



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

Maggie Rieber

When Cancer Changes Your World

I was diagnosed with Mesothelioma in 2015. So many things changed when I was diagnosed at 35 years of age. I lost the career that I had worked so hard for and I felt very isolated. I had to leave St. Louis for my treatment, so it took a while to find Cancer Support Community. Now that I found CSC I'm hooked!

Initially I started attending a support group to talk to others who were living with cancer. Now I also find myself trying the movement classes, education workshops and social programs. Through the multiple programs at CSC I now feel like I have a community surrounding me and I have discovered new passions. CSC has really treated me as a whole person.

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, July 2, August 6, September 3 • 6:00-8:00 PM

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

Special Families Connect

Tuesday, September 3

Susie McGaughey will facilitate a night of Art Therapy!

SOCIAL CONNECTIONS



Stay tuned for Pop Up Programs throughout the summer!

STRESS MANAGEMENT

Family Yoga in the Park - RSVP

Thursday, July 11 • 6:30-7:30 PM

Sugar Creek Park
435 Des Peres Rd.

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 guide children and families in practicing wellness in fun and interesting ways. Class will be held at CSC if needed due to weather.

healthy lifestyle

Family, Food, and Fun! - RSVP

Wednesday, July 24 • 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.



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.

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.

BEREAVEMENT MONTHLY GROUP - RSVP

First Thursday each month (No July Group) • 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.*

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.*

LUNG CANCER MONTHLY GROUP

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

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

The group gives people with lung 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.

METASTATIC CANCER MONTHLY GROUP

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

Living with metastatic cancer presents several unique experiences that are explored in this monthly group including living with uncertainty, maintenance treatment, and managing your health and long term side effects.

MULTIPLE MYELOMA MONTHLY GROUP

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

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

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

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Monday each month • NOON – 1:30 PM

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

PROSTATE CANCER MONTHLY GROUP

First Thursday each month (No July Group) • 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 UsTOO 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.

SAINT LOUIS UNIVERSITY
CANCER CENTER



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 6

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, (No July session) August 2, September 6 • 10:00 – 11:00 AM
Third Wednesdays, July 17, Aug. 21, Sept. 18 • 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.

A Transition to Survivorship Series - RSVP

Third Thursdays • 6:30 – 8:00 PM

July 18 • Survivorship Planning

August 15 • Medication Management

September 19 • Nutrition

This education series is an opportunity to connect with others and learn to move toward wellness in mind, body and spirit. *Eligibility: These sessions target people who have completed active treatment.*

Finding Meaning in Survivorship - RSVP

Tuesdays, July 9 – August 27 • 10:00 – 11:30 AM

This 7-week group, inspired by the work of Viktor Frankl explores creating, experiencing, and choosing meaning after cancer treatment. Through group discussion and personal reflection, the group will explore how history, choices, work, and experiences give meaning to life after cancer treatments. *For the best experience, please commit to 6 out of 7 sessions. Eligibility-these sessions target people who have completed active treatment.*

Frankly Speaking About Lung Cancer - RSVP

Tuesday, July 16 • 1:00-2:30 PM

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

This workshop will provide information about the most current treatments available to individuals affected by lung cancer. Pam Lynn, MSN, RN, ANP-BC and Kelly O'Neal, LCSW, will discuss developments in lung cancer treatment, strategies for side-effect management, and ways to overcome the social and emotional challenges of the diagnosis.



Frankly Speaking About Ovarian Cancer - RSVP

Wednesday, September 18 • 6:00 – 8:00 PM

The Cancer Support Community invites people affected by ovarian cancer to this workshop that provides fundamental information about the most current ovarian cancer treatments, strategies for symptom/side-effect management and tools for survivorship. Presentation by Dr. David Mutch, Oncologist and Danielle Hodges, MSW, LCSW. Dinner in the kitchen from 6:00-6:30.

This presentation will also be offered on Facebook Live.



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

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

Picnic Favorites with STL Veg Girl, Caryn Dugan - RSVP

Thursday, July 11 • NOON – 2:00 PM

Celebrate summer with an avocado and white bean wrap, caesar salad, and "chicken" salad pitas.

Seasonal Cuisine - RSVP

Thursday, September 12 • NOON – 2:00 PM

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

Weaving Wellness - RSVP

Second Mondays, July 8, Aug. 12, Sept. 9 • 6:30 – 8:00 PM

Imagine you could surround yourself with the feelings, colors, scents and sounds of the world that bring you comfort and soothe your soul. Through this project you can. Using textile materials like yarn and fabric you will weave unique reminders of those things that help you to feel well. If you return for the 2nd or 3rd session in this series, you'll turn your weaving into a special comfort object for your home. Come to one session or all three!

Stress Management Workshop

Second Tuesdays, July 9, Aug. 13, Sept. 10 • 1:00 – 2:30 PM

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

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!



Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays, July 11, Aug. 8, Sept. 12 • 4:00 – 5:30 PM

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

Laughter Yoga with Marlene - RSVP

Friday, July 12 • 12:30 – 1:45 PM

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

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, July 15, Aug. 19, Sept. 16 • 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.

Sanctuary - RSVP

Third Thursdays, July 18, Aug. 15, Sept. 19 • 6:00 – 7:15 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.

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

Wednesdays beginning on August 7 • 1:30 – 3:30 PM

Writers Workshop at Cancer Support Community is a supported, facilitated writing group utilizing writing to focus on expressing ourselves inspiring others as we inspire ourselves. Each week we take the time to settle, breathe and come together supporting one another, creating a bond through our written and spoken expression. Our group is life affirming, positive and optimistic. Participants are encouraged to write and share through prompts their present journey, how they have become resilient, their hopes and dreams for today. Any and all writing is welcome. Many participants choose to write about their cancer journey. Come claim your voice through writing as we join together in a safe, non-judgmental space where we can encourage each other to FLY!

Young Adult Night: Pastel Palette and Introduction to Drawing - RSVP

Wednesday, August 7 • 6:30 – 8:00 PM

Between the ages of 18 and 40ish? Join Artist Jessica Eschen-Goodman, who will teach an introduction to drawing with pastels. No experience or “artistic ability” required. Come learn, enjoy and share in this art practice. Supplies will be provided.

Creative Journaling - RSVP

Wednesday, August 14 • 6:30 – 8:00 PM

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

The Power of Mindfulness: A Deeper Look - RSVP

Three Consecutive Tuesdays, September 10, 17, 24

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 imageries, 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.

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.

Herb Bounty - RSVP

Wednesday, July 17 • 11:00AM – 12:30 PM

Harvesting from our Inspiration Garden, we will explore the wonderful world of herbs. We will create an herbal vinegar and lavender sachet. We will also discuss harvesting and drying herbs throughout the season and how to make the best use of an herbal garden.

Nature Journaling at the Garden - RSVP

Tuesday, September 17 • 5:30 – 7:30 PM

Location: Missouri Botanical Garden
4344 Shaw Blvd. St. Louis, MO 63110

With the Missouri Botanical Garden as our inspiration, we will practice a variety of techniques designed to increase our appreciation and connection with nature. Journals will be created from recycled material before we explore areas of the Garden.



Sustained by Community SOCIAL PROGRAMS



Men's Breakfast - RSVP

First Tuesdays, July 2, August 6, September 3 • 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.

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.

Book Club: *Where the Crawdads Sing* by Delia Owens - RSVP

Wednesday, July 31 • 10:30 AM – NOON

Do you love to read and socialize? If so, join us for Book Club!

Card Making - RSVP

Thursday, August 1 • 10:00 AM – NOON

Join Judy Geodeker in creating beautifully crafted cards for all occasions! Supplies will be provided.

Craft Connection - RSVP

Thursday, August 22 • 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, September 5 • 10:00 AM – NOON

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



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!

Thanks for the Dance (The Nia Technique)

Mondays - 11:30 AM – 12:30 PM (New Time!)

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.

Chair Yoga Second Thursday of the month • 6:00 – 7:00 PM - RSVP

Using a chair for support, this yoga practice is accessible to everybody. Chair yoga is beneficial for increasing mobility, flexibility and stress reduction.

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



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
	Nia 11:30 AM	Men's Breakfast @ Mercy South 9:30 AM Yoga 10:00 AM Families Connect MG 6:00 PM	Yoga 9:30 AM Yoga 5:15 PM Metastatic Cancers MG 6:30 PM	CLOSED	CLOSED	
7	Nia 11:30 AM Weaving Wellness 6:30 PM	Yoga 10:00 AM Finding Meaning in Survivorship 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Stress Management Workshop @ Mercy South 1:00 PM	Yoga 9:30 AM Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM	Miss Mary's Cooking Demo NOON Country Line Dancing 2:30 PM Mindfulness 4:00 PM Lung Cancer MG 6:00 PM Chair Yoga 6:00 PM Family Yoga @ Sugar Creek Park 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Laughter Yoga 12:30 PM	6
14	Nia 11:30 AM Energy 101: Balance Your Body's Energies 6:30 PM Gynecological Cancers MG 6:30 PM Next Steps Monthly Group 6:30 PM @ David C. Pratt Center	Yoga 10:00 AM Frankly Speaking About Lung Cancer @ Mercy South 10:00 AM	Yoga 9:30 AM Herb Bounty 11:00 AM Yoga 5:15 PM New Member Meeting 6:30 PM	Country Line Dancing 2:30 PM Sanctuary 6:00 PM Transition to Survivorship 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	20
21	Nia 11:30 AM Pancreatic Cancer MG NOON	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Family, Food, and Fun! 6:30 PM	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	27
28	Nia 11:30 AM	Yoga 10:00 AM	Yoga 9:30 AM Book Club 10:30 AM Yoga 5:15 PM	Yoga 9:30 AM Book Club 10:30 AM Yoga 5:15 PM		
<h1>JULY 2019</h1> <p>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY</p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>						

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
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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	
	CLOSED	Men's Breakfast @ Mercy South 9:30 AM Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM Metastatic Cancers MG 6:30 PM	Paper Crafts 10:00 AM Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON		
1	2	3	4	5	6	7	
	Nia 11:30 AM Weaving for Wellness 6:30 PM RSVP	Yoga 10:00 AM The Power of Mindfulness: A Deeper Look @ David C. Pratt CC Library 10:00 AM PM 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 RSVP	Miss Mary's Cooking Demo NOON RSVP Country Line Dancing 2:30 PM Mindfulness 4:00 PM RSVP Chair Yoga 6:00 PM Lung Cancer MG 6:00 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON		
8	9	10	11	12	13	14	
	Nia 11:30 AM Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM Next Step MG @ David C Pratt 6:30 PM	Yoga 10:00 AM Lung Cancer Monthly Group @ Mercy South @ 1:00 PM Nature Journaling @ The Botanical Garden 5:30 PM RSVP	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM Frankly Speaking About Ovarian Cancer 6:00 PM New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP 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 11:30 AM Pancreatic MG NOON	Yoga 10:00 AM	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON		
22	23	24	25	26	27	28	
	Nia 11:30 AM	Yoga 10:00 AM	Yoga 9:30 AM Writing Workshop 1:30 PM Yoga 5:15 PM	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON		
29	30	<div>SEPTEMBER 2019</div> <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>					<div>CANCER SUPPORT COMMUNITY GREATER ST. LOUIS</div>

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 January 1, 2019 through March 31, 2019. We apologize for any omissions or errors.

IN HONOR OF:

SHEILA COHEN
Sally and Dick Rosenthal

RONNA CROFT
Gene and Kim Diederich
Stephanie Rogers
Rachel Schuver Rubin

STEVE HAMBURGER
Ruthy Kolker

MARTY AND MERLE OBERMAN
Rick and Deby Halpern

TASHIA REIGLE
Mary Lee Holdman

IN MEMORY OF:

RACHAEL BACON
Catherine Floit

JASON BRIGHTFIELD
Corinne Austin
Jessica Deem
David Gutwein

JIM AND GINNY CLARK
Jane Peyton

KENNET COHEN
Marjorie Brammeier

CASSIE GONICKI
Mary Ann Williams

LEE HEMENWAY
Pauline Bair
Larry and Joan Price
Shirley Wadleigh

DANIEL PATRICK LINDSAY
Jan and Jeff Dicke

BOB MANION
Richard Levey and Susie Knopf
DOUG SIWAK
Sharon and Barry Friedman

SANDY UNGER
Sharon and Barry Friedman



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.



Leave Your Lasting Legacy

Another great way to pay tribute to yourself and Cancer Support Community is to 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, or drafting a new one.
- Gift a life insurance policy for a set amount or a percentage to Cancer Support Community of Greater St. Louis.
- Simply name Cancer Support Community of Greater St. Louis as a beneficiary of your IRA, retirement, or pension plan. An IRA Charitable Rollover is another timely, and often more tax-efficient giving option for individuals age 70-1/2 and older who still need to make a required minimum distribution from a traditional IRA.

For more information about how your legacy gift 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 PATH SIGNS

In honor of those who purchased a **Tribute Path Sign** for our Steps For Hope walk. We know how meaningful it is to see the actual signs lining the walk path, but given our circumstances, we are commemorating these tributes here in our newsletter and with a [Virtual Path](#) on our website. Thank you for your understanding.

IN HONOR OF:

CSC STAFF AND VOLUNTEERS
Ann Tucker

PROSTATE CANCER
NETWORKING GROUP
Tina Saunders

TEAM SISTERS
Sharon Clark

TEAM TUCKER #AWESOME
Ann Tucker

SUSAN ARENBERG
Steve Arenberg

NANCY CRIPPS
Peggy Sievers Fagen

LENNY KOMEN
Marty and Chris Newman

BRYAN MILLER
Mary Edwards
Robert and Jane Feibel
Leslie Scoopmire

DENNY AND SANDY MORAN
Kerry Apken

PEGGY NELSON
Jan and Jeff Dicke
Marian Hirsch
Bob and Joyce Lewis
James and Janet Nelson
Mary Strom
Dan Weinstein

SHELLY RIEDEMANN
David and Liz Riedemann

ROSEMARY RINGO
Beth Werkmeister

CINDY SOMOGYE
Angela Meyer

AIMEE WILLEMS
Sandra Willems

IN MEMORY OF:

ANN AND PAUL ARENBERG
Susan Arenberg

TARA AND WALLY BASSI
Peggy Nelson

ROSEMARY BOKERMANN
Gary Bokermann

GAIL BOPP
Jessica Brod Millner

JASON BRIGHTFIELD
Rachael Brightfield
Jennifer Hess
Diane and David Katzman
Susan Nall
Wolff & Taylor PC
Dale Schreiber
Leslie Tarantola

BOB BROD
Jessica Brod Millner

GRACE BROD
Chuck Goldfarb
Jessica Brod Millner
Stuart Millner
Peggy Nelson

GRACIE AND BOB BROD
Stacey Harley Kripke
Sue Matlof

MIKE "MICKY" BUCK
Carmen Tamayo

STEVE BUNDREN
Todd and Judy Bundren

RALPH BURCH
Jan Burch

TOM AND JUNE BYERS
Jan and Jeff Dicke
Peggy Nelson

DARRY CASTOR
Michelle Castor

NANCY CRIPPS
Kathleen Ruggeri

MEL AND JOY DUNKELMAN
Peggy Nelson

LOU FERNANDEZ
James Fernandez

MARIE GALLAGHER
Jan and Jeff Dicke

NATALIE GEMIGNANI
Jim Gemignani

TONYA GLYNN
Peggy Nelson

ROSE HARRIS
Cynthia Seltzer

NANCY L. HIBBLER
Robin Wilkins

JIM KING
Peggy Nelson

LINDA LAMKIN
Walter Lamkin

JANICE LARSON
Peggy Nelson

MARCIA HALPERN LERNER
Marty and Merle Oberman

MICHAEL MATLOF
Sue Matlof

RYAN MCBRIDE
Peggy Nelson

BRENDA MCEVERS
Kelly McEvers

LISA NEWMAN
Marty and Merle Oberman

PAM NICHOLSON
Steve Nicholson

BRANDON PATRICK O'NEAL
Tom O'Neal

JENNY O'REILLY
Nancy O'Reilly

LYNNE PALAN
Jessica Brod Millner
Peggy Nelson

JOE PIATCHEK
Peggy Nelson

KAREN RHODES PTACEK
Steve Ptacek

JULIE RHODES
Patrick and Judy Casey
Steve Ptacek

JERRY ROCK
Lucille Rock

PHILL ROCK
Lucille Rock

ELAINE SAMSON
Cynthia Seltzer

ROSEMARY SCHILLINGER
Christie Schillinger

DODIE SCHINDLER
Jan Burch

JIM SCOTT
Peggy Scott

DAVID SINDELAR
Kelly Wetzler

BRENDA AND JONATHAN
SOBOLESKI
Stan Soboleski

BARBARA TILL
Brian Till

GREG TUCKER
Ann Tucker
Jim and Marla Tucker

SUE UELK
Steve Uelk

LISA UNNERSTALL
Lori Fowler

FAYE AND BOB WEATHERLY
Jena Baumgarten

SANDY WILLICK
Lynda Baris

PHYLLIS WILMOTH
Angela Meyer

LAURIE KULLMANN YOUNG
Jeff Kullmann





WALK. RUN. INSPIRE.

Thank you to all who support and help us inspire!

We appreciate the generosity of our **32** sponsors, **countless** in-kind donors, and over **700** people who had planned to join us for a day of community at our Steps for Hope walk at Creve Coeur Park on May 4th. We know you share in our regret that we were unable to come together and celebrate our Community at the Walk this year. However, we celebrate our Community every single day.

Your contributions are still **making a difference in our community**. Your donations are exactly where they need to be - in the St. Louis area providing support and hope to families on their cancer journey. Your support allows us to offer **10,000 hours** of support groups, educational workshops, stress management classes and more to the **1,829 individuals** that walk through our doors in search of **HOPE**.

For those who purchased a **Tribute Path Sign**, we know how meaningful it is to see the actual signs lining the walk path, but given our circumstances, we are commemorating these special tributes with a Virtual Path on our website and in this newsletter - see page 11.

THANK YOU again for your amazing support not just on Walk day, but all the other 364 days a year your donations help us take on cancer together—we are grateful!



THANK YOU TO OUR WALK SPONSORS

SAINT LOUIS UNIVERSITY
CANCER CENTER

 **Ameren**
FOCUSED ENERGY. For life.

CENTENE
Charitable Foundation

 **SITEMAN**
CANCER CENTER

Mercy 

PORSCHE
ST. LOUIS
AN INDIQO AUTO GROUP COMPANY

RAYMOND JAMES


LAND DYNAMICS INC.
Full Service Real Estate Solutions

THE DANIEL AND HENRY CO.
INSURANCE AND RISK MANAGEMENT

MM
Markay Management LLC

 **St. Luke's**
HOSPITAL
Our specialty is you

CMW
Equipment

 **ST. MOTORCARS**

 **ENTERPRISE**
BANK & TRUST

marmi
your favorite shoe boutique

 **Missouri Foundation**
for Health

 **EMINENT DENTAL**
TREATING YOU LIKE FAMILY SINCE 1985


mellow MUSHROOM
PIZZA BAKERS

Robert and Grace Brod

Family Foundation


CAPE ALBEON
Lakeside Retirement Living

 **MRAZEK**

SOPHISTICATED
LIVING
(St. Louis' Finest)


Done Deal
PROMOTIONS
DDP

VNA | Visiting Nurse
Association of
Greater St. Louis

 **ReVital**
Cancer Rehabilitation
Living well beyond cancer

Nathan and Gina Nelson | Gary and Marilyn Ratkin | Nancy and Ken Kranzberg
Peggy and Mike Nelson | Jan and Jeffrey Dicke | Tom and Karen Stern

SPECIAL THANK YOU TO OUR MATCH DAY SPONSOR:
Ann and Paul Arenberg Family

WHAT OTHERS ARE DOING FOR CSC

Jeans BeCause

Daniel and Henry associates had an opportunity to make a donation in order to wear jeans for a day at work. A big thank you to their participating staff for their generous contributions that help fund the programs at CSC.



Trivia

Shannon Hoelscher, a dedicated member and 4-year cancer survivor, generously hosted a blast from the past trivia event! Fun was had by all with themed rounds of trivia, a silent auction, and great raffle prizes! **Over \$7,000** was raised all benefiting the programs and services offered by Cancer Support Community. A huge thank you to Shannon, her team, and everyone who attended this fabulous event, for your support.



School Support

The **National Honor Society from Oakville High School** raised **over \$2,000** for the members at Cancer Support Community! Their fundraising efforts included Dine to Donate at Panera, Dollar Delay, and Taping the Principals to the wall fundraiser. We are so grateful for the staff and students who contributed and made this possible!

We want to thank everyone from **Glenridge Elementary School** who participated in their Crazy Hair Day and raised **\$500** for CSC! We love your creative fundraising efforts and appreciate your support!



Host A Fundraiser!

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

Here are a few ways you can fundraise for CSC:

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

The possibilities are endless!

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

HOW YOU CAN SUPPORT CSC

There are many unique and thoughtful ways to contribute to our mission and help us take on cancer together! Consider utilizing one of these other giving opportunities and help us continue to provide critical programs – available for anyone impacted by cancer.

1. Monthly Giving

Consider making your gift last all year long by giving monthly! 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. It's affordable, convenient, and your gift goes further.

2. Legacy giving (see page 10)

Help ensure our future! There are many planned gift arrangements, including; a charitable bequest, gifting a life insurance policy, or simply naming Cancer Support Community of Greater St. Louis as a beneficiary of your IRA, retirement, or pension plan.

3. Stock gifts

By directly gifting appreciated securities, you can make a more generous contribution than you might with cash. In addition, you may get an income tax deduction for the value of the donated stock.

4. Matching gifts

Double the impact of your gift! Check with your company to see if they offer a matching gift program. Most offer a dollar for dollar match.

5. Amazon Smiles

Give back while you shop! Select Cancer Support Community of Greater St. Louis on your Amazon account and when you shop at AmazonSmile, they will donate 0.5% of your purchase to CSC.

6. Schnucks eScript

Shop to fundraise! Pick up your My Schnucks Card at your local store and register your card online with our Group ID 500821315. Use your eScript card every time you shop for groceries and Schnucks will donate up to 3% of your purchase to CSC.

7. Support Our Events

Events, such as our annual Steps for Hope walk, provide a significant source of funding for our programs. Visit our event pages to learn about sponsorship opportunities, how you can register, donate, and more.

8. Celebrate Your Birthday

Celebrate your birthday with us! Let your friends and family know that instead of a traditional gift you would like them to help you take on cancer together by making a donation to Cancer Support Community.

9. Wedding Favors

On your special day, ask guests to make a contribution in honor of your marriage to Cancer Support Community. You can also pay tribute to your guests long after the "I do's" by making a donation in their honor.

10. DIY Fundraiser

(see page 14)

Many individuals host Do It Yourself Fundraising Events (i.e. trivia nights, dine out nights, shop for a cause, garage sales, bake sales, etc.) throughout the year to help raise funds for our programs. Check out page 14 for more creative fundraising ideas.

11. In Kind Gifts

In Kind Gifts are items used on a daily basis or are a special need at Cancer Support Community for our programs and program participants. Items needed include: Coffee, Tea, Creamer, Sweeteners, Paper Towel, Kleenex, gift cards, and more.

12. Invite Us Out

Help us spread the word about our programs! We welcome the opportunity to speak at health fairs, community events, organizations, your group's next meeting, etc. so we can let people know who we are and how we can help.

13. Volunteer

Give your time! Volunteers are an invaluable part of the Cancer Support Community. There are many opportunities to get involved and to meet people like yourself who want to help local families living with cancer.



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.



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!

**TAKE
ON CANCER
TOGETHER**
JOIN. GIVE. ACT.



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.