi Weiner
Megan Whaley
Mark Wickersham
Scott and Julie Zuick

MARY JO HUGHES
Chuck Grimmenga

JENNIFER KANE
Linda Vail

ROBIN KEMP
Michelle Bequette
Kate Farlow
Joseph D. Kemp
Kathy Sortor
Ann and Tim Plunkett
Jim and Elaine Bonzon
Susie McDonald
Marty and Merle Oberman

GAIL ROCK
Lynn Goode

BARBARA AND DON RUBIN
Lilbet and Jeff Iken
Peggy and Mike Nelson
Marty and Merle Oberman
Ann and Tim Plunkett

CYNTHIA SELTZER
Linda Levin

JERRY AND JUDY SHANFELD
Stuart and Pam Katz

MIKE SUFFIAN
Richard Levey and Susie Knopf

IN MEMORY OF:

ANN ARENBERG
Steven Arenberg

PAUL ARENBERG
Steven Arenberg
Scott and Kim Gee

SID AXELBAUM
Cindy and Shep Hyken

JOANN BIERMAN BLACK
Judy Giovanoni

BUCKY BLOOM
Sharon and Barry Friedman

LILLIAN BOLOZKY
Ronald Keppel

TINA BORCHERT
Bob and Gina Borchert

JASON BRIGHTFIELD
Barbara and Barry Bell
Joel and Rachael Brightfield
Diane and Bryan Carr
Katie Dill
Tammy Hardesty
Kristina Heffernan
Molly Hunter
William and Ruth Irvine
Betsy Lay
Brian Mebruer
Frank Monroe
Richard and Mina Overton
Francis and Helen Pennington
James and Karen Raterman
Tony Sausville
Deborah Small
Mary Jean and Andrew Stubblefield
Elinor Tucker
Thomas Tucker
Carol Vella
Gavi Weiner
Megan Whaley
Mark Wickersham
Scott and Julie Zuick

GRACE BROD
Linda Stark

JAN DURIKAVIG
Susan Grell

BERNARD EDER
Richard Levey and Donna
Brandmeyer

KAY FORMAN
Fran Whipple

MICHAEL FRANCIS FULLER
Juanita Huie Fuller

NEIL GERSTEIN
Elizabeth Johnson

SHEILA GLAZER
Donald and Barbara Baumstark
David and Jane Browman
Brian and Amy Gage
Scott and Kim Gee
Judy Giovanoni
Michael and Laura Glazer
Robert and Pamela Goldberg
Elizabeth Goldenberg
Vicki Jaskowiak
Ron and Sheri Kanterman
Janet Katz
Allan and Jackie Kolker
Harriet and Jeff Koplow
Gloria and Art Lash
Eileen Lesevoy
Don Moore
Bonnie Murray-Reigle
Lynne Nikolaisen
Marilyn Ottenad
Rosemary Ringo
Christine Schillinger
Thomas Schillinger
Benta and Neil Seitz
Amy and Sam Shmukler
Al and Nancy Siwak
The Stretch Staff
Pamela Sutherland
Carol Wolfsey

MARVIN GOLDFORD
Leonard and Sandy Komen

BRENT LEH
Richard Levey

GAIL LEWIS
Fran Whipple

BARRY AND MARY MANDEL
Gerry Mandel

CHERI MASSA
Jeannie Aumiller
Thomas Barrett
Carol Brennan
Patricia Burrows
Pat Conboy
Rose Marie Cusumano
Phyllis Ellis
Judith and J.C. Fritz
Timothy and Deborah Korte
McCarthy, Leonard, and Kaemmerer
Jill Oge
Patricia Pieri
Sandy and Doug Riggs
Robert Risk and Raymond Mulligan
Jlm Schallom
Jerome Sexton
Jo Ann Singer
Jeanette Slaby
Scott and Gale Spencer
Madan Sunkari
Jane Tracy
Tom and Leslie Wobbe

PAUL MENDELSON
Richard Levey and Susie Knopf

KAREN NEVINS
Mark Burger

FRANCES NIEMEYER-MURPHY
Patrick Murphy

STEVE PLAX
Cindy and Shep Hyken

JEAN RADERMACHER
Betty Pontious

JERROLD ROSENBLUM
Leonard and Sandy Komen
Richard Levey and Susie Knopf

BOB ROTTER
Dorothy Rotter

KENNETH SCHWEIN
Jackie Bode
Patrick Dogan
Trish Hull
Jason and Lisa Kaminsky
Edward and Angelina Lybarger
Keith Mikitin
Gary and Ann Minnick
Kim Moore
Barbara Roseman
Mark Weavil

WALTER STARK
Linda Stark

BARB TILL
Gregory Ferguson

LAURIE WHELAN
Bill Larson

MARSHA WOLFF
Tom and Sheri Schweizer



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.

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.

Mercy South 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 Manager 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, April 2, May 7, June 4 • 9:30 – 11:00 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, April 9, May 14, June 11 • 1:00 – 2:30 PM

Feeling stressed out? Join me 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!

All Cancer Monthly Group - RSVP

Third Tuesdays, April 16, May 21, June 18 • 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.

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

Fourth Tuesdays, April 23, May 28, June 25 • 10:00 – 11:30 AM

This workshop provides a practical guide to navigating the numerous and complex challenges of managing the cost of cancer care. Come to just one or all three sessions to learn information and practical advice to manage the financial maze of cancer.

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.

