



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.*Flower Arrangements completed by CSC Members*

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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NEW THIS QUARTER!

Introducing our new **Metastatic Cancer Monthly Group** and **Transition to Survivorship Workshop**

This quarter we are introducing **two new opportunities** for people living with the long-term effects of cancer treatments to define survivorship.

Regardless of your cancer type, living with Stage IV cancer presents very specific concerns that you have told us you want to talk about. Our new **Metastatic Cancer Monthly Group** will give participants with Stage IV cancer on maintenance treatments the opportunity to talk about living with uncertainty and managing the long-term side effects of treatment. **See Page 3 for more information.**

The new educational Workshop **Transition to Survivorship** is an opportunity to connect and learn from others who are finished with treatment and exploring what survivorship means to them. This will include dinner and information sharing.

See page 4 for more information.

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 Networking Group

First Tuesdays • 6:00 – 8:00 PM • (No July Meeting) Aug 1, and Sept 5

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

Horsin' Around - RSVP

Tuesday, September 26 • 6:00 – 8:00 PM

Equine Assisted Therapy, 3369 Hwy 109 Wildwood, Mo 63038

Join us at the barn for equine assisted games and activities, as well as some love from these large lovelies. Dinner provided.



STRESS MANAGEMENT

Family Yoga - RSVP

Second Tuesdays • 6:30 – 7:30 PM • (No July Meeting) Aug 8, and Sept 12.

Lisa Roberts, RYT, RCYT and author of *Breathe, Chill – A Handy Book of Games and Techniques Introducing Breathing, Relaxation and Meditation to Kids and Teens* will offer ongoing sessions for children and families to practice wellness in fun and interesting ways.

healthy lifestyle

Family, Food, and Fun! - RSVP

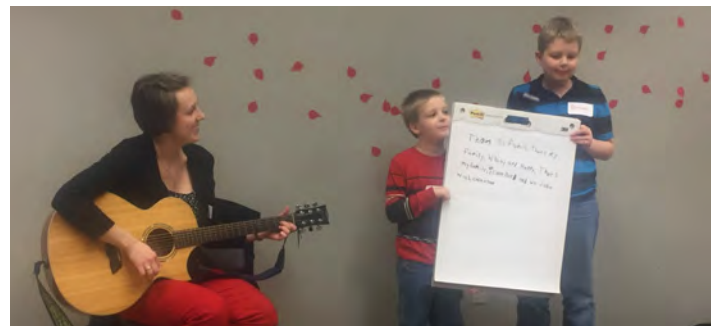
Tuesday, July 11 • 6:30 – 7:30 PM

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



A Board Certified Music Therapist helps participants (children and teens diagnosed with cancer, as well as those who have a family member with cancer) to express their feelings that they then convert into songs. Attendees receive the recording on CD! No prior musical experience needed!

Call 314-238-2000 to schedule your appointment! *This program is in collaboration with Maryville University's fully accredited music therapy program in the School of Health Professions.*



SUPPORT GROUPS

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

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

All Support and Networking Groups are free, led by licensed facilitators, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, 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 • 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.*

July 6: Pot Luck-bring a side dish or dessert; we will have sandwiches

BRAIN TUMOR MONTHLY GROUP

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

A caring environment to learn about and discuss issues associated with brain cancer: memory, cognitive losses and challenges, communication, and the impact on family. Family and friends welcome.

BREAST CANCER MONTHLY GROUP

RSVP PREFERRED (Salad provided)

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

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

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



GYNECOLOGICAL CANCERS MONTHLY GROUP

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

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

LUNG CANCER MONTHLY GROUP

First Thursday each month • 6:00 – 7:30 PM at CSC

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

August 3: Dr. Jill Oberle, St. Luke's Hospital Side Effect Management



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.

September 6: Pfizer Metastatic Breast Cancer Update

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS

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

TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS

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

MULTIPLE MYELOMA MONTHLY GROUP - Lunch Provided

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

St. Louis University Hospital,
West Pavilion 3635 Vista Avenue Room 302



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

July 11: Multiple Myeloma Journey Partners

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Thursday each month • 1:00 – 2:30 PM

Location: Siteman Cancer Center, West County
2nd Floor Conference Room



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

PROSTATE CANCER MONTHLY GROUP

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

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



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

July 6: Open to Options with Kelly O'Neal, LMSW



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

July 5, August 9, September 13 • 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

Fourth Thursdays • July 27, August 24, September 28 • 6:30 – 8:00 PM

This monthly dinner and education session is an opportunity to connect and learn from others who are finished with treatment and figuring out what survivorship means.

Multiple Myeloma Journey Partners - RSVP

Tuesday, July 11 • 11:30 AM – 1:00 PM

St. Louis University Hospital, West Pavilion,
3635 Vista Avenue Room 302

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

Lunch and Learn: Advanced Care Planning - RSVP

Thursday, August 17 • 11:30 AM – 1:00 PM

Advance care planning is the ongoing process of planning for your future care and includes learning about the types of decisions that may need to be made, considering those decisions ahead of time, and communicating with others about your preferences. Although completing legal documents, such as a Health Care DPOA and Health Care Directive, is an important aspect of advance care planning, these documents have limited value without ongoing conversation. This workshop will help you prepare to have these conversations.

Lunch and Learn: Cancer in the Workplace- Navigating Employment Issues - RSVP

Wednesday, August 23 • 11:30 AM – 1:00 PM

Bring a lunch and join Ann Plunkett (attorney and President of Workplace Partners) in discussing issues related to employment and your rights under ADA and FMLA.

Living with Uncertainty - RSVP

Tuesdays, August 29, September 5, and 12 • 6:00 – 8:00 PM

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

This three-week group is an opportunity to explore the experience of living with uncertainty after treatment finishes. Discussion will include managing anxiety, preparing for follow-up appointments, and strategies for planning for the future. We will have guest speakers, gentle exercise and dinner. *The August 29 Session will be at Cancer Support Community.*



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

Reaching Resilience - RSVP

Wednesday, September 6 • 1:00 – 2:30 PM

In this interactive seminar, you'll learn essential information and practice skill-building activities for adapting well to life changes, transitions or challenging circumstances. Presented by Connie Fisher, LCSW, Director of Mental Health Promotion for Mental Health America of Eastern Missouri.

Pfizer Metastatic Breast Cancer Update - RSVP

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

You are invited to an informational program during Cancer Support Community's Metastatic Cancer Monthly Group for women with hormone receptor positive Her2-metastatic breast cancer. A physician will provide the latest information about this diagnosis and a woman living with this diagnosis will share her story. Dinner provided. RSVP to 1-844-390-8704.

Cooking for Chemo Education Series:

Food and Flavor - RSVP

Friday, September 15 • 12:30 – 2:00 PM

In this class, award-winning Chef Ryan Callahan will teach you the fundamentals of flavor, their origin, and function, as well as how to combat the most common eating related side-effects. There is even a hands-on tasting demonstration where you will taste and learn the 5 basic flavors of salty, savory, spicy, sour, and sweet.

Surviving and Thriving: A Pancreatic Cancer Patient and Caregiver Workshop - RSVP to 314-747-7222

Friday, September 22 • NOON – 4:30 PM

(Registration opens at 11:15 AM)

Location: Eric P. Newman Center, 2nd Floor,
320 S. Euclid Avenue, 63110

Siteman Cancer Center, Washington University School of Medicine and CSC invite you to learn ways to positively impact the survivorship experience after a diagnosis of pancreatic cancer. Experts will address various issues relevant to pancreatic cancer survivorship and caregiving! A physician panel and victory reception will also be held.



Frankly Speaking About Cancer: Treatment and Side-Effects - RSVP

Monday, September 18 • 6:00 – 8:00 PM (Meal provided)

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

Come learn about the management of the side-effects of treatment as David C. Pratt Cancer Center health care professionals discuss strategies to manage issues such as fatigue, hair loss, anemia, infection, and pain. A CSC Facilitator will address ways to cope with emotional distress and optimize quality of life during and after treatment. *Frankly Speaking About Cancer: Treatments & Side Effects is made possible through an unrestricted educational grant from Amgen.*





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, LMSW (314-238-2000, Ext. 230) for an appointment.

Strengthened by Action

HEALTHY LIFESTYLE & STRESS MANAGEMENT

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

Mindful Eating with Kelly O'Donnell - RSVP

Friday, August 4 • NOON – 2:00 PM

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

Late Summer Harvest with STL Veg Girl,

Caryn Dugan - RSVP

Wednesday, September 13 • 6:00 – 8:00 PM

Prepare a menu of Autumn is Near Vegetable Soup, Spiralized Summer Harvest Salad, Late Harvest Penne with Miso Dressing.

Jerry Pass Cooking For Wellness

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

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

Thursday, August 24 • NOON – 2:00 PM

You asked for it, you've got it! Learn the basics of food energy and how to use it for your best life and healthiest self. This class will help you understand your own energy needs and how to meet them through the food you make and eat. Menu: Miso Soup with Broccoli and Sesame Seeds, Fruit Kanten (a kind of jello made with agar agar) and Buddha Bowls (think rice, beans, veggies and creamy sauce).

Seasonal Cuisine - RSVP

Tuesday, September 12 • 6:00 – 8:00 PM

Join us as Vicki Bensinger shows us how to prepare seasonal dishes for end of summer.

Total Wellness - RSVP

Fridays, August 11-September 8 • 10:00 – 11:30 AM

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

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

Painting from Within - RSVP

Second Mondays: July 10, August 14, September 11 • 6:30 – 8:00 PM

Start with some quiet meditation, no pre-planned ideas, and using only one brush stroke at a time you will create paintings that come from places deep inside, using your intuition as your guide. As always, absolutely no art experience necessary.

Energy 101: Introduction to Healing Touch - RSVP

Third Mondays: July 17, August 21, September 18 • 6:30 – 8:00 PM

Learn Healing Touch techniques to support your health and well-being. Healing Touch is used to promote relaxation, relieve pain, decrease anxiety, tension and stress and to promote healing. Useful for self-care or the care of a loved one.

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays: July 13, August 10, September 14 • 6:30 – 8:00 PM

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

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

Second Thursdays: July 13, August 10, September 14 • 6:00 – 7:00 PM

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

Come to Your Senses - RSVP

Wednesday, July 5 • 1:30 – 3:00 PM

Feeling overwhelmed and distracted by the seemingly endless stream of thoughts, concerns, and questions in your head? Join Kathy Bearman, LCSW, CSC Facilitator, to experiment with accessing your senses in an attempt to rescue yourself from your own chattering mind! Experience exercises exploring sight, sound, taste, smell and touch as points of mental focus, with the intention of bringing your awareness more fully into the present moment for a richer, more relaxed experience of the "here and now."

Garden Thyme

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

Creative Container Floral Arrangements: New Ways to Bring Flowers Into Your Life - RSVP

Friday, July 28 • 12:30 – 2:00 PM

We will explore the sensory characteristics of a variety of plant material, including flowers and greenery harvested from the CSC Inspiration garden and the Missouri Botanical Garden Sensory Garden. Ideas will be shared for using unusual containers to create arrangements; consider tea cups, coffee cans, ice cream dishes. Participants are encouraged to bring items from home to practice flower arranging.

Plant Presses: Making Art in the Garden - RSVP

Wednesday, September 13 • 12:30 – 2:00 PM

Join us as we create a flower press from repurposed materials. Plant material from the CSC Inspiration garden will be collected and pressing techniques explained. In addition, already pressed materials will be used to demonstrate a variety of craft ideas.

Essential Oils and Mood - RSVP**Wednesday, July 12 • 11:00 AM – 12:30 PM**

Feeling overwhelmed or anxious? Want to have more peace and calm in your life? Join us and learn how to incorporate essential oils in your life to support mood management!

Sound Meditation - RSVP**Tuesday, July 25 • 6:00 – 7:00 PM**

Start your week off with a break. Matthew Pace will facilitate a meditation using Tibetan and crystal singing bowls to relax the mind body and spirit.

Songwriting for Self-Discovery - RSVP**Tuesday, August 15 • 1:00 – 2:30 PM**

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

The Way of Reiki - RSVP**Tuesday, September 12 • 3:30 – 5:00 PM**

The approaches of energy medicine, Reiki, will be explored in this workshop by Susan Pace.

Creative Journaling - RSVP**Thursday, September 28 • 10:00 – 11:30 AM**

Join us for journaling, collaging and relaxation inspired by the process of SoulCollage®! Each session will encourage participants to explore their inner peace and happiness while completing journaling projects. No experience or artistic talent necessary! Please bring your own notebook/journal, and all other materials will be provided. If you would like to learn more about SoulCollage, please visit www.soulcollage.com.



Sustained by Community SOCIAL PROGRAMS

Great Decisions Discussion Group - RSVP**Fourth Wednesdays • 6:30-8:00 PM**

Great Decisions, a program of the Foreign Policy Association, is America's largest discussion program on world affairs. Join David Shippee, a cancer survivor and member of CSC, in discussing topics ranging from shifting alliances in the Middle East to Climate Geopolitics.

Pastel Palette and Introduction to Drawing - RSVP**Thursday, July 6 • 10:00 AM – NOON**

Artist Jessica Eschen-Goodman will teach an introduction to drawing with pastels. No experience or "artistic ability" required. Come learn, enjoy and share in this art practice. Each session is unique. Supplies will be provided.

Arts as Healing Presents: Bookmaking - RSVP**Thursdays, July 13, 20 and 27 • 9:30 AM – NOON****(must commit to all 3 sessions)**

Join Vicki Friedman in creating your own personal book with a variety of papers and a unique cover. No experience or "artistic ability" required. It is an amazing experience from beginning to end.

**Hula Hoop to Happiness - RSVP****Wednesday, July 26 • 6:30 – 8:00 PM**

Hoopng is a very accessible activity for most people- using many different parts of the body. Hooping increases flexibility, tones your body, improves circulation, reduces stress, and brings joy! Cathy Bateman, Hoopnotica Certified Hoopdance Instructor and founder of Butterfly Hoops of West County, has been hooping for 17 years. Have fun and learn new ways to move your body. No hooping experience necessary.

Powered By Hope Meet-Up - RSVP**Monday, August 7 • 6:30 – 7:30 PM**

When you hear the words 'You have cancer,' you have entered the greatest race of your life. This group is for those wanting to meet with others that have a connection to cancer. This social meeting was started by Teri Grieger with the purpose to empower, be positive and have HOPE- How Ordinary People Endure. We will have dinner and a guest speaker each month.

Paper Crafts - RSVP**Thursday, August 24 • 10:00 AM – NOON**

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

Craft Connection - RSVP**Thursday, September 21 • 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.

Stitch Together - RSVP**Tuesday, September 5 • 6:30 – 8:00 PM**

Join members in stitching breast prosthetics from Knitted Knockers Project. Patterns include breast forms to knit or crochet. Completed breast prosthetic can be taken home or left for someone else. For more information see www.knittedknockers.org.

Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>JULY 2017</div> <div> <div>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = 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> <div>  </div> </div>						
		CSC Closed	Yoga Basics 9:30 AM Come to Your Senses 1:30 PM RSVP Yoga Basics 5:15 PM Metastatic Cancers MG 6:30 PM CSC New Members Meeting 6:30 PM RSVP	Pastel Palette 10:00 AM RSVP Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Bereavement MG 6:30 PM RSVP Prostate Cancer MG @ David C. Pratt CC 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
	Painting from Within 6:30 PM RSVP Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Multiple Myeloma MG @ SLU 11:30 AM Journey Partners RSVP Family, Food and Fun 6:30 PM RSVP Yoga and Balance 6:00 PM RSVP	Yoga Basics 9:30 AM Essential Oils and Mood 11:00 AM RSVP Yoga Basics 5:15 PM	Art as Healing Presents Bookmaking 9:30 AM RSVP Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Mindfulness 6:30 RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31		Yoga 10:00 AM Sound Meditation 6:00 PM RSVP	Pancreatic Cancer MG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Creative Containers 12:30 PM RSVP	29

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AUGUST ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY		1	2	3	4	5
	Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @SLU CC 11:30 AM Family Yoga 6:30 PM RSVP	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Metastatic Cancers MG 6:30 PM	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Miss Mary's Cooking Demo Noon RSVP	
6	Powered by Hope 6:30 PM RSVP	8	9	10	11	12
	Painting from Within 6:30 PM RSVP	Yoga 10:00 AM Songwriting for Self-Discovery 1:00 PM RSVP	Yoga Basics 9:30 AM Yoga Basics 5:15 PM New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Mindfulness 6:30 PM RSVP	Zumba 9:30 AM Total Wellness 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	
13	14	15	16	17	18	19
	Energy 101 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM	Yoga Basics 9:30 AM Lunch and Learn: Cancer in the Workplace 11:30 AM RSVP Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Great Decisions 6:30 PM RSVP	Paper Crafts 10:00 AM RSVP Jerry Pass Cooking Demo Noon RSVP Pancreatic Cancer MG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	
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		Yoga 10:00 AM Living with Uncertainty 6:00 PM RSVP	Yoga Basics 9:30 AM Yoga Basics 5:15 PM	Country Line Dancing 2:30 PM		
27	28	29	30	31	<div>  <h1>2017</h1> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p> </div>	

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>  </div> <div> <h1>SEPTEMBER 2017</h1> <p>  = WORKSHOPS LOCATED OFF-SITE  = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled. </p> </div> </div>						
	CSC CLOSED	Yoga 10:00 AM Families Connect MG 6:00 PM RSVP Living with Uncertainty 6:00 PM @ David C. Pratt CC RSVP Stitch Together 6:30 PM RSVP	Yoga Basics 9:30 AM Reaching Resilience 1:00 PM RSVP Yoga Basics 5:15 PM Metastatic Cancers MG 6:30 PM Pfizer Metastatic Breast Cancer Update RSVP	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	1
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10	Tai Chi 1:00 PM Painting from Within 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM The Way of Reiki 3:30 PM RSVP Living with Uncertainty 6:00 PM @ David C. Pratt CC RSVP Jerry Pass Cooking Demo 6:00 PM RSVP Family Yoga 6:30 PM RSVP	Yoga Basics 9:30 AM Plant Presses 12:30 PM RSVP Yoga Basics 5:15 PM Miss Mary's Cooking Demo 6:00 PM RSVP New Member Meeting 6:30 RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Mindfulness 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Cooking for Chemo 12:30 PM RSVP	15
	11	12	13	14	16	
17	Tai Chi 1:00 PM Frankly Speaking About Treatment and Side Effects @ David C Pratt CC 6:00 PM RSVP Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM	Yoga Basics 9:30 AM Yoga Basics 5:15 PM	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM Craft Connection 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Surviving and Thriving @ Eric P Newman Center NOON RSVP	22
	18	19	20	21	23	
24	Tai Chi 1:00 PM	Yoga 10:00 AM Horsin' Around @ Equine Assisted Therapy 6:00 PM RSVP	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Great Decisions 6:30 PM RSVP	Creative Journaling 10:00 AM RSVP Pancreatic Cancer MG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	29
	25	26	27	28	30	



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

We are excited to announce a new Affiliated Partnership that brings Cancer Support Community of Greater St. Louis to the patients at St. Anthony's Cancer Care Center. Every quarter, patients at St. Anthony's Cancer Care Center will have the opportunity to experience group sessions, education, stress management and social connection workshops while at St. Anthony's.

Beginning July 11, Kelly O'Neal, MSW, LMSW, will be available at St. Anthony's Cancer Care Center every Tuesday from 9:00 AM-4:00 PM. Kelly will meet with patients and caregivers on a walk-in basis or by appointment. Continue to check our website for information about scheduled programs

Monthly Cancer Group

We are looking forward to introducing the Monthly Cancer Group at St. Anthony's that will begin meeting in August. Each session will give 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.

Open to Options®

Open to Options is a brief one-hour session with a specialist to help you develop a personal list of questions and concerns that will help:

- Communicate clearly with your medical team
- Ask critical questions about your treatment options
- Ensure that your treatment decision will fit with your personal hopes and goals.

St. Anthony's Cancer Care Center patients will be able to meet with Kelly before and after clinic appointments to help develop this question list on the day of appointments.

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.



Participating is easy. There are only two steps:

1. Visit www.CancerExperienceRegistry.org to sign up for the Cancer Experience Registry
2. Answer a set of survey questions and provide updates on a yearly basis

Help change the cancer experience for the millions of people who live with cancer every day. Encourage people you know who have been diagnosed with cancer to register now at www.CancerExperienceRegistry.org.

Together, we can make a difference!

MIND/BODY/SPIRIT CLASSES

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

The Practice of Qigong Fridays • 11:00 AM – NOON Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well-being. Drop in – no experience necessary. Comfortable clothing and physician approval recommended. *Thank you to Sue Ashwell, Harrison Beard, and Riki Howard for the gift of this class.*

Restorative Movement Second Thursdays • 6:00 – 7:00 PM - RSVP

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

Introduction to Tai Chi Mondays beginning in September • 1:00-2:00 PM

Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination.

Zumba! Fridays • 9:30 – 10:30 AM This aerobic dance offering is guaranteed to bust through any blues! Lively, contemporary music gets the energy rocking as you learn a variety of dance moves from various cultures. Take it slow or shake your booty, but join us for this program of fun and fitness!

Yoga (see yoga listing below for times and locations) Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension. These classes are for any of our members at any level of performance and physical condition. Drop in-no reservation necessary.

Country Line Dancing Thursdays • 2:30 – 3:30 PM Line dancing can give you a great mind-body workout. This dance requires you to remember dance steps and sequences, boosting brain power by improving memory skills. Thank you Sheila Glazer and Bonnie Murray-Reigle for the gift of this class.

YOGA LOCATIONS:

Cancer Support Community

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

Tuesdays • 10:00 – 11:00 AM

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

SLU Cancer Center *Free parking for yoga attendees.*

Sponsored by St. Louis University Cancer Center
3655 Vista • St. Louis MO 63110 • 314-268-7015

Fridays • NOON – 1:00 PM



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, 2017 through March 31, 2017. We apologize for any omissions or errors.

IN HONOR OF:

BOB AND DONNA COHEN
Mr. and Mrs. Leon Kaplan

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Mary Ellen and Don Hawf

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IN MEMORY OF:

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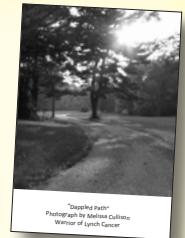
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Tribute Card



Give Gifts with Meaning

Struggling to find the perfect gift for someone who has everything? Tribute donations to Cancer Support Community are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a photo greeting card to notify that special someone of your kind donation. Your tax-deductible contribution helps fund our programs and services, which we offer at no charge to those facing a cancer diagnosis in our community. It's a meaningful gesture AND a great way to help a cancer patient live and flourish.

HERE'S HOW:

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

Drawing Account: For a frequent tribute donor, a drawing account is a convenient option. An account can be set up from which available funds can be drawn for tributes with just a phone call, email or fax. To open an account and to maintain a balance, a check can be sent or credit card information can be provided over the phone. To establish a Drawing Account, contact Tricia Hendricks at 314-238-2000, ext. 226.

Tribute gifts are processed a minimum of once a week and are tax deductible. Gifts of \$25 or more are published in Cancer Support Community's quarterly newsletter.

Due to administrative costs, a minimum donation of \$10 per tribute is requested.



Saturday, May 13, 2017 at Creve Coeur Park

WALK. RUN. INSPIRE.

THANK YOU!

To our sponsors, walkers, runners, volunteers, and supporters. With your help, WE FINISHED STRONG. We couldn't have done it without you. Thank you to everyone who joined us to WALK. RUN. INSPIRE!



THANK YOU TO OUR SPONSORS

STAGE:

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Grafxworx | Peggy and Michael Nelson | In Memory of Bev Rischall | Siteman Cancer Center | Stl Motorcars

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WHOSE LINE IS IT Saint Louis!

LAUGHING MATTERS
FRIDAY 10.27.17

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

MAJORETTE * Cocktails & Dinner Show

PRESENTATION OF

**The Marsha Wolff and Tina Borchert
Inspiration Award**



ANNOUNCING THE 2017 RECIPIENT

Robin McClanathan

A former member of our Board of Directors, Robin has been instrumental in developing and guiding our nutrition programs. Her support has made possible our demonstration kitchen, named "Miss Mary's Kitchen" after Robin's mother, and our inspiration garden. Each year these programs serve hundreds of members of our community, inspiring health and well-being.

Join us for a night of laughter!

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

LOOK WHAT OTHERS DID FOR CSC

Volunteer Spotlight

Sheri Kanterman Takes On Cancer at CSC



Sheri Kanterman has volunteered at Cancer Support Community for over two years. She greets people as they come in for classes and consultations, answers the phone and directs calls to staff members, signs members up for classes, answers questions, and much more! Sheri became interested in volunteering at CSC after attending a health fair with one of her friends who is a member and volunteer here.

Throughout her life, Sheri has volunteered with organizations that help people with cancer, and was happy to finally have the time to do it on a consistent basis with an organization whose mission she believes in and supports.

Sheri was drawn to CSC's warm and inviting atmosphere, as well as the number and depth of programs that are provided at no charge. She enjoys engaging with the members and staff members as well. Sheri said, "This Community means a lot to those that are impacted by cancer and making sure that it is able to continue to provide these outstanding programs and support groups is reason enough for me to want to volunteer here!"

Cancer Support Community is so happy and grateful to have Sheri as part of our wonderful group of Volunteers.

Creativity Adds Up

Karen Seigel, teacher at Andrews Academy and STEPS FOR HOPE team captain, created a fun after-school activity to raise support for her team, Mrs. Witt's Warriors.

"I held a fundraiser after school and raised more than \$300. Here are some pictures of the kids playing 'spin to win.' I sold the 20 raffle tickets I had and have orders for 15 more! Everyone had a great time."



THANK YOU to all of our volunteers!

We couldn't do it without our numerous volunteers who help us on a day to day basis. From answering the phones at the front desk to assisting in a program, we estimate that our volunteers serve about 47 hours each week!

If you are interested in volunteering at CSC please contact Gabby Fish at gfish@cancersupportstl.org or (314)238-2000.



Thank you to all of our volunteers!

HOW YOU CAN SUPPORT CSC

INTRODUCING!

The Alumni and Friends of Cancer Support Community!

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 Alumni and Friends of CSC will host quarterly social gatherings as well as an annual fundraiser. This group is a way to share your time and talents in support of our mission while staying connected with our community.

Please contact Amanda Carlson at acarlson@cancersupportstl.org if interested in getting involved!



A Legacy of Giving

Including a charitable bequest in your will is a simple way to make a lasting gift to Cancer Support Community of Greater St. Louis. You can leave a bequest to CSC by adding to an existing will, drafting a new one or simply naming Cancer Support Community as a beneficiary of a life insurance policy for a set amount or a percentage. In doing so you leave a legacy to Cancer Support Community to help ensure our future, yet preserve and enjoy assets you might need during your lifetime. Plus, the assets distributed to CSC are exempt from estate tax. For more information about how your charitable bequest can benefit Cancer Support Community, please contact us at 314-238-2000 or contact Tricia Hendricks at thendricks@cancersupportstl.org. We also recommend that you consult with your tax advisor or planning professional.



STAFF - Contact us 314.238.2000

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F. Scott Gee, ext. 223

PROGRAM DIRECTOR

Renata Sledge, MSW, LCSW, ext. 224

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Tricia Hendricks, ext. 226

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Dannielle Hodges, MSW, LMSW, ext. 228

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Michelle Mills, ext. 235

DEVELOPMENT AND COMMUNICATIONS COORDINATOR

Amanda Carlson, ext. 231

PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

PROGRAM COORDINATOR

Kelly O'Neal, MSW, LMSW, ext 230



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.

CLINICAL STAFF

Karen Banks, MEd, PLPC

Kathy Bearman, MA, LCSW

Jennifer Dunn, MSW, LCSW

John B. Eschen, MEd, LPC

Dannielle Hodges, MSW, LMSW

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www.cancersupportstl.org



**SAVE
THE DATE!**

Whose Line Is It, Saint Louis?

Friday, October 27, 2017 at Majorette



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

OUR DONORS' DOLLARS AT WORK

Meeting the Needs of Cancer Caregivers

Cancer Support Community of Greater St. Louis now offers Individualized Wellness Plans for both people with cancer and their caregivers. CancerSupportSource®, a web-based tool that screens for social and emotional distress, has been expanded to include individuals caring for someone with cancer.

We are the only organization in the area offering distress screening for cancer caregivers.



HOW IT WORKS

When a caregiver reaches out to CSC for support, the individual takes a brief online survey to assess his or her specific needs. The caregiver then meets with a licensed social worker on our staff, who matches needs with programs that can help. 30 days later the staff member follows up.

CSC is committed to offering individualized support that makes a difference—in the lives of those with cancer and those caring for them. Our donors make it possible.

**Together, we are
taking on cancer.**