



# 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](http://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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## WHOSE LINE IS IT Saint Louis!

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

PRESENTATION OF

The Marsha Wolff and Tina Borchert  
Inspiration Award

Cocktails & Dinner Show

FRIDAY 10.27.17 \* MAJORETTE

7150 Manchester Road, Saint Louis, MO 63143



# 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, October 3, November 7  
(No December meeting) • 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!**

## RESOURCE & INFORMATION

The St. Luke's Family Library at Cancer Support Community is the only lending library in St. Louis that provides books and resources for children who have a caregiver with cancer. Browse from a selection of 80 titles for parents, children and teens. Free workbooks and stress management supplies also available.



## STRESS MANAGEMENT

### Family Yoga - RSVP

Second Tuesdays • 6:30-7:30 PM • Oct 10, Nov 14

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.

## SOCIAL CONNECTIONS



### Family Night! Build Your Own Gingerbread House - RSVP

Tuesday, December 5 • 6:00-8:00 PM

Edible architecture! Children and parents create their fantasy house using gingerbread, icing, and assorted candy embellishments. Chef Vicki Bensinger leads this culinary adventure, which provides families the

opportunity to get messy and build memories. Thank you to Vicki for this gift to the Cancer Support Community!

## education

### Frankly Speaking About Cancer: What Do I Tell the Kids? - RSVP



Tuesday, October 10 • 6:00-8:00 PM (Meal provided)

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

Come learn about the ways children understand information about cancer at different developmental stages. Dannielle Hodges, LMSW, Families Connect Program Manager, discusses strategies to have cancer-related conversations and will address ways for families to cope with emotional distress and optimize support systems. *Frankly Speaking About Cancer: What do I Tell the Kids?* is made possible through an unrestricted educational grant from Amgen.



### Kid Support™ - RSVP

Saturday, October 21 • 9:30 AM-NOON

Kid Support is an evidence-based program created for families affected by cancer that is designed to provide age-appropriate information about cancer, help express difficult feelings, and increase coping skills and support systems. Facilitators use developmentally-

appropriate content and activities such as art, games, poetry, body movement, and music. Parents/caretakers learn ways to talk to children about cancer, answer hard questions, and how to engage outside support systems.

Common Questions Children Have About Cancer

- What is it?
- Can I catch it?
- Did I cause it?
- What is going to happen?
- Who will take care of me?
- Is it still ok for me to feel happy sometimes?
- Who can I talk to about cancer?



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 bereavement) 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 - RSVF

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.*

**October 5: Potluck-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)**

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 and survivors, female family and friends.

**November 8: Open to Options with Kelly O'Neal, LMSW**

### 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

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

### METASTATIC CANCER MONTHLY GROUP

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

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

### 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. Evening groups are available.

### MULTIPLE MYELOMA MONTHLY GROUP

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

St. Louis University Hospital,  
West Pavilion 3635 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 Thursday each month • 1:00–2:30 PM

November 9 and December 14 Due to Holiday

Location: Siteman Cancer Center, West County, 10 Barnes West Dr.  
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.*

**November 2: A Focus on Partners, Renata Sledge, MSW, LCSW**



SAINT LOUIS UNIVERSITY  
CANCER CENTER

SITEMAN  
CANCER CENTER  
BARNES-JEWISH  
Hospital  
Washington  
University  
St. Louis  
Pancreatic

Mercy

Mercy

Lung Cancer Connection  
SUPPORT EDUCATION RESEARCH HOPE

# WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

*Empowered by Knowledge*

## EDUCATION

### New Member Meetings - RSVP

October 18, November 15, December 20 • 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.

### Frankly Speaking About Cancer: What Do I Tell the Kids? - RSVP



Tuesday, October 10 • 6:00 – 8:00 PM (Meal provided)

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

Come learn about the ways children understand information about cancer at different developmental stages. Dannielle Hodges, LMSW, Families Connect Program Manager, discusses strategies to have cancer-related conversations and will address ways for families to cope with emotional distress and optimize support systems. *Frankly Speaking About Cancer: What do I Tell the Kids?* is made possible through an unrestricted educational grant from Amgen.

### Transition to Survivorship - RSVP

Third Thursdays, October 19, November 16, December 21 • 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.

### A Guy's Guide to Healthy Living - RSVP

Wednesday, November 1 • 6:30 – 8:00 PM

When filmmaker Greg Kiger was diagnosed with cancer, he set off on a cross-country quest to learn all about the very best foods for good health. What he found surprised him - a vast array of delicious comfort foods, all backed by not only our wise culinary traditions, but fully supported by the very latest nutrition science. Take charge of stuff you can control - starting with what you eat! A 50-page Quick Start guide is included in this seminar.

### Lunch and Learn: Oh My Aching Back! - RSVP

Wednesday, November 15 • 11:00 AM – 12:30 PM

Do you have chronic back pain? Bring a sack lunch and join Dorie Sher, BS, ACSM-CPT with Gateway Mobility and Fitness Associates to learn about back aches and pains, and what you can do about it! Dorie will discuss safe and effective exercise prescriptions, flexibility strategies and nutrition guidelines for alleviating pain, strengthening your back and core muscles, and reducing inflammation.

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

### Relax and Rejuvenate:

#### A Retreat for Women - RSVP



(Please RSVP by Nov 8 at [www.mercy.net/cancerclassesstl](http://www.mercy.net/cancerclassesstl))

Saturday, November 18 • 8:00 AM – 5:00 PM

Location: Mercy Hospital Von Gontard Conference Center  
McAuley Room 615 S New Ballas Rd. Saint Louis, MO 63141

Join us for a full day retreat to relax, refresh and renew your body and spirit with other women who are cancer survivors. We will have a variety of speakers and interactive sessions on exercise, self-expression, and self-care. This program is a collaborative program offered by Mercy Oncology Services and Cancer Support Community.

### Survivorship and Healthy Lifestyle - RSVP



Tuesdays, November 28, December 5, December 12 • 6:00 – 8:00 PM

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

This three-week group is an opportunity to explore the benefits of a healthy lifestyle after treatment finishes. Discussion will include nutrition, starting an exercise plan, and stress management. *For the best experience, please commit to all 3 sessions.*

### Lunch and Learn: The Latest Information to Manage Lymphedema - RSVP

Wednesday, December 6 • 11:30 AM – 1:00 PM

Bring lunch and learn the latest ways to manage lymphedema from M'Aggie Maranzana, MOT, OTR/L, CLT, MBA, Lead Occupational Therapist at Missouri Baptist Medical Center. Topics of discussion will include emerging technologies in the early detection and treatment of lymphedema, including L-Dex, physiotouch, and compression alternatives, as well as general guidelines for exercise and lymphedema management.

### Cancer and Body Image - RSVP

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

Join Kelly O'Neal, LMSW, CSC Program Coordinator, for a safe space to discuss the changes cancer brings to body image. From anger, sadness, and grief to coping and acceptance, we will explore this transition in the cancer process. *For women only.*



**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.*

#### Seasonal Cuisine - RSVP

Tuesday, October 10 • 6:00 – 8:00 PM

Join us as Vicki Bensinger shows us how to prepare seasonal dishes for Fall.

#### Mindful Eating with Kelly O'Donnell - RSVP

Friday, October 20 • 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, and help you eat less and enjoy food more!

### Jerry Pass Cooking For Wellness

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

#### Giving Thanks the Veggie Way with Bridgette Kossor, Plant-Based Food/Life Energy Chef & Instructor, Macrobiotic Guide! - RSVP

Wednesday, November 8 • NOON – 2:00 PM

Join Bridgette for a class of Thanksgiving favorites, "plantified". Our menu will include the popular Golden Gravy, Bread and Veg Stuffing, Chocolate Pecan Pie and a bonus, Homemade Cranberry Sauce. Learn how to keep your energy grounded and joyful as you make food that supports your gratitude during the holiday season!

#### Fall Feast with STL Veg Girl, Caryn Dugan - RSVP

Tuesday, November 14 • 6:00 – 8:00 PM

Prepare a menu of No-Meat Loaf with Mushroom Gravy, Caramelized Brussels Sprouts with Walnuts, and Pecan Pie Truffles.

### Total Wellness - RSVP

Fridays, October 27 – December 1 • 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*

### Memoir/Personal Essay Writing Workshop - RSVP

Wednesdays, October 4 – November 15 • 1:00 – 3:00 PM

This new workshop includes education about the memoir genre and short writing exercises. Participants will explore specific techniques for beginning your personal essay or a longer memoir piece. We will explore the larger questions, purposes, and shape of your project. For the best experience, please commit to 5/7 sessions. *This program is made possible by an anonymous donor.*

### Painting from Within - RSVP

Second Mondays, October 9, November 13, December 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: Balance Your Body's Energies - RSVP

Third Mondays, October 16, November 20, December 18 • 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.

### Essential Oils and Immunity - RSVP

Wednesday, October 11 • 11:00 AM – 1:00 PM

Learn how to incorporate essential oils into your winter wellness plan and boost your immune system.

### Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays, October 12, November 9, December 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, October 12, November 9, December 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.

### Equine-Assisted Learning - RSVP

Tuesday, October 24 • NOON – 2:00 PM

**Location: EAL BARN 3369 MO-109, Wildwood, MO 63038**

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

### Writing and Mindfulness Workshop - RSVP

Wednesdays, November 29 – December 20 • 1:00 – 3:00 PM

Back by popular demand! This workshop will involve the integration of writing and mindfulness through various techniques including meditation, breathing exercises, articles, writing exercises, and discussions. For the best experience, please commit to all four sessions. *This program is made possible by an anonymous donor.*

### Creative Journaling - RSVP

Thursday, December 7 • 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](http://www.soulcollage.com).

### Laughter Yoga with Marlene - RSVP

Friday, December 15 • 12:30 – 2:00 PM

Marlene Chertok, RN, BSN, has been laughing for ten 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!

### Garden Thyme

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

### Exploring the Colors of Nature - RSVP

Tuesday, October 31 • 12:30 – 2:00 PM

In the tradition of the Zen practice of Shoshin, we will use a "beginner's mind" to explore color in nature. Color is not always what it seems at first glance; paying attention to the details in nature introduces us to an extensive palette. Using plants as our inspiration, we will recreate color in a variety of mediums. No artistic talent required.

### Garden Clean-Up - RSVP

Friday, November 10 • NOON – 1:00 PM

Join us as we clean out the beds and prep soil for another year of gardening! Enjoy some refreshments and take home seeds,



## Sustained by Community SOCIAL PROGRAMS

### Powered By Hope - RSVP

Mondays, October 2, November 6, December 4 • 6:30 – 7:30 PM

Each month we will have an opportunity to Inspire Hope, Give Hope and see Hope in the Community. In October we will have a Powered by Hope speaker. In November we will Share Hope by honoring those who inspire us. In December we will see Hope in Community with a Potluck!

### Stitch Together - RSVP

Tuesdays, October 3, November 7, December 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](http://www.knittedknockers.org).

### Paint Your Own Pottery - RSVP

Tuesday, October 10 • NOON – 2:00 PM

Location: Glazed and Confused 4587 Chestnut Plaza, Oakville, MO 63129

Enjoy a morning of pottery painting at Glazed and Confused. The first 7 to register will be given a free piece of pottery and all painting fees are waived. For those who wish to purchase pottery, there are many affordable options.

### Craft Connection - RSVP

Wednesday, October 11 • 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.

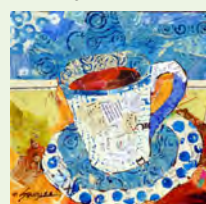
### Pastel Palette and Introduction to Drawing - RSVP

Tuesdays, October 17, November 21, December 19 • 6:30 – 8:00 PM

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

### CSC Hosts Arts as Healing - RSVP to 314-640-5363

Monday, October 18, 23 and 30 • 9:30 AM–NOON



Join us for a three session collaborative paper collage project. Arts as Healing Foundation is a St. Louis-based non-profit organization that offers patients and their caregivers an opportunity for creative expression and fulfillment by providing free art lessons and a variety of other artistic and educational activities.

### Great Decisions Discussion Group - RSVP

Wednesdays, October 25, November 29, (No December meeting) • 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.

### Gratitude Potluck - RSVP

Thursday, November 2 • 11:30 AM – 1:30 PM

We look forward to joining you in a meal of gratitude where we honor our Community and the inspiration and hope we get from each other. We will have a main course, and look forward to sharing the potluck items you bring!

### Paper Crafts - RSVP






Thursday, November 16 • 10:00 AM – NOON

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

### Book Club-Big Magic: Creative Living Beyond Fear by Elizabeth Gilbert - RSVP

Wednesday, December 6 • 10:30 AM – NOON

Do you love to read and socialize? If so, join us for Book Club! We will discuss our thoughts and reflections on Elizabeth Gilbert's *Big Magic*, including aspirations for the future and what inspires our daily lives.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	Tai Chi 1:00 PM Powered By Hope 6:30 PM RSVP 2	Yoga 10:00 AM Families Connect MG 6:00 PM RSVP Stitch Together 6:30 PM RSVP 3	Yoga Basics 9:30 AM Memoir/Personal Essay Writing Workshop 1:00 PM RSVP Yoga Basics 5:15 PM Metastatic Cancers MG 6:30 PM 4	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 5	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON 6	7
8	Tai Chi 1:00 PM Painting from Within 6:30 PM RSVP 9	Yoga 10:00 AM Multiple Myeloma MG @ SLU 11:30 AM Paint Your Own Pottery @ Glazed and Confused NOON RSVP Miss Mary's Cooking Demo 6:00 PM RSVP What Do I Tell The Kids? @ David C. Pratt CC Conference Room 6:00 PM RSVP Family Yoga 6:30 PM RSVP 10	Yoga Basics 9:30 AM Essential Oils and Immunity 11:00 AM RSVP Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Craft Connection 6:30 PM RSVP 11	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Mindfulness 6:30 PM RSVP 12	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON 13	14
15	CSC Hosts Arts as Healing 9:30 AM RSVP @ 314-640-5363 Tai Chi 1:00 PM Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM 16	Yoga 10:00 AM Pastel Palette 6:30 PM RSVP 17	Yoga Basics 9:30 AM Yoga Basics 5:15 PM CSC New Member Meeting 6:30 PM RSVP 18	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM Transition to Survivorship 6:30 PM RSVP 19	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Miss Mary's Cooking Demo NOON RSVP 20	Kid Support™ 9:30 AM RSVP  21
22	Tai Chi 1:00 PM 23	Yoga 10:00 AM Equine Assisted Learning @ EAL Barn NOON RSVP 24	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP 25	Pancreatic Cancer MG @ Steman West County 1:00 PM Country Line Dancing 2:30 PM 26	Zumba 9:30 AM Total Wellness 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON 27	28
29	Tai Chi 1:00 PM 30	Yoga 10:00 AM Exploring the Colors of Nature 12:30 PM RSVP 31	<h1>OCTOBER 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>			

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
<div> <div>  </div> <div> <h1>DECEMBER 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>						
3	Tai Chi 1:00 PM <b>Powered By Hope 6:30 PM RSVP</b>	Yoga 10:00 AM <b>Gingerbread 6:00 PM RSVP</b> <b>Stitch Together 6:30 PM RSVP</b>	Yoga Basics 9:30 AM <b>Book Club 10:30 AM RSVP</b> <b>Lunch and Learn: Lymphedema 11:30 AM RSVP</b> Yoga Basics 5:15 PM <b>Metastatic Cancers MG 6:30 PM</b> <b>Cancer and Body Image 6:30 PM RSVP</b>	<b>Creative Journaling 10:00 AM RSVP</b> Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM <b>Bereavement MG 6:30 PM RSVP</b>	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	2
9		4	5	6	8	
10	Tai Chi 1:00 PM <b>Painting from Within 6:30 PM RSVP</b>	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP	Pancreatic Cancer MG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM <b>Restorative Movement 6:00 RSVP</b> <b>Mindfulness 6:30 PM RSVP</b>	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON <b>Laughter Yoga 12:30 RSVP</b>	16
17	Tai Chi 1:00 PM <b>Energy 101: Balance Your Body's Energies 6:30 PM RSVP</b> <b>Gynecological Cancers MG 6:30 PM</b>	Yoga 10:00 AM <b>Pastel Palette 6:30 PM RSVP</b>	Yoga Basics 9:30 AM Yoga Basics 5:15 PM <b>New Member Meeting 6:30 PM RSVP</b>	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM <b>Transition to Survivorship 6:30 PM RSVP</b>	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	23
24	CSC Closed Programs Cancelled	CSC Closed Programs Cancelled	CSC Closed Programs Cancelled	CSC Closed Programs Cancelled	CSC Closed Programs Cancelled	
31	25	26	27	28	29	30

# St. Anthony's Cancer Care Center and Cancer Support Community Take On Cancer Together



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.

Kelly O'Neal, MSW, LMSW, will be available to 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 a Monthly Cancer Group at St. Anthony's that 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](http://www.cancersupportstl.org), for more information about these sessions.



Participating is easy. There are only two steps:

1. Visit [www.CancerExperienceRegistry.org](http://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.cancerexperiencregistry.org/join/CSCStLouis](http://www.cancerexperiencregistry.org/join/CSCStLouis).

*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 • 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 April 1, 2017 through June 30, 2017. We apologize for any omissions or errors.

## IN HONOR OF:

ELLIOT ABBEY  
Juanita Fuller

RONNA CROFT  
Marci Allen  
Wendy and Chuck Errant  
Ann Fingerhood  
Randi Kaplan  
Dianne and Randy Kirkland  
Danute Lasky  
Joan and Marc Lewen  
Barb Liberman  
Jane Ollendorff  
Megan Reeg  
Brian Simpson  
Lori Solomon  
Doris Stoeher  
Bettina Weinberg

LEILA DAVIS  
Sharon Fenoglio

BOB FELL  
Colleen Fell

EMILY FOLLMAN  
Ilene and Burt Follman

GAYE GAMBELL-PETERSON  
Mary Ruth Donnelly

BRYAN MILLER  
Mary Edwards

PEGGY NELSON  
Debbie and Larry Glynn  
Christina Hegedus  
Mary Strom

KRISTEN PERKINS  
Shirley Kramer

ANN PLUNKETT  
Jane and Mark Klamer

JACKIE PUZNIAK  
Joseph and Marie Schober

GARY RATKIN  
Lary and Lois Kupor  
Marty and Merle Oberman

MARIANNE ROSENTHAL  
Susan Cooper  
Christine Filcoff

SANDY SCHONWALD  
Richard Levey

## IN MEMORY OF:

JANE ABRAMS  
Linda and Jerry Kraus

STEPHANIE SIMON ALLEN  
Sharon and Barry Friedman

ROBERT BENNER  
Alice Benner

ROSE BOKERMANN  
Calvin Bargsley  
Chris Lore  
Angela and Gregory Metzler  
Joan Oefelein  
George and Eleanor Saunders  
Michael Scheve  
Southwire Company  
Charles and Rhonda Vaughn  
Bonnie and John Zerwig

GRACE BROD  
Stuart and Bren Millner

PATRICIA BUSH  
Lindsay Bush

LEE G. CHAZEN  
Lenny and Sandy Komen

MICHAEL FRANCES FULLER  
Juanita Fuller

TAMMY HAXTON  
Bill and Ola Jordan

AJA JOHNSON  
Ellis and Jackie Kantor

MARTIN KALMANSON  
Cindy and Shep Hyken

LAURIE KULLMANN  
Carole Kullmann  
Chris Roever

CAROLYN LITVAG  
Richard Levey

CAROL MALONE  
Susan and James Ashwell  
Andrea and John Atkinson  
Peter and Lauren Bakker-Arkema  
Bruce and Cheryl Bender  
Steven and Lisa Burke  
Elizabeth and Douglas Cauble  
Calvin and Sharon Cormack  
Susan Dooley  
John and Jane Farroll  
Margaret Gillerman  
Joan Jasper  
Julia Kezele  
Mark and Shelley Kleene  
Bill and Sue Lhotka  
Fred and Elaine Lindecke  
Jack and Mary Martin  
Avis and Anna Meyer  
Virginia and David Moore  
Daniel and Linda Pawliczak  
Susan Perry  
Elizabeth Redmond  
Kristin Schinzing  
Tracy and Jason Smith  
William and Elizabeth Sprick  
Studio D Marketing Communications  
Greg and Jackie Waters  
Judy and Jerome Wendt  
John and Patricia Wilson  
Larry and Dana Zimmerman

JOAN MEIER  
Kristine Meier

DORIS MEGL  
Maxwell Megl

MARVIN NISSENBAUM  
Ronna and David Croft  
Ron and Sheri Kanterman

JERRY PASS  
Cindy and Shep Hyken

LOIS PFEIFFER  
Jerry and Judy Kent

LORRIANE ROTHMAN  
Ron and Sheri Kanterman

MARGARET SCHAFFER  
Angela Schaffer

ANITA SCHUKAR  
Lenny and Sandy Komen

HINDA STONE  
Linda and Ed Dahl  
Keith and Cindi Guller  
Steve Lowy  
Lindsay Newman  
Margaret Pomranz  
Kevin Seltzer  
Beth Stone

MARGIE SUMMERS  
Richard Levey

BARB TILL  
Lisa Peters

ALLAN TOMEY  
Steve Domahidy  
James Gilsinan  
Ted and Gail Hoef  
Barry Katz  
Terry Ottoline  
Denyce Schoemehl  
Linda Walker

GREG TUCKER  
Cathy Bormida  
JoAnn Baum  
John Arenberg

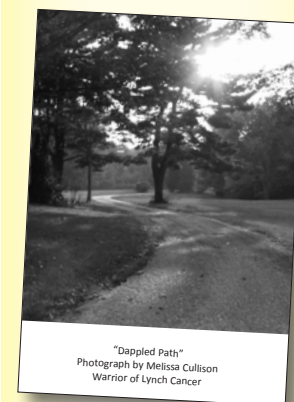
SANDRA UPCHURCH  
Hallye Bone

LAURIE WHELAN  
Susan Ardissono  
Cynthia Barnard  
Janet Blanner  
Karen Boyer  
Kathy and Frank Curotto  
Kathleen Feher  
Julia Flood  
Kathryn Kaufman  
Deborah Koewing  
Bill Larson  
Carl Lumley  
Rick and Sue Mitchell  
Margaret Planck  
James and Lisa Schallom  
Pamela Shakofsky  
Jay Sturgeon  
Nancy Tonkins  
Nadine C. Whelan

CATHY WICE  
Martin Wice

SANDRA WILSON  
Lynda and Mitch Baris  
Robert and Penny Close  
Robin S. Fox  
Denise and Stephen Gantner  
Steve Goehring  
Joe and Kathy Jaegers  
Dawn Kramer  
Marina Mery  
Larry Paradise  
Coleen Schluter  
Francis and Carol Stukey

## Tribute Card



## 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 programs and services, which we offer at no charge to those facing a cancer diagnosis in our community.

### HERE'S HOW:

#### Direct Payment:

Online at [www.cancersupportstl.org](http://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.

**Drawing Account:** For a frequent tribute donor, an account can be set up from which available funds can be drawn for tributes with just a phone call or email. 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.*

# WHOSE LINE IS IT Saint Louis!

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

FRIDAY  
**10.27.17**  
6:30 PM



MAJORETTE  
7150 MANCHESTER RD.  
SAINT LOUIS, MO 63143

## COCKTAILS & DINNER SHOW

*A chance to laugh while raising funds for the programs offered by CSC*

PRESENTATION OF THE  
MARSHA WOLFF & TINA BORCHERT INSPIRATION AWARD  
**ROBIN McCLANATHAN, 2017 RECIPIENT**



JOIN US AND FOLLOW  
THE FUN WHILE HELPING  
SUPPORT FAMILIES  
FACING CANCER  
IN THE COMMUNITY



[CANCERSUPPORTSTL.ORG](http://CANCERSUPPORTSTL.ORG)

FOR MORE  
INFORMATION,  
PLEASE CALL  
314-238-2000

## CONTESTANTS



**SAL CUSUMANO**  
Senior Sales Representative with Voya Employee Benefits and CSC donor



**JUSTIN FANTROY**  
CSC member who participated last year through a taped scene due to his second stem cell transplant now cancer-free! Blogger



**KATY JAMBORETZ**  
Vice President of Marketing and Communications at St. Louis Economic Development Partnership and former reporter with KMOV-TV and KPLR-TV



**MARTY OBERMAN**  
Vice President of Wealth Management with UBS Financial Services, Inc. and long-standing CSC board member



**TONI C. RATTEREE**  
Community volunteer and commercial talent working on non-fiction creative writing certification at Wash U



**Saturday, May 12, 2018** at Creve Coeur Park in Sailboat Cove.  
Registration opens at 9am. / Event begins at 10 am.

# SAVE THE DATE



**Walk to support Cancer Support Community!**

Take STEPS with others in our community to help extend support to people facing cancer.

**Help celebrate our 25th anniversary in St. Louis!**

**ONLINE registration opens January 2018**  
**Keep an eye out for early bird specials!**



# WHAT OTHERS ARE DOING FOR CSC

## Volunteer Spotlight

### Norma Line and Pat Dulle and the Members of Healing Touch St. Louis

**"In every culture and in every medical tradition before ours, healing was accomplished by moving energy."**

**Albert Szent-Gyorgi**  
(1937 Nobel Laureate in Medicine)

This quote explains why CSC volunteers **Norma Line** and **Pat Dulle** are dedicated to helping people optimize their health by working with the human energy system.

Norma and Pat are excited to be a part of Cancer Support Community, where they coordinate a monthly class called Energy 101 on behalf of Healing Touch St. Louis. They appreciate the responsiveness of the participants who are engaged and open to help themselves. They also love working with the caring and professional staff at CSC.

Norma is a retired Registered Nurse who worked in a variety of areas within the BJC system. Norma has two stepsons and two grandchildren. She is also involved in Women's Voices Raised for Social Justice.

Pat is currently an oncology nurse with Siteman Cancer Center. She has four children, and two grandchildren, with another grandbaby on the way. Pat is also involved in Pedal the Cause.

We are grateful to Pat, Norma and Healing Touch St. Louis for their dedicated spirit, their enthusiasm, and their willingness to share this work.



L to R: Pat Dulle and Norma Line



## Waterway Continues Breast Cancer Awareness Month Partnership

Since 2012, **Waterway Carwash** has partnered with CSC during October for Breast Cancer Awareness Month. Throughout the month, they accept donations for CSC at their seven area locations. Over the last five years, they've raised over \$14,000 through these efforts! This October, they are at it again. Visit any area Waterway during October to donate and join them in extending support to those facing cancer in the community. Thank you, Waterway!

## Going The Distance

On September 23rd **Joseph Kemp** and **Jeff Bloomrosen** will bike 205 miles from St. Louis to Lake of the Ozarks in honor of Joe's wife, Robin, and her 15-year milestone as a cancer survivor. Their families, friends and coworkers will sponsor their ride by donating to CSC. Thank you for your continued support!

## Graphic Designer Donates Services



**Ross Sherman** began designing our quarterly newsletter in 2008. "I felt drawn to help The Wellness Community [now CSC] develop a means of communication for their organization and for those who are going through difficult times." Since then he has helped us redesign the publication twice to ensure it is an effective and appealing communication piece. This year he has generously donated his design services.

**Thank you, Ross, for donating your time and talents!**



L to R: Rick Halpern and Scott Gee

## Jeans BeCause – Daniel and Henry Co. Cares

Throughout June, **Daniel & Henry Co.** raised funds for CSC through the Jeans BeCause – Daniel and Henry Co. Cares program. Thanks to the continued generosity of their staff who contributed \$1,500 to help fund our programs.

## High School Senior Includes CSC in Graduation Celebration

"I think your work is amazing and know people personally who have gone through your programs. It is wonderful that you are focusing on the person behind the cancer rather than the disease itself, and I would like to be able to help you continue this focus, even if it is a small amount."

A big thank you to **Maddy Yungbluth** for hosting a fundraiser for CSC at her high school graduation party!

# HOW YOU CAN SUPPORT CSC

## A Way To Give Back And Stay Involved!

The Alumni and Friends of Cancer Support Community is a group of individuals, including members who have used our services and community friends, dedicated to supporting the awareness and fundraising efforts of Cancer Support Community. The 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](mailto: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. We also recommend that you consult with your tax advisor or planning professional.



### STAFF – Contact us 314.238.2000

#### EXECUTIVE DIRECTOR

F. Scott Gee, ext. 223

#### PROGRAM DIRECTOR

Renata Sledge, MSW, LCSW, ext. 224

#### DEVELOPMENT DIRECTOR

Tricia Hendricks, ext. 226

#### PROGRAM MANAGER

Dannielle Hodges, MSW, LMSW, ext. 228

#### SPECIAL EVENTS MANAGER

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  
Susie McGaughey, LPC, ATR  
Julie Matkin, MSW, LCSW  
Kelly O'Neal, MSW, LMSW  
Jeff Piper, MSW, LCSW  
Renata Sledge, MSW, LCSW

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\* Past Chair of the Board



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



Facebook.com/CancerSupportSTL



@CSC\_St\_Louis

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U.S. POSTAGE  
**PAID**  
ST. LOUIS, MO  
PERMIT NO. 930

1058 Old Des Peres Road  
St. Louis, MO 63131

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

[www.cancersupportstl.org](http://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**

## Why should I ask about support groups?

**In our most recent Member Satisfaction Survey:**



Weekly and monthly group participants feel more empowered to make informed health related decisions:

**85%**



Feel more connected with others:

**90%**

Feel better able to express their emotions:

**85%**



Feel better able to manage cancer related stress:

**87%**



Feel more hopeful:

**87%**



Give us a call at 314-238-2000 to schedule a meeting with a social worker to learn more about our support groups!