



A Place for People Impacted by Cancer

For more information, call 314-238-2000 or visit www.cancersupportstl.org.



MISSION: *To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.*

What's Inside:

| | |
|-----------|-------------------------------|
| Page 2 | Families Connect |
| Page 3 | Support and Monthly Groups |
| Pages 4-6 | Workshops |
| Pages 7-9 | Oct/Nov/Dec Calendars |
| Page 10 | Movement Classes |
| Page 11 | Tributes |
| Page 12 | 25 Years |
| Page 13 | Steps For Hope Save The Date |
| Page 14 | How You Can Support CSC |
| Page 15 | What Others Are Doing For CSC |



Engage you support community during cancer treatment with MyLifeLine at mylifeline.org.

MyLifeLine, part of the Cancer Support Community, connects cancer patients and caregivers with their family and friends for social and emotional support. It provides a web-based communication platform with free cancer-specific resources such as:

- Connecting Updates for friends/family
- Resources about living with cancer
- Helping Calendar to coordinate volunteers
- Photos to share your cancer journey with loved ones
- Care Coordinators to assign people to manage the site
- Privacy Controls to ensure the right people have access to your 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 Group - RSVP

First Tuesdays, October 2, November 6, December 4 • 6:00 – 8:00 PM

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

Special Families Connect Guest: Wings on Wheels - RSVP

Tuesday, October 2 • 6:00 – 8:00 PM

Jennifer Lang from Wings on Wheels will lead families in expressive art play.



Family, Food, and Fun! - RSVP

Wednesday, October 17 • 6:30 – 7:30 PM

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

SOCIAL CONNECTIONS

Family Night! Build Your Own Gingerbread House - RSVP

Tuesday, December 11
6:30 – 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!*



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.

STRESS MANAGEMENT

Family Yoga - RSVP

Second Wednesdays, Oct 10, Nov 14, Dec 12 • 6:30 – 7:30 PM

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

SUPPORT GROUPS

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

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

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS

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

TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS

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

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

NETWORKING GROUPS

These are drop-in groups (except where otherwise indicated) designed for attendees with similar diagnoses or life situations (such as bereavement) to meaningfully connect with others and share information helpful on the cancer journey. Family and friends are welcome to attend where indicated.

ALL CANCER MONTHLY GROUP

Third Tuesday each month • 10:00 – 11:30 AM

Mercy South Cancer Care Center, 10010 Kennerly Rd, 63128

The Monthly Cancer Group at Mercy South gives people with cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.



BEREAVEMENT MONTHLY GROUP - RSVP

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

This group is a place for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer. This group includes dinner. *This group is made possible by Missouri Baptist Healthcare foundation.*

October 4: Potluck

BRAIN TUMOR MONTHLY GROUP

Fourth Thursday each month (November 29 and December 20 due to Holiday) • 6:30 – 8:30 PM

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

BREAST CANCER MONTHLY GROUP - RSVP

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

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

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



GYNECOLOGICAL CANCERS MONTHLY GROUP

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

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

LUNG CANCER MONTHLY GROUP

Second Thursday each month • 6:00 – 7:30 PM

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



METASTATIC CANCER MONTHLY GROUP

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

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

November 7: Open to Options, Kelly O'Neal, LCSW

MULTIPLE MYELOMA MONTHLY GROUP

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

St. Louis University Hospital, West Pavilion

3655 Vista Avenue, Room 3302

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



ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Monday each month (December 17 due to Holiday) NOON – 1:30 PM

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

PROSTATE CANCER MONTHLY GROUP

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

David C Pratt Cancer Center, Suite 1440, Conference Room, Mercy Hospital, 607 S. New Ballas Rd, 63141

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



SURVIVORSHIP MONTHLY GROUP

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

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

Many cancer survivors say that they felt they had lots of support during their treatment, but once treatment ended, it was hard to make a transition to a new way of life. This monthly group helps work through new feelings, new problems and a different way of looking at the world.



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, Oct. 5, Nov. 2, Dec. 7 • 10:00 – 11:00 AM

Third Wednesdays, Oct. 17, Nov. 14, Dec. 19 • 6:30 – 7:30 PM

This introduction to CSC allows people with cancer, their family and friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others looking to be empowered by knowledge, strengthened by action, and sustained by community.

Transition to Survivorship - RSVP

Third Thursdays, Oct. 18, Nov. 15, Dec. 20 • 6:30 – 8:00 PM

This monthly education session is an opportunity to connect with others and learn to move toward wellness in mind, body and spirit. Sessions will include topics such as medical management, exercise, stress-management, and healthy eating. *Eligibility: These sessions target people who have completed active treatment.*

Relax and Rejuvenate:

A Retreat for Women - RSVP

(Please RSVP by Oct 26 at www.mercy.net/cancerclassesstl)

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

Saturday, November 3 • 8:00 AM – 5:00 PM

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.



A Conversation About Hospice - RSVP

Monday, October 22 • 6:30 – 8:00 PM

Do you have questions about hospice? Who can make a hospice referral? When might Hospice be the right decision for me? How do I talk to my doctor about Hospice? What if I'm ready for Hospice, but family isn't? Join social workers Jennifer Dunn, LCSW, and Liz Turner, LCSW for a conversation about this very important topic.



Communication Workshop

Fourth Tuesdays, Oct 23, Nov 27, No Dec meeting • 10:00 – 11:30 AM

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

Drop in to get help preparing and organizing your questions, concerns, and priorities related to cancer and discussing ways to maximize communication with your treatment team.

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

Frankly Speaking About Acute Myeloid Leukemia - RSVP

Wednesday, November 7 • 6:00 – 8:00 PM

Frankly Speaking About Cancer: Acute Myeloid Leukemia: The Cancer Support Community invites people with Acute Myeloid Leukemia and their caregivers/loved ones to a free workshop featuring ways to help manage the physical and psychological effects of the disease and its treatment. The presenters are Dr. Shaun Donegan, Medical Director and Chief of Oncology at Mercy South and CSC Program Manager, Kelly O'Neal, LCSW. This presentation will be offered on Facebook Live. For those who in person, dinner will be served from 6:00-6:30.



What You Should Know About Pulmonary Rehabilitation - RSVP

Wednesday, December 5 • 6:00 – 8:00 PM

This workshop with Ravi P. Nayak, M.D., FCCP, Director, Division of Pulmonary, Critical Care and Sleep Medicine and Professor at Saint Louis University School of Medicine, provides fundamental information about pulmonary rehabilitation. Topics may include breathing techniques, medications, nutrition, relaxation, oxygen, how to do everyday tasks with less shortness of breath, and how to stay healthy and cope with changes in functioning. Dinner is provided and will start in the kitchen from 6:00-6:30.



Open to Options™ supports you as you identify important questions about your survivorship and concerns based upon your personal needs. This program will help you: identify and organize your questions for your doctor, communicate in an organized manner with your medical team, and make decisions that best fit your personal desires and goals.

Call Kelly O'Neal, MSW, LCSW (314-238-2000, Ext. 230) for 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, October 19 • 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!

Seasonal Cuisine - RSVP

Tuesday, October 23 • NOON - 2:00 PM

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



Jerry Pass Cooking For Wellness

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

One Pot Autumn Meals with

STL Veg Girl, Caryn Dugan - RSVP

Wednesday, November 14 • 6:00 - 8:00 PM

Caryn will prepare fall foods with this menu: Root Vegetable Tagine, Butternut Squash Soup, and Raw Chocolate-y Bliss Cookies.

The Gift of Self-Care: Compassionate Cooking Bridgette Kossor, Vegan, Macrobiotic and Life Energy Teacher - RSVP

Wednesday, November 28 • 6:00 - 8:00 PM

Give yourself the gift of presence, intentional cooking and eating this season as we prepare for the holidays and new year. Feed yourself delicious love that you can share with your family and friends. Our menu includes: Creamy Vegetable Soup, Oven Roasted Vegetables with Rosemary and Garlic, Apple Walnut Crisp.

Mindful Eating Through the Holidays - RSVP

Fridays, November 2, 9, 19, 30 and December 7, 14 • 10:00 - 11:30 AM

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

Staying mindful through the holidays is difficult. Take this class to keep your focus on self-care and mindfulness through the holiday season. Learn techniques to avoid mindless eating, get some healthier recipes for holiday get-togethers, and enjoy a supportive group to help with the challenges of the season.

This opportunity brought to you by Jerry and Peggy Ritter

Stress Management Workshop

Second Tuesdays, October 9, November 13, December 11

9:30 - 10:30 AM and 1:00 - 2:00 PM

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

Feeling stressed out? Join me for a morning or afternoon session of coping with anxiety and quieting your mind through breathing exercises, progressive muscle relaxation, guided imagery, creative journaling...wherever the moment takes us!

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays, Oct. 11, Nov. 8, Dec. 13 • 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.

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, Oct. 15, Nov. 19, Dec. 17 • 6:30 - 8:00 PM

Learn to balance your body's energies for optimal health. This class originated with Healing Touch concepts and has expanded to include other modalities like Eden Energy Medicine, Meridian Tapping, Breath work and Meditation as examples. All are focused to promote relaxation, relieve pain, decrease anxiety tension and stress, and to promote healing. Useful for self-care or the care of a loved one.

Painting from Within - RSVP

Second Mondays, Oct 8, Nov 12, Dec 10 • 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.

Young Adult Night at

Missouri Botanical Garden - RSVP

Monday, October 15 • 5:30 - 7:30 PM

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

Between the ages of 18 and 40ish? Join CSC and Mercy's Young Adult Cancer Survivor (YACS) Program and enjoy a relaxing evening at the Missouri Botanical Garden! We will enjoy the colors of the season in the Japanese garden, explore the benefits of time in nature, and end the evening creating with nature. *We will meet at the Botanical Garden in the front lobby.*

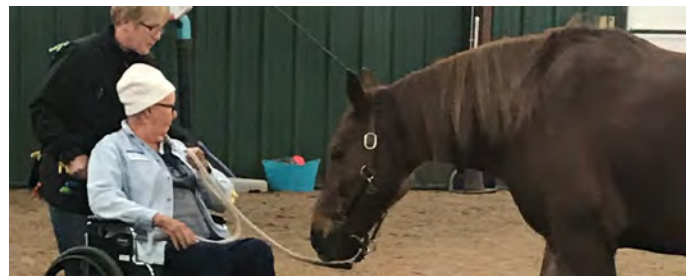


Equine-Assisted Learning - RSVP

Wednesday, October 17 • 10:00 AM - NOON

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 Series: This is My World and Welcome to It! - RSVP

Wednesdays October 17, 24, 31 and November 7 • 1:00 – 2:30 PM

Join us as we explore what our world is now, how we want to continue living as we live in the present and look to our future. Telling stories is a way for each of us to understand our life as well as what we've learned from others. Our stories give us a structure within which to grow and learn and inspire others! This class will have a blog writing element to it. If participants choose, their writing pieces will be posted on the CSC Facebook Page and/or website.

Creative Journaling - RSVP

Monday, November 5 • 1:00 – 2:30 PM

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

Writing Session: End of the Year and New Beginnings - RSVP

Wednesday December 12 • 1:00 – 2:30 PM

Endings and beginnings offer us challenges in different ways. As we prepare to welcome 2019 join us as we write about our endings and beginnings, our hopes and thoughts about what this New Year will bring us. This class will have a blog writing element to it. If participants choose their writing pieces will be posted on the CSC Facebook Page and/or website.

Soul to Soul- An Evening of Music with Greg Pacini - RSVP

Monday, December 10 • 6:30 – 8:00 PM

Greg Pacini, longtime friend and former Program Director of Cancer Support Community, will share an evening of original music. Greg describes writing and singing the songs as a kind of soul therapy for him. His intention is to offer the same to others.

Garden Thyme

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

Garden Clean-Up - RSVP

Monday, October 22 • 12:30 – 2:00 PM

Join us as we clean out the beds and put the Garden to rest for the winter. We will collect seeds and clippings for future use. Enjoy some refreshments and share how you enjoyed the Garden this year.

Harvest Centerpieces - RSVP

Monday, November 19 • 12:30 – 2:00 PM

With a combination of dried plants collected from the Garden space and fresh flowers and greenery, create an arrangement for the Thanksgiving holiday.

Sustained by Community SOCIAL PROGRAMS



Men's Breakfast - RSVP

First Tuesdays, Oct 2, Nov 6, Dec 4 • 9:00 – 10:00 AM

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

Join us for a social hour to discuss weekend games, current events, and connect with other men affected by cancer! Food and coffee will be provided.

Happy Little Trees-Art for Non-Artists - RSVP

Wednesdays, October 24th • 6:30 – 8:00 PM

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

Jewelry Design - RSVP

Thursday, November 1 • 10:00 AM – NOON

You'll want to check out this popular program where members gather to share, laugh and create jewelry that speaks to their creativity. Judy Geodeker will lead this session. Materials will be supplied for each member to create one item.

Gratitude Potluck - RSVP

Thursday, November 15 • 11:00 AM – 1:00 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.

Craft Connection - RSVP

Thursday, November 15 • 6:30 – 8:00 PM


Learn new card making techniques with volunteers, Rhonda Travers and Linda Schreier. Participants will create several unique cards each time! Both beginners and experienced crafters welcome.

Paper Crafts - RSVP

Thursday, December 6 • 10:00 AM – NOON

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



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|--|--|---|--|----------|
|  | | | | | | |
| | 1 | 2 | 3 | 4 | 5 | 6 |
| | Painting from Within 6:30 PM RSVP | Men's Breakfast @ Mercy South Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Tai Chi 1:00 PM Families Connect MG 6:00 PM RSVP | Yoga 9:30 AM Yoga 5:15 PM Metastatic Cancers MG 6:30 PM | Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP | Zumba 9:30 AM New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON | |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| | Young Adult Night @ Missouri Botanical Garden 5:30 PM RSVP Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancer MG 6:30 PM Survivorship MG @ David C. Pratt CC 6:30 PM | Stress Management Workshop @ Mercy South Cancer Care Center 9:30 AM & 1:00 PM Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Tai Chi 1:00 PM | Yoga 9:30 AM Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC 5:30 PM RSVP Family Yoga 6:30 PM RSVP | Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Mindfulness 6:30 PM RSVP | Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON | |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| | Pancreatic Cancer MG NOON Garden Clean Up 12:30 PM RSVP A Conversation About Hospice 6:30 RSVP | Yoga 10:00 AM Communication Workshop @ Mercy South Cancer Care Center 10:00 AM Miss Mary's Healthy Kitchen NOON RSVP Tai Chi 1:00 PM | Yoga 9:30 AM Equine Assisted Learning 10:00 AM RSVP Writing Series: This is my World and Welcome to It! 1:00 PM RSVP Yoga 5:15 PM Family, Food, and Fun! 6:30 PM RSVP New Member Meeting 6:30 PM RSVP | Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP | Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Miss Mary's Healthy Kitchen NOON RSVP | |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| | | | | | | |
| 28 | 29 | 30 | 31 | OCTOBER 2018 | | |
| | | | | <div><div></div> = WORKSHOPS LOCATED OFF-SITE <div></div> = RSVP REQUIRED <div></div> = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</div> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p> | | |

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

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--------|---------|-----------|----------|--------|----------|
| <h1>NOVEMBER 2018</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> | | | | | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
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| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

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| SUNDAY | | MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | | SATURDAY | |
|---|---|--|---|---|---|-----------|--|----------|--|---|--|----------|--|
| <div>DECEMBER 2018</div> <div><div><div></div><div></div><div></div></div><div><div>= WORKSHOPS LOCATED OFF-SITE</div><div>= RSVP REQUIRED</div><div>= NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</div></div><div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div></div> | | | | | | | | | | | | | |
| | | | | | | | | | | <div><div></div><div>CANCER SUPPORT COMMUNITY</div></div> | | 1 | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | | | | | | | |
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| 23 | 24 | 25 | 26 | 27 | 28 | 29 | | | | | | | |
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| 30 | 31 | | | 27 | 28 | 29 | | | | | | | |
| | CSC CLOSED | | | | | | | | | | | | |

MOVEMENT CLASSES

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

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 Holiday Schedule: Thursdays, October 25, November 29, no December session • 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 Tuesdays • 1:00 – 2:00 PM
Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination."

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. *Yoga supported in part with a generous donation from Ameren.*

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

YOGA LOCATIONS:

Yoga supported in part with a generous donation from Ameren.

Cancer Support Community

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

Tuesdays • 10:00 – 11:00 AM

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

SLU Cancer Center Free parking for yoga attendees.

Fridays • NOON – 1:00 PM

Sponsored by St. Louis University Cancer Center

3655 Vista • St Louis MO 63110 • 314-268-7015



25 Years of Community

For 25 years Cancer Support Community has brought people together to empower by knowledge, strengthen by action and support with community. We celebrated this special anniversary occasion in June by honoring members, past and present. Members also participated in 25 Words, a tribute to how the community is impactful on an individual level.



CANCER EXPERIENCE REGISTRY

Participating is easy. There are only two steps:

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

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

Together, we can make a difference!

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, 2018 through June 30, 2018. We apologize for any omissions or errors.

IN HONOR OF:

STEVEN ARENBERG
Tom and Pam Arenberg

HARRY AUMAN
Cheryl and Lew Levey

ALAN AND SUZIE BRODDON
Doris Alport

ED AND MARLA COHEN
Richard Levey

SARA CROOK
Sherry and Jay Phillips

ANGELA GOLD
Sherry and Jay Phillips

COREY HEFNER
Sarah Hefner

SHANNON HOELSCHER
Jilanne Barnes

JANE AND BOB INGLE
Doris Wiemann

LENNY KOMEN
Jane Lander
Daniel Steinmeyer

JUDY LEVINSON DUNEMAN
Iris Elliot

JOHN MEYER
Rae Meyer

MARIANNE ROSENTHAL
Christine Filcoff

BARBARA RUBIN
Susie and Jay Dubinsky
Susie Fuchs
Galia Movitz
Shirley Weiss

RENATA SLEDGE
Janice Fishman

CHARLES HENRY
Sharon and Barry Friedman

CATHERINE KIM
Renfang Hwang

LAURIE KULLMANN
Mr. and Mrs. Stephen Menke

STEVE LEVITT
Marty and Merle Oberman
Gary and Marilyn Ratkin

CAROL MALONE
Christine Schillinger
Thomas Schillinger

LYNNE PALAN
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Sharon and Barry Friedman
Mr. and Mrs. Myron Hochman
Peggy and Michael Nelson

LOIS PFEIFFER
Thomas and Rosemary Wiltch

SHEL SHERMAN
Jane Peyton

HINDA STONE
Jack Dulaney
Susie Lowy
Zachary and Carole Mann

HORTENSE TARKOW
Richard Levey

TRIFUN VIDIC
Deborah Collier

LAURIE WHELAN
Kaye Sturgeon

MARSHA WOLFF
Gary Wolff

IN MEMORY OF:

JASON BRIGHTFIELD
Terry and Rick Bernstein
Anne Krumrey

MIKE BURKE
Colleen Anderson

CATHY DURAND
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Victoria Myers

DANIELLE EGELING
Linda Kridel
Linda Roberson

DONALD GAYLORD
Mary Ann Cantrell

TINA GAZAWAY
Toni Gazaway

RONA GITELSON
Renata Sledge

JOE GLIK
Richard Levey

ROSE HARRIS
DeDe Seltzer



Give Gifts with Meaning

Tribute donations to Cancer Support Community are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a photo greeting card to notify that special someone of your kind donation. Your tax-deductible contribution helps fund our free programs and services for those facing a cancer diagnosis in our community.

HERE'S HOW:

Direct Payment: Online at www.cancersupportstl.org.

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

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 Amanda Carlson at 314-238-2000, ext. 231.

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.

HAPPY ANNIVERSARY TO CANCER SUPPORT COMMUNITY OF GREATER ST. LOUIS!

1993

Founded by Marsha Wolff, Tina Borchert, and Peggy Michelson with the help of Dr. Peter Weiss, The Wellness Community of Greater St. Louis opens its doors to cancer patients and their loved ones.



1998

The Wellness Community celebrates 5 years!



2003

The Wellness Community celebrates 10 years!



2004

Grand Opening Celebration at the new location in Des Peres

l to r: Gary Wesolowski, Land Dynamics, Ann Plunkett, TWC Board Chair, Amy Ondr TWC President, Kim Thiboldeaux, TWC National President and Rick Lahr, Mayor of Des Peres



2008

The Wellness Community celebrates 15 years!



2010

The Wellness Community of Greater St. Louis changed its name to Cancer Support Community of Greater St. Louis



2013

Cancer Support Community celebrates 20 years!



2018

Cancer Support Community celebrates 25 years!



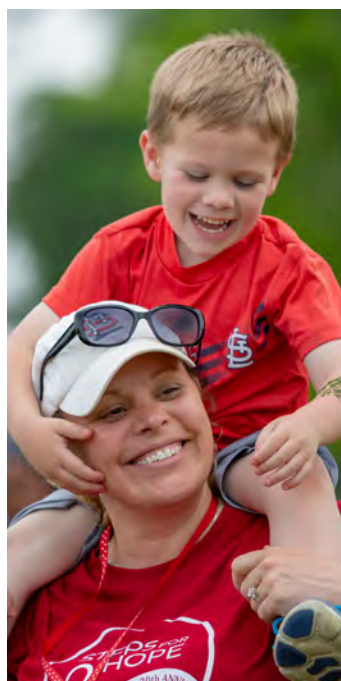


At Creve Coeur Park in Sailboat Cove.
Registration opens at 9am. / Event begins at 10 am.

SAVE THE DATE

Saturday, May 4, 2019

Join us for our **21st Steps For Hope Walk** to celebrate survivorship, honor loved ones, and support Cancer Support Community of Greater St. Louis. Invite your family, friends, and coworkers to take their own STEPS FOR HOPE and help make a difference in the lives of people in our community living with cancer.



HOW YOU CAN SUPPORT CSC



BINGO!

Join the Alumni and Friends of CSC for a Rock & Roll night of Bingo! Name that song meets traditional five in a row bingo. Players will identify music artists and/or song titles after a short audio clip in hopes of filling their game board. With rounds of oldies, Disney, television themes songs, and hits from today, there is something for everyone.

Friday, October 5, 2018

Join us at Crestwood Elk Lodge

10261 Bauer Rd, St. Louis, MO 63128

Doors open at 6 pm. Rock & Roll Bingo starts at 7 pm.

Pre-Register for \$20 or pay \$25 at the door.

Rock & Roll Bingo features a cash bar and 50/50 raffle. All proceeds benefit Cancer Support Community of Greater St. Louis. Email Amanda Carlson at acarlson@cancersupportstl.org with questions or to pre-register.

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.



Celebrate Your Birthday With CSC

Come celebrate your birthday with us! 19 million birthdays are celebrated around the world every day, will yours be the one to change lives? From fundraising to hosting a party, donating your birthday to CSC is a unique and thoughtful way to give back. To learn more, email Amanda at acarlson@cancersupportstl.org. We hope to celebrate with you!



Monthly Giving

A great way to support Cancer Support Community of Greater St. Louis is by providing pre-arranged gifts of a set amount through your credit card.

- **It's Affordable:** Spread your contribution throughout the year and plan in advance how much you want to contribute to help our program participants.
- **It's Convenient:** Once you've decided how much you want to give; no further action is required. Your donation will appear on your credit card statement each month.
- **Your Gift Goes Further:** You will provide reliable and predictable revenue to help us with offering programs and services to people impacted by cancer in our community.

To set up monthly giving today, contact us at 314-238-2000.

"I donate monthly to CSC because I know as a survivor and board member CSC is meeting the needs of someone on the cancer journey every single day. I hope my consistent giving will sustain the community so that no matter what that day happens to be, no-one will face cancer alone." - Peggy Nelson

WHAT OTHERS ARE DOING FOR CSC



Golfing For A Cause

A huge thank you to **Lawrence R. Lund, CFP** for hosting the 18th Annual Family Golf Outing! Twenty teams came out for a beautiful day of golf and raised **\$3,500** for the programs at Cancer Support Community! We look forward to this continued partnership next year!

JOIN US IN THE FIGHT AGAINST BREAST CANCER



6 Years Continued Support

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 locations. Over the last six years, they've raised over **\$17,000** through these efforts! Visit any local Waterway during October to donate and join them in extending support to those facing cancer in the community. Thank you, Waterway!



Cancer Bites

Every year **The Watering Bowl** holds a t-shirt fundraiser for causes close to their heart. After having an employee diagnosed with cancer, this year they chose CSC to benefit from their generous fundraiser! We cannot thank their wonderful staff enough for creating awareness and raising over **\$1,200** for the members and programs at Cancer Support Community.



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.

STAFF - Contact us 314.238.2000

EXECUTIVE DIRECTOR

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PROGRAM DIRECTOR

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PROGRAM MANAGER

Kelly O'Neal, MSW, LCSW, ext. 230

DEVELOPMENT AND COMMUNICATIONS MANAGER

Amanda Carlson, ext. 231

PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

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Julie Matkin, MSW, LCSW

Kelly O'Neal, MSW, LCSW

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* Past Chair of the Board

Mercy South Cancer Care Center and Cancer Support Community Take On Cancer Together



Every quarter, patients and caregivers at Mercy South will have the opportunity to experience group sessions, education, stress management and social connection workshops while at Mercy South.

CSC Program Coordinator Kelly O'Neal, MSW, LCSW will be available to meet with patients

and caregivers on a walk-in basis or by appointment every Tuesday. She can be reached at koneal@cancersupportstl.org, (314) 525-1641 on Tuesdays, and (314) 238-2000 ext. 230 on Monday and Wednesday-Friday.

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

Men's Breakfast - RSVP

First Tuesdays, October 2, November 6, December 4 • 9:00 - 10:00 AM

Join us for a social hour to discuss weekend games, current events, and connect with other men affected by cancer! Food and coffee will be provided.

Stress Management Workshop

**Second Tuesdays, October 9, November 13, December 11
9:30 - 10:30 AM and 1:00 - 2:00 PM**

Feeling stressed out? Join me for a morning or afternoon session of coping with anxiety and quieting your mind through breathing exercises, progressive muscle relaxation, guided imagery, creative journaling...wherever the moment takes us!

All Cancer Monthly Group

Third Tuesdays, October 16, November 20, December 18 • 10:00 - 11:30 AM

The Monthly Cancer Group at Mercy South gives people with cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.

Communication Workshop

**Fourth Tuesdays, October 23, November 27, No December meeting
10:00-11:30 AM**

Drop in to get help preparing and organizing your questions, concerns, and priorities related to cancer and discussing ways to maximize communication with your treatment team.

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.



25 Years of Community

calendar

The Veterans Community
A support group for veterans and their families. Meetings are held on the second Tuesday of each month at 10:00 AM. Contact: (314) 525-1641.

Welding Groups
A group of welders who meet to share their experiences and knowledge. Meetings are held on the first Tuesday of each month at 7:00 PM. Contact: (314) 525-1641.

Paralegal Group
A group of paralegals who meet to share their experiences and knowledge. Meetings are held on the third Tuesday of each month at 10:00 AM. Contact: (314) 525-1641.

Library Book Club
A group of book lovers who meet to discuss their favorite books. Meetings are held on the fourth Tuesday of each month at 7:00 PM. Contact: (314) 525-1641.

Stress Reduction
A group of people who meet to learn stress management techniques. Meetings are held on the first Tuesday of each month at 10:00 AM. Contact: (314) 525-1641.

Paralegal & Book Club
A group of paralegals and book lovers who meet to share their experiences and knowledge. Meetings are held on the third Tuesday of each month at 10:00 AM. Contact: (314) 525-1641.

Small Cancer Awareness Month
A series of events to raise awareness about small cell lung cancer. Events include a walk, a run, and a meal. Contact: (314) 525-1641.

Networking Group
A group of people who meet to share their experiences and knowledge. Meetings are held on the first Tuesday of each month at 10:00 AM. Contact: (314) 525-1641.

Transcendental Meditation and Wellness
A group of people who meet to practice Transcendental Meditation and learn about wellness. Meetings are held on the third Tuesday of each month at 10:00 AM. Contact: (314) 525-1641.

Welding Groups
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Soul to Soul - An Evening of Music with Greg Pacini - RSVP

Monday, December 10 • 6:30 - 8:00 PM

Greg Pacini, longtime friend and former Program Director of Cancer Support Community, will share an evening of original music. Greg describes writing and singing the songs as a kind of soul therapy for him. His intention is to offer the same to others.



The following programs are inspired by classes taken from early Calendar of Events circa 1990's. They are facilitated by professionals who have been instrumental in our community journey for the past 25 years.