



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.*

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SAVE THE DATE!

Saturday, May 1, 2021
Virtually and socially distanced in-person
at Creve Coeur Park in Sailboat Cove.

1 mile or 3.7 mile walk or fun run

See page 9 for more info!



WALK. RUN. INSPIRE.

Register for ZOOM at www.cancersupportstl.org

Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

Cancer Support Community of Greater St. Louis is proud to provide

Families Connect: A program for children and teens who are impacted by cancer in the family.

Funding for this program is provided in part by the Saigh Foundation, St. Louis Blues for Kids and Trio Foundation.

Families Connect Monthly Group - Register for ZOOM

First Tuesdays April 6, May 4, June 1 • 6:30 – 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!



Family, Food and Fun! - Register for ZOOM

Tuesday, April 6
6:30 – 8:00 PM

Join Chef Vicki as we cook healthy, fun, kid-friendly springtime recipes.

SUPPORT

Parent Support Network/Time for Ourselves - Register for ZOOM

Tuesday, May 4 • 6:30 – 8:00 PM

A time for parents to reconnect, ask questions in a supportive place.

STRESS MANAGEMENT



Family Art Activity - Register for ZOOM

Tuesday, June 1
6:30 – 8:00 PM

Join Susie McGaughey, art therapist, as we make art together—a summertime activity that will be reflective of the new season.

SOCIAL CONNECTIONS

Families Connect at Steps for Hope

Saturday, May 1 • 9:00 AM

Location: Sailboat Cove in Creve Coeur Park,
13725 Marine Ave, St. Louis, MO 63146

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.



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. Day and evening groups are available.

WEEKLY SUPPORT GROUPS FOR CANCER PATIENTS

offer people with a cancer diagnosis an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support, and learn how to manage stress.

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.

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.

All Support and Networking Groups are free, led by licensed mental health professionals, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, St. Louis Service Bureau, Missouri Baptist Healthcare Foundation, St. Louis Bureau, Staenberg Family Foundation and the Arenberg Family. Groups are not open for observation at any time and are only for people with a cancer diagnosis and, where indicated, their loved ones.

NETWORKING GROUPS

These are drop-in groups (except where otherwise indicated) designed for attendees with similar diagnoses or life situations (such as bereavement) 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

Register for ZOOM

Third Tuesday each month • 1:00 – 2:30 PM

This group gives people with any type of 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

Register for ZOOM

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.

BRAIN TUMOR MONTHLY GROUP

Register for ZOOM

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

Register for ZOOM

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

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



GYNECOLOGICAL CANCER MONTHLY GROUP

Register for ZOOM

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, and female family and friends.

LUNG CANCER MONTHLY GROUP

Register for ZOOM

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.

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Register for ZOOM

Fourth Monday each month • NOON – 1:30 PM

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

PROSTATE CANCER MONTHLY GROUP

Register for ZOOM

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

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.



TRANSITION TO SURVIVORSHIP MONTHLY GROUP

Register for ZOOM

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

Many people who are finished with active treatment or are on maintenance treatment, find it difficult to make a transition to a new way of life. This group connects people who are coping with long-term physical or emotional side effects, or are finding a new normal.



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 6

Empowered by Knowledge EDUCATION

New Member Meetings - Register for ZOOM

Fridays, April 9 and June 11 • 10:00 – 11:00 AM

Tuesday, May 11 • 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.

Lunch and Learn: 15 Things You Can Do For Yourself, By Yourself - Register for ZOOM

Thursday, April 22 • 11:30 AM – 1:00 PM

Make your lunch and join us on ZOOM as Monica Orban, M. Ed and Life Transition Coach addresses issues of self-care and teaches us 15 tools for our personal self-care toolbox.

Yoga Therapy in Cancer Treatment and Recovery - Register for ZOOM

Tuesday, April 27 • 7:00 – 8:00 PM

What is Yoga Therapy? What does current research say about the benefits of yoga for people impacted by cancer? What are some simple breathing techniques one might use to begin a yoga practice? Learn the answers to these questions and more with yoga therapists, Pamela Todd, C-IAYT and Susan Tebb, Ph.D., M.S.W., C-IAYT.

Moving Beyond Cancer: Moving Toward Wellness - Register for ZOOM

Tuesday, May 18 • 6:30 – 8:00 PM

This workshop will explore the meaning of patient active survivorship and address the emotional, physical, spiritual, and practical aspects of reclaiming your wellness. Participants will leave with a personalized wellness plan and experience a small wellness practice. This session is facilitated by Karen Banks, M.Ed., LPC, and registered yoga instructor. Patients in any stage of survivorship and caregivers are welcome.



Cancer and the Cost of Care - What You Should Know - Register for ZOOM

Wednesday, June 30 • 6:30 – 8:00 PM

Join social worker, Jennifer Dunn, as she provides practical advice on how to navigate the numerous and complex challenges of managing the cost of cancer care.

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

Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Cooking Demo with STL Veg Girl - Register for ZOOM

Thursday, May 13 • 6:00 – 7:30 PM

Caryn Dugan, STL VEG GIRL

Cook along with Caryn via Zoom. Delicious spring time healthy recipes will be demonstrated including: Mexican Minestrone and Baby Kale and Avocado Salad and Air Fried Spinach Artichoke "Egg" Rolls.

Mastering Your Energy with Food Register for ZOOM

with Bridgette Kossor, macrobiotic cooking teacher/energy guide

Fridays, April 23, May 7, 21 and June 4 • 11:30 AM – 1:30 PM

Please commit to all four sessions

This four-class series builds upon each other, offering a plant-based, energetic approach to food, as well as a space to explore loving self-care, living and how to nourish the whole self by connecting within, creating an inner system of nourishment and awareness.

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.

Writers Workshop - Register for ZOOM

Wednesdays • 1:30 – 3:30 PM

Whoa! I can't believe I'm here... We will explore where we are in the present, living in the now. Topics include: Signs from the Universe, Giving Ourselves Permission, Self-Care and Nurturing Ourselves, What is Possible. Join others in a safe, caring space to discuss, write and share our ideas. Writers Workshop is a healing and supportive space where the written word is used to process our lives.

Art for Recovery - Register for ZOOM

Second Mondays, April 12, May 10, June 14 • 6:30 – 8:00 PM

Join art therapist, Susie McGaughey, in using art as a tool for healing and connection. We will use simple materials and engage in a project focused more on the process of creating than on the product we make. Come for an opportunity to explore your creativity in a completely non-judgmental space and to connect with others through art.

Stress Less - Register for ZOOM

Second Tuesdays, April 13, May 11, June 8 • 1:00 – 2:30 PM

Feeling stressed out? Learn how to cope with anxiety and quiet your mind through a variety of breathing exercises, progressive muscle relaxation, guided imagery, or creative journaling practices.



JASON BRIGHTFIELD YOUNG ADULT PROGRAM

For adults between the ages of 18 and 40ish. Find support and community as you navigate through a cancer diagnosis and survivorship.

Young Adult Discussion Night - Register for ZOOM

Wednesday, April 28 • 6:30 – 8:00 PM

Join other young adults for an evening of conversation in a supportive space to network, question, support and share.

Humor: What's So Funny? with Dan Duffy - Register for ZOOM

Wednesday, May 26 • 6:30 – 8:00 PM

Dan "believes in treating cancer irreverently, which is how I feel about it". Join Dan, who writes humor, will also be sharing his experiences and notes from his book.

"This is Fine": Finding Autonomy and Independence As a Young Adult When Cancer Gets in the Way with Dr. Jessica Taylor - Register for ZOOM

Wednesday, June 23 • 6:30 – 8:00 PM

Young adulthood is supposed to be about growing and building your own life as an independent person, right? How do you continue moving forward when cancer tries to keep you still? This session will involve a brief summary of young adult developmental theory with a facilitated discussion of how attendees have found ways to continue moving forward in spite of cancer. Attendees will have the opportunity to solicit ideas and suggestions from peers on ways to overcome any obstacles cancer has put in their way and keep moving forward.

Energy 101: Balance Your Body's Energies

Register for ZOOM

Third Mondays, April 19, May 17, June 21 • 6:30 – 8:00 PM

Learn to balance your body's energies for optimal health with Healing Touch concepts to decrease tension and stress, and to promote healing.

Sanctuary - Register for ZOOM

Third Thursdays, April 15, May 20, June 17 • 6:00 – 7:30 PM

Mark Biehl, Certified Vibrational Sound Coach, hosts this blissful journey with Tibetan singing bowls, chimes, flute and voice. Elements of breathwork, guided reading, and chanting enhance and direct your experience to a higher level.

The Herbs You Need - Register for ZOOM

Friday, April 30 • 11:30 – 1:00 PM

Herbs are not only for cooking. There are several essential herbs everyone should grow - either in a container or a garden. Jeanne Carbone, Therapeutic Horticulture Instructor from Missouri Botanical Garden shares what these herbs are and the multiple uses for them.



Sustained by Community SOCIAL CONNECTIONS

Book Club: *The Book of Two Ways*, by Jodi Picoult - Register for ZOOM

Wednesday, May 19 • 6:30 – 8:00 PM

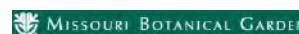
How many of us have looked back on a decision that changed our lives and wondered: what if we had made a different choice? Picoult's novel *The Book of Two Ways* digs into this very question and the result is incredibly thought-provoking. Join us for a lively discussion. Please secure your own copy of the book.

The Actual Dance Live Zoom Performance - Register for ZOOM

Wednesday, June 16 • 6:30 – 8:00 PM

The Actual Dance is a theatrical presentation of the LovePartner journey as his wife faces the challenge of breast cancer. What at first dismissed as merely "scar tissue" becomes stage three, with triple negative chemistry. A post-mastectomy lump brings down a curtain of anticipated doom but ends up with a surprise and happy ending. Sam and Susan are now married 54 years. Susan joins for a post-show discussion.

Journey to Wellbeing



To register for sessions contact Jeanne.carbone@mobot.org

Session 1 • Tuesday morning, April 20 • 10:00 AM – NOON for initial meeting and tour, follow up sessions on May 11 and June 8

Session 2 • Thursday afternoon, May 6 • 3:00 – 5:00 PM for initial meeting and tour, follow up sessions on June 10 and July 8

This is an intentional walking program created by Missouri Botanical Garden through the generosity of the Bayer Fund and in collaboration with Cancer Support Community of Greater St. Louis. This 10-week program consists of 3 facilitated meetings, including a guided tour of the Japanese Garden. The remaining weeks consist of self-guided walks, inspired by themes related to natural elements. Each participant will receive a guidebook which provides suggested pauses for each walk, intended to increase awareness, and encourage time for reflection.

MOVEMENT CLASSES

Yoga These gentle classes are designed for members at any level of performance or physical condition. Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension.

Journey to Relaxation - Register for ZOOM

First Monday of each month • 8:00 PM

Calm the anxious mind by using gentle movement and stretches to achieve constructive rest. This practice can be done on a cushioned floor or in bed! Have your pillows and blankets handy.

Yoga (with Elise) - Register for ZOOM

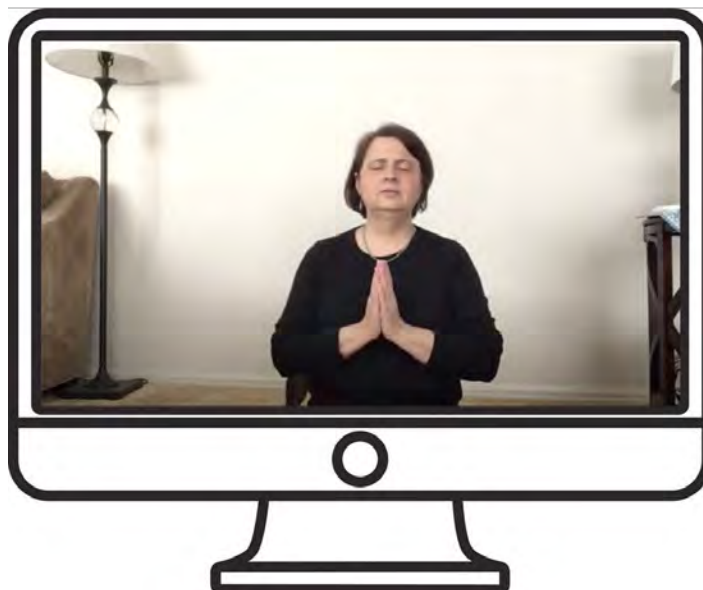
Tuesdays • 10:00 AM

Yoga (with Kate) - Register for ZOOM

Wednesdays • 9:30 AM

Yoga (with Donna) - Register for ZOOM

Wednesdays • 6:30 PM



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
APRIL 2021 ■ = 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.				Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM		
4	5	6	7	8	9	10
	Journey to Relaxation 8:00 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Families Connect MG: Family Food and Fun with Chef Vicki 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM	Lung MG 6:00 PM Register for ZOOM	New Member Meeting 10:00 AM Register for ZOOM	
11	12	13	14	15	16	17
	Art for Recovery 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM		
18	19	20	21	22	23	24
	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM All Cancer MG 1:00 PM Register for ZOOM Journey to Wellbeing Register at Jeanne.carbone@mobot.org	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM	Lunch and Learn: 15 Things You Can Do for Yourself, By Yourself 11:30 AM Register for ZOOM Brain Tumor MG 6:30 PM Register for ZOOM	Mastering Your Energy with Food 11:30 AM Register for ZOOM	
25	26	27	28	29	30	
	Pancreatic Cancer MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM Yoga Therapy in Cancer Treatment and Recovery 7:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Young Adult Discussion Night 6:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM		The Herbs You Need 11:30 AM Register for ZOOM	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MAY 2021						
<div><div></div> = WORKSHOPS LOCATED OFF-SITE <div></div> = RSVP REQUIRED <div></div> = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</div> <div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div>						
2	Journey to Relaxation 8:00 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Families Connect MG 6:30 PM: Parent Support Group Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM Journey to Wellbeing Register at Jeanne.carbone@mobot.org		8
9	Art for Recovery 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM New Member Meeting 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM	Lung MG 6:00 PM Register for ZOOM Cooking Demo with STL Veg Girl 6:00 PM Register for ZOOM		15
16	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM All Cancer MG 1:00 PM Register for ZOOM Moving Beyond Cancer: Moving Toward Wellness 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM Book Club 6:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM		22
23	Pancreatic Cancer MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM	Brain Tumor MG 6:30 PM Register for ZOOM		
30	CSC CLOSED		Humor: What's So Funny? 6:30 PM Register for ZOOM			29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
6	Journey to Relaxation 8:00 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Families Connect: Family Art 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM		5
13	Art for Recovery 6:30 PM Register for ZOOM	Yoga 10:00 AM All Cancer MG 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM The Actual Dance: A Theatrical Performance 6:30 PM Register for ZOOM	Lung MG 6:00 PM Register for ZOOM New Member Meeting 10:00 AM Register for ZOOM		12
20	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM "This is Fine": Finding Autonomy and Independence As a Young Adult When Cancer Gets in the Way with Dr. Jessica Taylor 6:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM		19
27	Pancreatic Cancer MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM Cancer and the Cost of Care-What You Should Know 6:30 PM Register for ZOOM	Brain Tumor MG 6:30 PM Register for ZOOM		26

JUNE 2021

 = 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.

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, 2020 through December 31, 2020. We apologize for any omissions or errors.

IN HONOR OF:

ANN ARENBERG
Steven Arenberg

SHANE AUMILLER
Jeff and Lisa Beyer
Gerard Carmody
Carmody MacDonald P. C.
Cockriel and Christofferson, LLC
Tom Curley
Kent Day
Gary and Robin Feder
Lisa Fettes
Andrea Frame
Framework Mortgage, LLC
JH Berra Construction Co, INC
Donna Knese
Keith Krebeck
Sharon Moose
Gary and Kathy Reich
Jeffrey and Donna Reitz
Celeste Rueter
Linda Sheahan
Harold and Debbie Tzinberg

SUSIE FREEMAN
Maria Bassi

CAROLYN GOLLUB
Tom and Joyce Lewin

MR. AND MRS. DAN HOCHMAN
Lorin and Debra Dunn

ANNE MALYSZKO
Betsy and Steve Carlson

SUSAN MAYER
Lynn Goode

PEGGY AND MIKE NELSON
Mary Ottoson
Janet and Jason Popelka

ANDY AND JESSICA MILLNER
Lori Millner

MICHELLE MUFSON
Gloria Schonbrun

PEGGY NELSON
Christine Filcoff
Doug and Allyson Finkeldey
Jane and Rich Ramsey
Renee Stephan
Patricia Wedner
Dan and Dana Weinstein
Kelly and Brad Wetzler

MERLE AND MARTY OBERMAN
Raymond James and Associates

ANN PLUNKETT
Sharon L. Bateman
Alice Fleeman

ANN AND TIM PLUNKETT
Sally Pinckard and Michael Roach

IN MEMORY OF:

ANN ARENBERG
Steven Arenberg

ANN AND PAUL ARENBERG
Steven Arenberg

SHANE AUMILLER
Jeffrey and Brenda Pohl

MARK AVERILL
Peggy and Mike Nelson

JO ANN BENNETT
Cynthia D Seltzer

GRACIE AND BOB BROD
Katie Byram
Kelly Weygandt

LILLIAN BOLOZKY
Ronald Keppel

ELAINE BONZON
Jim Bonzon

TINA BORCHERT
Bob and Gina Borchert

JERRY BRASCH
Sandy and Gloria Spitzer

GRACE BROD
Stuart and Bren Millner

LINDA BRYANT
Vernon Dirnberger

JAMES DEPAUW
Ken and Christel Hughes

VICTORIA DRIER
David and Julie Drier

NANCY ERVIN
Mordy Rischall

MICHAEL FRANCIS FULLER
Juanita Huie-Fuller

NATALIE GEMIGNANI
James Gemignani

KEN GERKE
Karla Gerke

RUTH GREEN
Marilyn Marcus

HOWARD HANDELMAN
Robert and Sheila Cohen

PAUL KOVEN
Joan Koven

LINDA LAMKIN
Walter and Sharon Lamkin

TOM LANGSDORF
Robert and Sheila Cohen

BARBARA LAWSON
Don and Peg Tyson

BILLY LEWIS
Beverly Marien

VICTORIA MACDONALD
James MacDonald

FRANCES NIEMEYER-MURPHY
Pat Murphy

PHILLIP ROCK
Gail Rock

JERRY ROCK
Lucille Rock

ALAN SPETNER
Marty and Merle Oberman

JANET TAGLIAVIA
Angela Castro

SANDY UPCHURCH
Hallye Bone

DIANE WEISS
David Schneider
Debbie Schultz

LOIS WHITESITT
Sandy Kline

LINDY WILHELM
Judith Shaw



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.

Give Gifts with Meaning

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.



WALK. RUN. INSPIRE.

social distance style

Saturday, May 1, 2021

1 mile or 3.7 miles walk or fun run

Virtually and in-person at Creve Coeur Park in Sailboat Cove*

13725 Marine Ave, St. Louis, MO 63146

Start a team, join a team, register as an individual!

Join us for our 23rd annual STEPS FOR HOPE, and **INSPIRE** others to celebrate hope, honor loved ones and join in community!

*We've designed the day to comply with local health guidelines including social distancing and staggered start times in place to meet gathering limits to make it safe and fun for everyone!

Registration:

February 1 - April 28: **\$45**

(registration includes a t-shirt)

Registration Minimum: **\$25**

(does not include a t-shirt)

Start Times:

Walk starts at 9am with staggered start times every 30 minutes from 9am to 12pm.

When registering you will need to select a start time!

Due to gathering limits your actual start time may vary slightly, please plan accordingly!

(visit our website for more details)

Virtual Option:

Take your own STEPS FOR HOPE on May 1 and participate with us **virtually!**

(visit our website to learn more)

Add a donation to your registration!

(visit our website to learn more)

- Add \$100 donation to your registration for a chance to win a \$250 Visa gift card!
- Add \$50 donation to your registration for a chance to win a \$100 Visa gift card!

> Donation must be made at time of registration and is applicable to online registration only.

All donations stay in the St. Louis Community to help fund essential programs and services at Cancer Support Community of Greater St. Louis.



Path of Hope Signs:

A special way to celebrate a survivor, honor someone special or remember a friend or loved one. Path of Hope Signs are displayed on the walking path at Creve Coeur Park on May 1st.

Signs are \$75 each *(available online)*

Day includes:

Community, Kids Activities, Entertainment, Food, Raffle, Path of Hope Signs, and more!

REGISTER OR DONATE NOW > CancerSupportStl.org

WHAT OTHERS ARE DOING FOR CSC



Making A Difference

Waterway Carwash has been raising money for Cancer Support Community of Greater St. Louis for the past 12 years! Every year in October, in honor of Breast Cancer Awareness month, they ask their customers to make donations to CSC. Well, as with all of 2020, last October looked a little different and instead of raising money through their customers, their employees donated! All 7 St. Louis Full-Service Stores raised approximately **\$2,500!**

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

205 Miles. One Day.

For the past 6 years, Joe Kemp has honored those at CSC on their cancer journey by riding his bike from St. Louis to Lake of the Ozarks. 205 miles. One day.

"You think riding 205 miles in one day is hard? Imagine being told you have cancer."

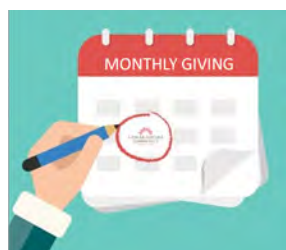
A huge thank you to Joe for his belief in our mission and for riding and raising funds for Cancer Support Community.

"The Cancer Support Community provides support to those diagnosed. They assist with the everyday challenges faced by those with cancer. Research is extremely important, but, time is precious for those with cancer. No one is ready for the diagnosis. They need support now with coping skills, nutrition, and more. No one has the tools to move on without help."



Honor and Support

Last fall, the women's health classes at **Ursuline Academy** joined forces to lend a helping hand for those suffering from cancer. After studying cancers that primarily affect women, (i.e. breast cancer, uterine cancer, cervical cancer) the students decided to plan a fundraiser. They chose to focus their efforts on breast cancer, the cancer their instructor, **Genevieve**, faced. The girls designed breast cancer facemasks and wrist bands, which were sold within their community. These efforts raised breast cancer awareness within the community and resulted in a **\$261** donation to the Cancer Support Community of Greater St. Louis. This act of generosity aligns with the Academy's mission of Serviam, I will serve. Ursuline Academy of St. Louis is a private Catholic college preparatory high school for young women located in Kirkwood. **Thank you, Ursuline Academy, for supporting Genevieve and CSC!!**



Monthly Giving

When someone is impacted by cancer, their need for support, education and hope is a daily occurrence. Confronting cancer's biggest challenges depends on **steady, reliable support** from committed

donors like you. Won't you consider making your gift last all year long by giving monthly?

- > **It's affordable**
- > **It's convenient**
- > **It's reliable**
- > **And your gift goes further**

Your monthly gift can easily be arranged using your credit card or your bank account. For more information contact Sharon Clark at sclark@cancersupportstl.org.

THANK YOU for making a difference **EVERY** day for those dealing with a cancer diagnosis, treatment or loss.

"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

"Supporting CSC is part of who I am. For that reason, I chose to give monthly so my support would become part of our monthly budget. I never have to think about writing a check, but when I get my email verification each month, I do think about all in our community struggling with cancer. I am grateful to be able to help." – Tim Fox

Heart, Hope, Health and Humor: The Keys to Resilient Living

CLOSING THE BOOKS ON 2020 was met with a resounding cheer heard near and far! While we are still wearing masks and social distancing, we have plenty of reasons to celebrate making it through the past year. We enter 2021 having learned to adapt, modify, and even grow through adversity. This behavior is what the American Psychological Association calls resiliency. Psychologists define resilience as the process of adapting well in the face of adversity, trauma, tragedy, threats, or significant sources of stress—such as family and relationship problems, serious health problems, or workplace and financial stressors.¹

Facing cancer or COVID-19 can mean facing all these stressors at once. Practicing resiliency is necessary to keep us moving forward. Like building a muscle, increasing your resilience takes time and intentionality. Focusing on the four Hs—Heart, Hope, Health, and Humor—can help you build your resiliency muscle and feel empowered.

Heart

The key to heart is connecting with those who support, encourage, and hold space for you. Prioritize your time and spend it with people who are empathetic and understand what you are going through. Being a part of a community like **Cancer Support Community** is an excellent way to find meaningful connections with those who understand what it is like to live with cancer in a world facing COVID.

Hope

No one understands the value of today like someone who has been told they or someone they love has cancer. Life immediately becomes much clearer; the pettiness of life falls away and the things that are important become crystal clear. Living with purpose and meaning after this new insight creates hope. Practical ways to live with meaning and purpose may include activities such as **volunteering**, offering a helping hand

to someone in need, intentional acts of kindness, and taking time for self-reflection—discover your passion and pursue it.

Health

Developing, strengthening, and maintaining physical and mental health is at the core of living a resilient life. **Eating** to nourish your body, **exercising** to keep your body functioning, and getting enough sleep to allow your body to rest and repair itself daily are all essential components to healthy living. Mental wellness can be cultivated in many different ways including practicing **mindfulness**, training your brain to focus on the positive, practicing gratitude, finding and believing in the best in yourself and others, making SMART goals and taking incremental steps to achieve the goals, attending a **support group**, or seeking professional **counseling**.

Humor

“Laughter is the best medicine” isn’t just a platitude; it is a well-researched and documented fact! According to the Mayo Clinic, when you start to laugh, it doesn’t just lighten your load mentally, it actually induces physical changes in your body.² Laughter soothes tension, activates your organs to function properly, improves your immune response, relieves pain, and improves your mood, just to name a few benefits! So, tell a joke, watch a comedy, share a funny story, or try a laughter yoga class.

1. [apa.org/topics/resilience](https://www.apa.org/topics/resilience)

2. [mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456](https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress-relief/art-20044456)

Reprint courtesy of: Angie Santangelo, MSW, LISW-S, Clinical Program Director
Cancer Support Community Central Ohio



Hope Lives All Year

All of our programs are exclusively funded by donations from individuals, family and private foundations, corporations, and special event fundraisers.

Your support will further our impact and help us to continue to provide HOPE along with emotional support, educational resources, social connections and a place of understanding to those impacted by cancer.

Cancer Support Community's comprehensive programming is offered for all types of cancer to individuals in various stages of their cancer journey. In addition to helping people with cancer, our programming is also offered to caregivers and families, as well as cancer survivors and bereaved.

Your support makes all of this possible. **THANK YOU!**



Happy Birthday CSC!

We are celebrating 28 years
of providing support to people impacted
by cancer in our community. Celebrate
with us on June 8th and all month long!



NEWS from our Cancer Support Community of Greater St. Louis Board Of Directors.



2021 begins with a very special welcome to our new Board Chair, Peggy Scott, who brings almost 40 years of experience in business and human resource management plus leadership development.

Cancer Support Community tapped Peggy for its board leadership role as soon as she retired from Peabody Energy as Vice President Corporate Human Resources and Organizational Effectiveness. What a wonderful fit for our organization! Peggy has a special connection to Cancer Support Community having lost her husband eight years ago to cancer; she and her children personally understand the value that CSC provides to those impacted by cancer and work diligently to ensure no one faces cancer alone.

We also want to recognize and thank outgoing Chair, Colin Meadows, who has demonstrated a significant personal commitment to CSC in leading our organization for the past four years. Our board members, staff and volunteers are grateful for Colin's amazing leadership and support. We look forward to Colin's new role leading the board's development committee efforts and charting the course for 2021!

Here's what the incoming Chair, Peggy, had to say:

Colin,

Thank you so very much for your dedicated service as CSC's board chair for the last four years. I have only had the privilege to work with you for a short time but your commitment to and support of the CSC board, staff and its members was very evident in your all of your tireless work. As a result of your leadership, you helped navigate the organization through some very challenging times and be positioned to do some very exciting things in the not too distant future. I am thrilled to have you chair the development committee in 2021 and really appreciate all that you have done and hopefully will continue to do to help with the transition for Michelle and me. We have very big shoes to fill!

With gratitude and recognition for a job very well done!

Peggy Scott



MISSION:

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.

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