



CANCER SUPPORT COMMUNITY

GREATER ST. LOUIS

Vol. 9 | Issue 2

NEWSLETTER/CALENDAR
APR | MAY | JUNE 2016

Empowering Lives, Inspiring Hope Programs and Services for People Affected by Cancer

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.*

Cancer Support Community (CSC) offers professionally-led support and networking groups, educational workshops, nutrition and gentle exercise programs, one-on-one nutritional counseling and stress management classes utilizing the Patient Active Concept to empower and educate individuals affected by cancer. All programs are offered at no charge in a comfortable, home-like environment to people who have been diagnosed with cancer, their friends and family, and those who have lost someone to cancer.

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

Visit our facility in Des Peres Square at:
1058 Old Des Peres Road, St. Louis, MO 63131

Artwork by Cancer Support Community member Rosalie Riley.

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WALK. RUN. INSPIRE.

Saturday, May 14, 2016

Registration opens at 9:00 am

Event begins at 10:00 am

1 mile or 3.7 mile walk or fun run at
Creve Coeur Park in Sailboat Cove

REGISTER or DONATE NOW:
CancerSupportStl.org

Register with code NEWS to be
eligible for a door prize.

More event info on page 12.

Refreshments • Face Painting • Raffle Prizes • Live Music



Children, Teens and Families Programs

The Cancer Support Community of Greater St. Louis is proud to announce a growing program of services for families impacted by a cancer diagnosis. Funding for this program is provided by the Saigh Foundation.

Families CONNECT

A Monthly Networking Group for Families Impacted by Cancer and their Children

First Tuesdays • 6:00 – 8:00 PM • April 5, May 3, & June 7

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 Activity

Tuesday, June 7 • 6:00 – 7:30 PM

Join teaching artist Maria Ojascastro in the CSC Inspiration Garden! Kids will artistically claim their own space in the garden and plant ingredients to top a pizza.



STRESS MANAGEMENT

Family Yoga -RSVP

Second Tuesdays • 6:30-7:30PM • April 12, May 10, June 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.

Families at STEPS FOR HOPE

Saturday, May 14 • 9:00 AM

Creve Coeur Park

It's time to get the family outside and moving together! Kids, grab a friend, and join us at STEPS FOR HOPE, Cancer Support Community's walk/run, on May 14th at 9:00 AM at Creve Coeur Park. Don't forget to stop by the family programs tent for program information and activities for the entire family. While you're there, participate in some family yoga, hula hooping and some of the other great activities we have planned!



SOCIAL CONNECTIONS

MUSIC and MUNCHIES

Tuesday, May 17 • 6:00 – 8:00 PM

We often use music and lyrics to express feelings and thoughts too difficult to share. Music Therapists with Kids Rock Cancer will lead an evening of sharing, listening, discussing and jamming- Bring your favorite music, lyrics or poetry. Food will be provided! Ages 12-18.



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, Missouri Baptist Healthcare Foundation, Macy's, Nordstrom, 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 parents with cancer) to meaningfully connect with others and share information helpful on the cancer journey. Family and friends are welcome to attend where indicated.

BEREAVEMENT NETWORKING GROUP - RSVP

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

April 7: Pot Luck-bring a side dish or dessert; we will have sandwiches

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

BRAIN TUMOR MONTHLY NETWORKING 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 NETWORKING GROUP

RSVP PREFERRED (Salad provided)

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

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

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

June 22: Ask the Expert with Katie Robinson, RD, LD David C. Pratt Cancer Center



GYNECOLOGICAL CANCERS NETWORKING 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. *This group made possible by Macy's.*

SINGLE WITH CANCER NETWORKING GROUP

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

This new group in an opportunity to connect and discuss the experience of being single with cancer.

LUNG CANCER NETWORKING GROUP

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

Group begins with Q & A provided by an oncology nurse, followed by group sharing and support. 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.*



May 5: Open to Options with Kelly O'Neal, MSW, LMSW

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS

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

TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS

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

NEXT STEP CONNECTION MONTHLY NETWORKING GROUP - RSVP

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

Connect with others who are finished with treatment or on maintenance treatment and are getting back into life. A guest speaker will be present quarterly to address the many issues related to survivorship. Discussion will follow.

April 28: Integrative Medicine and Late Effects of Treatment, Jennifer Kane, DC

ANN ARENBERG PANCREATIC CANCER MONTHLY NETWORKING GROUP

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

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

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



PROSTATE CANCER NETWORKING 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.*

April 7: Ask the Expert with Gregory McLennan, MD with Mercy Clinic Urology



YOUNG ADULT NETWORKING GROUP

Second Tuesday each month • 6:30 – 7:30 PM

If you are a young adult between the ages of 18 and 40ish, in-treatment or out of treatment, come to this drop-in support group. Common topics include relationships, dating, fertility, impact on professional self, etc. Family Yoga will be available for children.

May 10: Ask the Expert with Ann Plunkett Cancer in the Workplace

WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

April 13, May 11, June 8 • 6:30 – 7:30 PM

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

Lunch and Learn: Walk Team Kick-Off! - RSVP

Wednesday, April 6 • NOON – 1:30 PM

Get ready for CSC's STEPS FOR HOPE! Bring a bag lunch and join Dorie Sher, BS, ACSM-CPT with Gateway Mobility and Fitness Associates to kick off our Member Walk Team with an introduction to exercise and strength training.

Shedding a Light: Research Updates in Breast Cancer - RSVP

Wednesday, April 13 • 5:30 – 7:30 PM

Location: St. Luke's Hospital, Emerson Auditorium, St. Luke's Institute for Health Education (located on the lower level of St. Luke's Hospital between the North & South Medical Buildings) 232 S. Woods Mills Rd., Chesterfield, MO 63107

Sam Achilefu, MD, Ron Bose, MD, and Teresa Deshields, PhD will share information about the latest clinical and psychosocial research in breast cancer. Please join us in the collaborative evening co-sponsored by Susan G. Komen Missouri, St. Louis Breast Cancer Coalition and CSC.

Masculinity and Cancer - RSVP

Tuesday, April 19 • 6:30 – 8:00 PM

Join author, survivor, and social worker Chris Frey as he offers strategies he has learned through personal and professional experiences and interaction with other men affected by cancer in reclaiming masculinity.

Frankly Speaking About Cancer: Treatment and Side Effects - RSVP

Thursday, April 28 • 5:30 – 7:30 PM

Location: St. Anthony's Cancer Care Center
10010 Kennerly Rd., St. Louis, MO 63128

Come learn about the management of side effects of treatments such as fatigue, hair loss, anemia, infection, and pain with a St. Anthony's team member. A CSC facilitator will address ways to cope with emotional distress and optimize quality of life during and after treatment. A complimentary booklet entitled *Frankly Speaking About Cancer: Treatment and Side Effects* will be provided to all participants.



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



Food Outreach Lunch With the Experts: Spring Into Wellness! - RSVP

Friday, April 29 • 11:30 AM – 1:30 PM

Location: Food Outreach, 3117 Olive Street, St. Louis, MO 63103

Spring into wellness and join us for a healthy lunch prepared by Food Outreach! Learn from healthcare professionals as they share diet and nutrition tips, provide strategies to manage side effects, and discuss cancer survivorship. Our sincere appreciation goes out to Food Outreach for this donation of time and product.

Frankly Speaking About Cancer: Your Immune System and Cancer Treatment - RSVP

Tuesday, May 24 • 6:30 – 8:00 PM

Immunotherapy is one of the exciting areas of new discoveries and treatments for cancer – this workshop aims to explain how immunotherapy is changing the way we think about and treat cancer. Dannielle Crites, RN will join CSC Facilitators in discussing advances in immunotherapy for cancer treatment.



Ask the Expert: Bone Health, Movement, and Osteoporosis - RSVP

Wednesday, May 25 • 11:00 AM – 12:30 PM

Physical Therapist Shawn Tucker will share information and answer questions about bone health for people with cancer and their care partners.

Research 201: Immunology, Genomics and Breast Cancer - RSVP

Saturday, June 18 • 9:00 AM – NOON

Location: McDonnell Genome Institute
4444 Forest Park Ave, St. Louis, MO 63108

Instructors Elaine Mardis, Professor of Genetics and Co-Director of the McDonnell Genome Institute and Dr. Will Gillanders, Professor of Surgery and Breast Cancer Vaccine Researcher will lead an interactive experience exploring developments in the fields of immunology and genomics to treat breast cancer. Sponsored jointly with Komen Missouri Research Advocacy Committee.

Frankly Speaking About Coping With the Cost of Cancer Care - RSVP

Thursday, June 23 • 5:30 – 7:00 PM

Location: St. Anthony's Cancer Care Center
10010 Kennerly Rd., St. Louis, MO 63128

This workshop, with CSC Program Director Renata Sledge, LCSW, provides a practical guide to navigating the numerous and complex challenges of managing the cost of cancer care.



Understanding Genetics and Cancer - RSVP

Monday, June 27 • 6:30 – 8:00 PM

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

Michele Nobs, RN, BSN, OCN from David C. Pratt Cancer Center and Renata Sledge, LCSW will give an overview of genetics and cancer as well as discuss strategies for managing the results and decision making.



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, make decisions that best fit your personal desires and goals. **Call Kelly O'Neal, MSW, LMSW (314-238-2000, Ext. 230) for 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, April 8 • NOON - 2:00 PM

Kelly O'Donnell is a Certified Holistic Health Coach and Holistic Therapist who will share how to incorporate mindfulness into planning, prepping, cooking and eating great food!

Energizing Food Class with Bridgette Kossor - RSVP

Thursday, May 12 • NOON - 2:00 PM

Learn how to manage your energy with the food you cook and eat...you will be amazed at how easy it is and how good it tastes!

Miss Mary's Healthy Kitchen Nutrition Group: Some Current Theories Addressing Nutrition in Cancer - RSVP

Monday, May 23 • 10:00 AM - NOON

This program with Ellen Stein, MS, CNS, will explore the macrobiotic diet, vegan diet, sugar free diet, gluten-free diet and more. After learning more about these approaches, you will have the opportunity in a supportive environment to talk about how healthy foods can lead to better health. **This is not a cooking demonstration, but will empower you in the kitchen and beyond!**

FOOD OUTREACH COOKING DEMO

Low-Cost Healthy Meals - RSVP

Thursday, May 26 • NOON - 2:00 PM

Join Registered Dietitian, Mallory Ubbelohde, RD, as she provides nutrition education to help you with your dietary needs. "Chef Mallory" will prepare a low-cost healthy meal. *Our sincere appreciation goes out to Food Outreach for this donation of time and product.*



Jerry Pass Cooking For Wellness

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

Seasonal Soups and Salads with STL Veg Girl, Caryn Dugan - RSVP

Tuesday, April 26 • 6:00 - 8:00 PM

A white bean and kale soup, a cauliflower bisque, quinoa tabouli, and a homemade champagne vinaigrette mixed green salad. Also, learn how to make a quick and easy and incredibly nourishing homemade veg broth base for soups.

Cooking with Fresh and Sustainable Ingredients with Chef Vicki Bensinger - RSVP

Wednesday, June 8 • 6:00 - 8:00 PM

This meal will be fresh and full of nutrition!

Jerry and Peggy Ritter Individual Nutrition Counseling Services

Call to Schedule Your One-on-One Appointment -

You may see our dietitians as often as you need.

Our dietitian offers individualized nutritional counseling to members of CSC who are not currently in treatment. A Pre-Screening Health History Form must be completed prior to appointment and are available at the CSC office or at our website, www.cancersupportstl.org.

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

First Mondays • 9:00 - 10:00 AM

April 4, May 2, June 6

Fourth Thursdays Mini Mindfulness Sessions • 6:00 - 6:30 PM

April 28, May 26, June 23

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).

Color Your World - RSVP

First Thursdays • 11:00 AM - NOON

April 7, May 5, June 2

We are all searching for new ways to slow down, manage stress, relax and be mindful. This hour-long coloring session will give you a chance to mindfully manage your stress while tapping into your creative side.

Art for Recovery: Painting from Within - RSVP

Second Mondays • 6:30 - 8:00 PM • April 11, May 9, June 13

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

Wise Writers Workshop - RSVP

Tuesdays April 5-May 24 • 1:00 - 3:00 PM

***No Meeting on April 12**

Create with words and share with a collaborative and supportive group of CSC Members who have been affected by cancer either as a patient, caregiver, or bereaved. Please RSVP Weekly. Facilitated by Marianne Rosenthal, M.A.T., Secondary Language Arts. *This program is made possible by an anonymous donor.*

Open Microphone Night For CSC Poets and Authors! - RSVP

Monday, May 2 • 6:00 - 8:00 PM

Please join us in reading (or listening to) a short piece of writing (5 minutes per piece) focusing on the cancer experience as a patient, survivor, caregiver, or bereaved. If time allows, you may be able to read more than one piece. Writing can be both art and therapy-- this evening is dedicated to celebrating the role writing plays in recovery and survivorship.

Spring Into Collaging - RSVP

Second Wednesdays • 3:00 PM - 4:30 PM

April 13, May 11, June 8

Join us for creative collaging and journaling inspired by the process of SoulCollage®! No experience or artistic talent needed! **Please bring your own notebook/journal, and all other materials will be provided.**

Sanctuary - RSVP

Third Wednesdays • 7:15 – 8:30 PM

April 20, May 18, June 15

Mark Biehl, Certified Sound Therapy Coach, hosts this blissful journey with offerings of Tibetan singing bowls, gongs, chimes, indigenous flutes, drums, and keyboard atmospheres.

Healing Touch for Partners - RSVP

Wednesday, April 27 • 6:30 – 8:00 PM

Bring a partner and come learn strategies for using healing touch to help reduce stress, decrease pain, strengthen the immune system, and create a sense of well-being with Kelly Fitzgerald.

Healing Through Music - RSVP

Wednesday, May 4 • 7:00 – 8:00 PM

Explore and experience the power of music for the tired mind with classical musicians Raghu Pandurangi and Sandhya A. Pandurangi, founders of Anu-Rag School of Music, St. Louis. Stop by Renata's office to hear their music!

Sound Meditation - RSVP

Monday, May 23 • 3:00 – 4:00 PM

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

Labyrinth Walk - RSVP

Thursday, June 9 • 1:30 – 2:30 PM

Location: Mercy Center, 2039 N Geyer Rd., 63131

Labyrinth walks offer the opportunity to experience a personal meditative journey that quiets the mind and opens the heart. Join us for this unique and beautiful contemplative experience, often referred to as a "body prayer" or walking meditation.

Laughter Yoga with Marlene - RSVP

Friday, June 17 • 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 CLUB**Field Trip to Earth Dance Farms - RSVP**

Friday, April 15 • NOON – 4:00 PM

Location: EarthDance Organic Farm School
233 S. Dade Avenue, Ferguson, Mo 63135

CSC is proud to partner with EarthDance Organic Farm School. We will meet at the farm for some spring projects including weeding, mulching, planting and farm clean-up.

Planting Inspiration-Ground Breaking Day! - RSVP

Friday, May 27 • NOON – 3:00 PM

It takes a community to empower lives and inspire hope. Join Kaitie Adams, Volunteer Coordinator at EarthDance Organic Farm School for an afternoon of turning our very own CSC Inspiration Garden dreams into a reality by planting our first round of veggies, herbs and flowers.

Kokedama - RSVP

Wednesday, June 15 • 1:00 – 3:00 PM

Kokedama transforms houseplants into dangling sculptural objects. Join CSC Member and Volunteer, Ann Tucker in making your own kokedama! Google Kokedama for inspiration!

Sustained by Community

SOCIAL PROGRAMS

Great Decisions Discussion Group - RSVP

First and Third Wednesdays • 6:30 – 8:00 PM

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

Group Mind: Leave Your Brain at the Door - RSVP

Tuesdays, April 12 and June 14 • 12:30 – 2:00 PM

Join Andy Sloey from the Improv Shop in learning and experiencing the team sport of improvisation. In this session, you will have the experience of letting go of consciously thinking and being in a state of flow with others!

Morning at the Movies - RSVP

Second Thursdays • 10:00 AM – NOON

Escape into healing laughter with classic movies! Join other CSC Members in sitting back and laughing with new and old classics.

April 14: *Some Like it Hot*May 12: *Tootsie*

June 9: *Dr. Strangelove or How I Learned to Stop Worrying and Love the Bomb*

Monday Morning Coffee - RSVP

Third Mondays • 9:30 – 10:30 AM • April 18, May 16, June 20

Join Executive Director Scott Gee in a Monday morning discussion of the weekend games, current events, and coffee (and sometimes a hot breakfast!).

Spring Book Club - RSVP

April 12 and June 16 • 10:00 – 11:30 AM

Do you love to read and socialize? If so, join us for Book Club! We will meet bimonthly to discuss a different book. Please have the books read before each session:

April 21: *The Rosie Project* by Graeme SimsionJune 16: *And the Mountains Echoed* by Khaled Hosseini**Stitch Together - RSVP**

3rd Tuesdays • NOON – 1:00 PM • April 19, May 17, June 21

Learn to knit or crochet, or bring your own knitting, crochet or needlework project and enjoy the company of others in this fun social activity.

Wet and Wild! - RSVP

April 28, May 26, June 23 • 10:00 – 11:30 AM

Join Artist Kathleen Barnes for watercolor painting 101. No experience or "artistic ability" required. Come learn, enjoy and share in this art practice. Each session is unique. Supplies will be provided.

Craft Connection: "Make and Take" Card Making - RSVP

Monday, May 16 • 6:30 – 8:00 PM

Learn different techniques each class with instructors and volunteer Rhonda Travers. Participants will create several unique cards each time! Both beginners and experienced crafters welcome.

Jewelry Design - RSVP

Wednesday, May 25 • 2:00 – 4:00 PM


You'll want to check out this popular program where members gather to share, laugh, and create jewelry. *Materials are provided to create one beautiful item per participant.*

Hula Hoop to Happiness - RSVP

Wednesday, June 1 • 6:30 – 8:00 PM

Have fun and learn new ways to move your body. No hooping experience necessary. *Thank you Cathy Bateman for the gift of this class.*

Weekly support groups (not listed on the calendar) are available to patients and loved ones of any cancer diagnoses and prognoses. See "Support Groups" on pg. 3 or call 314-238-2000 for information or to join.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
<div>APRIL 2016</div> <div>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY</div> <div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div>								
	Mindfulness Practice 9:00 AM RSVP	Yoga 11:00 AM Writing Workshop 1:00 PM RSVP Families Connect NWG 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Lunch and Learn NOON RSVP Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Single With Cancer NWG 6:30 PM		Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	2		
3		4	5	6	7	8	9	
	Painting from Within 6:30 PM RSVP	Yoga 11:00 AM Group Mind 12:30 PM RSVP Young Adult NWG 6:30 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Spring Into Collaging 3:00 PM RSVP Yoga Basics 5:15 PM Research Updates in Breast Cancer @ St. Luke's 5:30 PM RSVP CSC New Members Meeting 6:30 PM RSVP	Morning at the Movies 10:00 AM RSVP Country Line Dancing 2:30 PM	Zumba 9:30 AM Qigong 11:00 AM Garden Club @ Earthdance Farms NOON RSVP Yoga @ SLU NOON	15	16	
10		11	12	13	14			
	Monday Morning Coffee 9:30 AM RSVP Gynecological Cancers NWG 6:30 PM	Yoga 11:00 AM Stitch Together NOON RSVP Writing Workshop 1:00 PM RSVP Masculinity and Cancer 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Sanctuary 7:15 PM RSVP	Spring Book Club 10:00 AM RSVP Country Line Dancing 2:30 PM Brain Tumor NWG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON			
17		18	19	20	21	22	23	
		Yoga 11:00 AM Writing Workshop 1:00 PM RSVP Jerry Pass Cooking for Wellness 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM RSVP Healing Touch for Partners 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM RSVP Healing Touch for Partners 6:30 PM RSVP	Wet and Wild! 10:00 AM RSVP Pancreatic Cancer NWG @ St. Emanuel West 1:00 PM Country Line Dancing 2:30 PM Frankly Speaking About Treatment and Side Effects @ St. Anthony's 5:30 PM RSVP Mindfulness Practice 6:00 PM RSVP Next Step Connection NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Spring into Wellness @ Food Outreach 11:30 AM RSVP Yoga @ SLU NOON	29	30

Weekly support groups (not listed on the calendar) are available to patients and loved ones of any cancer diagnoses and prognoses. See "Support Groups" on pg. 3 or call 314-238-2000 for information or to join.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Mindfulness Practice 9:00 AM RSVP Open Mic Night 6:00 PM RSVP	Yoga 11:00 AM Writing Workshop 1:00 PM RSVP Families Connect NWG 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Single With Cancer NWG 6:30 PM Healing Through Music 7:00 PM RSVP	Color Your World 11:00 AM RSVP Country Line Dancing 2:30 PM Lung Cancer NWG 6:00 PM Prostate Cancer NWG @ David C. Pratt CC 6:30 PM Bereavement NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	7
8	Painting from Within 6:30 PM RSVP	Yoga 11:00 AM Writing Workshop 1:00 PM RSVP Young Adult NWG 6:30 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Spring Into Collaging 3:00 PM RSVP Yoga Basics 5:15 PM Young Adult NWG 6:30 PM CSC New Members Meeting 6:30 PM RSVP	Morning at the Movies 10:00 AM RSVP Miss Mary's Cooking Demo NOON RSVP Country Line Dancing 2:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	14
15	Monday Morning Coffee 9:30 AM RSVP Craft Connection 6:30 PM RSVP Gynecological Cancers NWG 6:30 PM	Yoga 11:00 AM Stitch Together NOON RSVP Writing Workshop 1:00 PM RSVP Music and Munchies Teen Event 6:00 RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Sanctuary 7:15 PM RSVP	Country Line Dancing 2:30 PM Brain Tumor NWG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	21
22	Miss Mary's Healthy Kitchen Nutrition Group 10:00 AM RSVP Sound Meditation 3:00 PM RSVP	Yoga 11:00 AM Writing Workshop 1:00 PM RSVP FS About Your Immune System and Cancer Treatment 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Ask the Expert: Bone Health 11:00 AM RSVP Jewelry Design 2:00 PM RSVP Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM RSVP	Wet and Wild! 10:00 AM RSVP Food Outreach Cooking Demo NOON RSVP Pancreatic Cancer NWG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Mindfulness Practice 6:00 PM RSVP Next Step Connection NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Garden Club NOON RSVP Yoga @ SLU NOON	28
29	MEMORIAL DAY CSC CLOSED	Yoga 11:00 AM				



MAY 2016

■ = 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.

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Weekly support groups (not listed on the calendar) are available to patients and loved ones of any cancer diagnoses and prognoses. See "Support Groups" on pg. 3 or call 314-238-2000 for information or to join.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>JUNE 2016</div> <div> <div>■ = WORKSHOPS LOCATED OFF-SITE ■ = 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>						
5	<div>Mindfulness Practice 9:00 AM RSV</div>	<div>Yoga 11:00 AM Families Connect NWG 6:00 PM RSV</div>	<div>Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSV Hula Hoop 6:30 PM RSV Single With Cancer NWG 6:30 PM</div>	<div>Color Your World 11:00 AM RSV Country Line Dancing 2:30 PM Lung Cancer NWG 6:00 PM Prostate Cancer NWG @ David C. Pratt CC 6:30 PM Bereavement NWG 6:30 PM RSV</div>	<div>Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON CSC Closes @ NOON</div>	4
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<div> <div>CANCER SUPPORT COMMUNITY</div> </div>						

VOLUNTEER APPRECIATION

Zhineng Qigong



Zhineng Qigong is a moving centering process of meditation that energizes and calms the inner force within each of us. It is a series of gentle movements combined with intention and visualizations to peacefully open the heart and mind to induce well-being and nurture good health. We at CSC are lucky to have 3 volunteer instructors to share their wisdom and experience in Qigong on Fridays from 11:00 AM - NOON. All of the instructors, Sue Ashwell, Harrison Beard, and Riki Howard, were all led to the practice through their own experiences with the healing benefits of Qigong. All three of the volunteers say that the passion for Qigong and the interaction with you, our Members, makes their volunteering meaningful and fulfilling.

For information about Zhineng Qigong, visit www.zhinengqigongworldwide.org and www.zhinengqigongstl.com. Don't forget, you can join us every Friday from 11:00-12:00 at CSC for Qigong! We, at the Cancer Support Community are blessed to have the volunteer services of Harrison, Sue, and Riki. Thank you.

If you are interested in volunteering, please contact our Volunteer Coordinator, Gabby Fish at 314-238-2000 or email her at gfish@cancersupportstl.org



Fantasy Football at CSC!

It is never too early to start thinking about Football - sign up now for Cancer Support Community's first ever Fantasy Football challenge - If you are interested get on the list now before it fills up. Draft Party will be in August/September!

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.*

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.

Pilates Mat Call CSC at 238-2000 for days and times This class introduces a series of floor exercises designed to create uniform development, long, lean muscles, core strength, and breath control. *Thank you to Natalie Sutto for the gift of this class.*

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 Nancy Larson, BSN, RN, OCN for the gift of this class.*

YOGA LOCATIONS:

Cancer Support Community

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

Tuesdays • 11:00 AM - NOON

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



Participating is easy. There are only two steps:

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

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

Together, we can make a difference!

TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSC change the lives of cancer patients and their families. The following reflects tribute gifts received from October 1, 2015 through December 31, 2015. We apologize for any omissions or errors.

IN HONOR OF:

CAROL ABRAMS
Larry Abrams

KATHY BEARMAN
Susan Merrick

THE BROD FAMILY
Gregg and Alyson Garland

CAROL CANIS
Andrea Muchnick

BOB AND DONNA COHEN
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Steve Woodmaska

Tribute Card

Give Gifts with Meaning

Struggling to find the perfect gift for someone who has everything?

Tribute donations to Cancer Support Community are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families.

We will send a photo **TRIBUTE 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. It's a meaningful gesture AND a great way to help a cancer patient live and flourish.

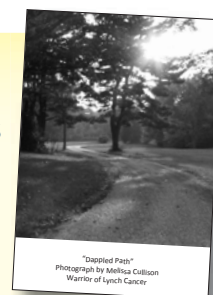
HERE'S HOW:

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

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

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

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



WALK. RUN. INSPIRE.

Saturday, May 14, 2016

Registration opens at 9:00 am

Event begins at 10:00 am

1 mile or 3.7 mile walk or fun run at Creve Coeur Park
in Sailboat Cove

Join us for our 18th year and 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 impacted by cancer.

REGISTER or DONATE NOW:
CancerSupportStl.org

Register with code **NEWS** to be eligible for a door prize.

Refreshments • Face Painting • Raffle Prizes • Live Music



MAKE A DIFFERENCE

Start a Team, Join a Team, Register as an Individual or Sponsor a Walker.

All donations stay in the St. Louis community to help fund programs for people impacted by cancer.

- **Register with a minimum of \$40 by May 1st (\$45 after May 1st) to be eligible for an official STEPS FOR HOPE t-shirt.**
- **Celebrating 23 years: Help us keep our professionally-led groups and programs offered at no charge by registering with our new minimum of \$23.**

MAKE A TRIBUTE

Tribute signs lining the walk path provide a special way to celebrate, honor or remember loved ones.

Tribute path signs can be purchased for \$75 each. Print the form online at CancerSupportStl.org.

Have QUESTIONS?

Please contact 314-238-2000 or visit CancerSupportStl.org for more information.

REGISTER OR DONATE NOW:
CancerSupportStl.org

Register with code **NEWS** to be eligible for a door prize.

Meet our

STEPS FOR HOPE

Co-Chairs!



Ann Tucker

"CSC brings together people from all walks of life who are on the same journey, giving them a place to connect, laugh, cry and share."



Mordy Rischall

"STEPS FOR HOPE is an uplifting walk that honors the individual journey and celebrates our community's support."

HOW YOU CAN SUPPORT CSC



Make a donation.
Visit www.cancersupportstl.org.



Ask a Friend to Donate.



Attend STEPS FOR HOPE. See page 12.



Tell Others About CSC.



Volunteer at CSC.



Remember CSC in your will,
insurance or estate plan.



Volunteer at an Event.



Ask Corporations for Support.

If you would like to support our work to inspire hope in cancer patients and their families, contact Tricia Hendricks at thendricks@cancersupportstl.org or 314-238-2000.

An Example of Corporate Support



For the fourth consecutive year, Waterway Carwash held a fundraiser to benefit CSC as part of Breast Cancer Awareness Month. This past October they donated a total of \$2,500 to support our programs and services for individuals and families affected by cancer. We are grateful for this support and for their continued partnership in helping people with cancer in our community.



YOUNG ADVOCATES GROUP

Another Way to Lend a Hand

The Young Advocates Group is a group of young professionals dedicated to supporting and promoting Cancer Support Community's mission to help people affected by cancer in St. Louis and surrounding communities. This group aims to develop leaders who are passionate about helping those persons affected by cancer, increase the visibility of the organization, and provide social and professional expertise to assist with strategic goals and objectives.

If you're interested in more information on joining the Young Advocates Group, please visit our website or call us at 314-238-2000. You can also connect with the Young Advocates Group on Facebook and on Twitter.



2015 IN REVIEW

Cancer Support Community

is a true blessing, providing so many healing opportunities for everyone who has been affected by cancer.

In 2015, Cancer Support Community of Greater St. Louis served **1,516** individuals affected by cancer through **2,501** programs or individual support sessions, including:

421 support group sessions

I love that I feel normal when at CSC. In the real world there is a tendency to feel alone... I love feeling good and energized when I leave.

82 educational workshops



618 stress management classes

The peace and calm I was able to achieve during this time was something I looked forward to weekly.

1,151 individual support sessions



45 social events

CSC has become a safe, comforting destination. I feel at "home" here.



These programs added up to **16,379** hours in the lives of individuals in our community—patients, caregivers, spouses, family members and friends—all navigating the challenges a cancer diagnosis brings.

184 community education and outreach programs

These programs are a way of getting me outside myself, just to relax and enjoy sharing with others. It always is insightful.

Highlights from the Year

A new **Inspiration Garden** that serves as both a social activity to help connect individuals on similar cancer journeys and as a source of fresh produce for our healthy cooking classes.

New partnerships with area hospitals and cancer centers that extend our reach in 2016.

A **23%** increase in the number of new members versus the previous year

A **15%** increase in the number of individuals who participated in our programs.

To all who supported our mission in 2015, thank you for making every minute possible.



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.



1058 Old Des Peres Road
St. Louis, MO 63131

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

www.cancersupportstl.org



[Facebook.com/CancerSupportSTL](https://www.facebook.com/CancerSupportSTL)

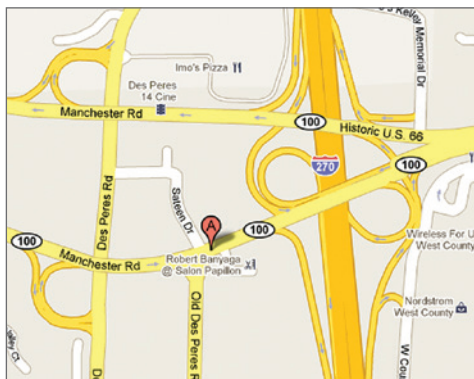


@CSC_St_Louis

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

Thank you to our 2016 Print Sponsor: *accredo*
Specialty Pharmacy

SAVE THE DATE!

STEPS FOR HOPE Walk/Fun Run
Saturday, May 14 at Creve Coeur Park

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Linda Novak, ext. 231

PROGRAM DIRECTOR

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Tricia Hendricks, ext. 226

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Gabby Fish, ext. 240

CHILDREN, TEENS & FAMILIES COORDINATOR

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