



A Place for People Impacted by Cancer

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



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

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BINGO

Bingo with the Alumni and Friends!

Alumni and Friends of CSC 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. Join us for a night of **Rock & Roll Bingo on October 5!** 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. See page 14 for more information.

Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

Cancer Support Community of Greater St. Louis is proud to introduce **Families Connect: A program for children and teens who are impacted by cancer in the family.** Funding for this program is provided by *The Saigh Foundation and Cardinals Care.*

Families Connect Monthly Group - **RSVP**

First Tuesdays, July 3, August 7, September 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: Family Wellness Workshop - **RSVP**

Tuesday, September 4 • 6:00 – 8:00 PM

Lisa Roberts will offer hands on instruction of her playful wellness techniques geared toward the whole family. Come play, breathe and chill.



Family, Food, and Fun! - **RSVP**

Wednesday, September 19 • 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

Horsin' Around!

Tuesday, September 25 • 6:00 – 8:00 PM

Join us at the barn for equine assisted games and activities. Dinner provided.



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 Tuesdays, July 10, August 14, September 11 • 6:30 – 7:30 PM

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.

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 • 1:00 – 2:00 PM

St. Anthony's Cancer Care Center, 10010 Kennerly Rd, 63128

The Monthly Cancer Group at St. Anthony's 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.*

July 5: Potluck

BRAIN TUMOR MONTHLY GROUP

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

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

August 23: Open to Options, Kelly O'Neal, MSW, LCSW



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 – 8:30 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

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.

MULTIPLE MYELOMA MONTHLY GROUP

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

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



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

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Monday each month • NOON – 1:30 PM

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

PROSTATE CANCER MONTHLY GROUP

First Thursday each month • 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

Mind/Body/Spirit Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, July 6, August 3, September 7 • 10:00 – 11:00 AM

Third Wednesdays, July 18, August 15, September 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, July 19, August 16, September 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.*

Lunch and Learn: Herb Medicine as an Alternative for Chronic Fatigue Syndrome - RSVP

Wednesday, July 18 • 11:30 AM – 1:00 PM

CFS is a complicated disorder characterized by extreme fatigue that can't be explained by any underlying medical condition. It is a highly prevalent condition among cancer patients. More than 90% of people receiving radiation therapy experience CFS. Although most cancer patients report that fatigue is a major obstacle to maintaining normal daily activities and quality of life, it is seldom assessed and treated in practice.

While modern medicine has not found satisfactory managements to CFS yet, Traditional Chinese Medicine provides some efficient alternative treatments using herbs. We will discuss these choices available in Chinese Medicine and hopefully craft effective solutions specific for you. **BRING A SACK LUNCH!**

Wellness with Cancer



Fourth Tuesdays, July 24, August 28, September 25 • 10:00 – 11:30 AM

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

Come to all three sessions or drop in when you can! Discussion will include exercise, healthy eating, and feeling good about your body.

Beyond Surviving: How to Show Up, Practice Vulnerability, and Thrive - RSVP

Wednesday, August 1 • 6:30 – 8:00 PM

Full of grit and grace, Justine Froelker uses her fiery passion, the occasional curse word, and her witty humor to share her vulnerability and truth to light up the world. Justine is an advocate for speaking about shame and learning to thrive when life doesn't turn out how you hoped, dreamed, or even planned that it would. Justine is a Licensed Professional Counselor and a Certified Daring Way™ Facilitator (based on the research of Dr. Brené Brown) with over 18 years of experience. She is the author of her best-selling books, *Ever Upward* and *The Mother of Second Chances*, and recently gave two TEDx talks.

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

Frankly Speaking About Multiple Myeloma - RSVP

Monday, August 27 • 6:00 – 8:00 PM

This workshop, with Christine Rimkis, RN, from St. Louis Cancer Center, provides fundamental information about the most current multiple myeloma treatments, strategies for symptom/side-effect management and tools for survivorship. A complimentary book, *Frankly Speaking About Multiple Myeloma*, will be provided. **We will start with dinner in the kitchen from 6:00-6:30.**



It's More than a Bra - RSVP

Wednesday, August 29 • 6:30 – 8:00 PM

Michele Petralia, Undergarments Specialist & Consultant, shares her passion for helping women feel good about the undergarments they choose. This intimate workshop is an opportunity to explore how our emotional and physical selves are affected through cancer treatments and all types of surgeries. Michele will share her knowledge about post-surgical comfort and aesthetic considerations in selecting your undergarments to ensure a proper, comfortable and right fit.

What's New in Lung Cancer - RSVP

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

This workshop, with Maria Q. Baggstrom, M.D., Washington University Associate Professor of Medicine, provides information and answers your questions about updates in lung cancer treatment and clinical trials. We will start with dinner in the kitchen from 6:00-6:30 PM.



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



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

Friday, September 28 • 11:30 AM – 3:00 PM (Registration opens at 11:00 AM)

Siteman Cancer Center, Washington University School of Medicine and CSC invite you to learn ways to positively impact the survivorship experience after a diagnosis of pancreatic cancer. Experts will address various issues relevant to pancreatic cancer survivorship and caregiving! A physician panel and victory reception will also be held. Please call 314-747-7222 for more information.

St. Louis Ovarian Cancer: "Survive & Shine"

RSVP to sloca.org/shine

Location: St. Louis Jewish Community Center
2 Millstone Campus Dr, St. Louis, MO 63146

Sunday, September 30 • 8:30 AM – 1:00 PM

You won't want to miss this! Managing side-effects and distress, integrative therapies, genetics, and updates in treatment and research will be among the sessions to choose from. Lunch is included!





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.

Keep Your Cool: Summer Favorites, Veggie Style **Bridgette Kossor, Vegan, Macrobiotic and Life Energy** **Chef/Teacher - RSVP**

Wednesday, July 11 • 6:00 – 8:00 PM

As the summer heats up, we are always looking to cool down and this class will give you recipes that include juicy foods that are locally in season. Our menu will include: Watermelon Mint Salad, Strawberry Basil Lemonade, Bruschetta Hummus and a surprise vegan ice cream. (yes, ice cream!)

Favoring Fiber with STL Veg Girl, Caryn Dugan - RSVP

Wednesday, August 8 • 6:00 – 8:00 PM

Caryn will share information from Physicians Committee for Responsible Medicine Class and prepare transitional fall foods with this menu: Autumn Stew, Spinach Salad with Citrus Fruit, Creamy Broccoli Soup with Homemade sesame seasoning.



Jerry Pass Cooking For Wellness

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

Mindful Eating with Kelly O'Donnell - RSVP

Friday, August 31 • 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

Thursday, September 6 • NOON – 2:00 PM

Using fresh seasonal produce, Chef Vicki Bensinger will create a healthy soup and salad combo that is colorful and full of nutrition.

Total Wellness - RSVP

Fridays, September 7 – October 12 • 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*



Relax for Radiation

Second Tuesdays, July 10, August 14, September 11

9:30 – 10:30 AM and 1:30 – 2:30 PM

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

Radiation stressing you out? Join me for a morning or afternoon session of coping with anxiety and quieting your mind during treatment.

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Second Thursdays, July 12, August 9, September 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. Open to anyone affected by cancer (patients, family and friends, bereaved).

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, July 16, August 20 and September 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.

Laughter Yoga with Marlene - RSVP

Friday, July 20 • 12:30 – 2:00 PM

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

Creating Healing Spaces - RSVP

Mondays, August 13 and September 10 • 6:30 – 8:00 PM

For 25 years, CSC has worked hard to provide a space where those affected by cancer can come to feel empowered, strengthened, and to discover their own type of healing. In honor of the anniversary of our community as a healing space for so many, let's join to create our own personal 'healing spaces' by transforming simple shadow boxes into works of art. Using a variety of materials from paints to found objects, you'll create a space that is healing for you with the goal of displaying these special places inside our shared special place...CSC. Your shadow box will be displayed in the hallways of our community and become part of that which may provide empowerment, strength, and sustenance to others here.

The Power of Mindfulness: A Deeper Look - RSVP

Three Consecutive Thursdays, August 23, 30 and September 6

11:00 AM - 1:00 PM (Please commit to all 3 sessions)

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

Curious about mindfulness and meditation, but unsure how to get started in developing your own practice? Join Kathy Bearman, LCSW, to explore the realms of mindfulness and meditation. This 3-week series will provide information on the benefits of mindfulness and meditation for the body and brain, allow you to experience and participate in mindfulness exercises, breathing meditations, and guided imageries, and will offer tips to help you establish your personal practice and skills to reduce stress and increase the experience of peace and well-being in your life.

Creative Journaling - RSVP

Thursday, August 30 • 10:00-11:30 AM

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 Series: This is My Super-Power! - RSVP

Wednesdays September 12, 19, and 26 • 1:00 - 2:30 PM

Is your Super-Power courage, resilience, inspiration, hope? Maybe yours is a combination. We respond and react directly from how we think about our life and our circumstances. Through writing, discussion and activity we will find our Super-Powers and determine a plan to use them to change our lives. Join others in a safe, non-judgmental space where we can encourage one another to FLY! No writing experience needed. This workshop is facilitated by Pam Wilson, LMSW, a writer, Book Coach and creator/facilitator of Write ON! a community-based writing program that empowers participants to find their voice and inspire change in the world. *Please commit to all three sessions for best experience.*

Garden Thyme

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

Herb Harvesting - RSVP

Tuesday, July 17 • NOON - 1:30 PM

We will harvest herbs from the community garden. We will then explore the many ways to intentionally use these herbs for our daily enjoyment and to enhance our cooking experience.

Mindfulness in the Garden - RSVP

Friday, September 14 • 12:30 - 2:00 PM

Nature provides us with enumerable opportunities to take care of ourselves. Slow down, breathe, engage, and reflect. We will explore the practice of mindfulness through group and individual exercises, all based on time spent in our garden.

Sustained by Community
SOCIAL PROGRAMS

Monthly Men's Breakfast - RSVP

First Tuesdays, July 3, August 7, September 4 • 9:00 - 10:00 AM

St. Anthony's 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.

Great Decisions Discussion Group - RSVP

Second and Fourth Wednesdays • 6:30 - 8:00 PM

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

Tea Thyme in the Garden - RSVP

Daily • 9:00 AM - 5:00 PM

Grab a glass of water, tea or lemonade and enjoy community in our garden space. Take the time to smell, touch and harvest from the garden or write your thoughts in the garden journal.

Paper Crafts - RSVP

Thursday, July 26 • 10:00 AM - NOON

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

Hula Hoop to Happiness - RSVP

Friday, August 17 • 12:30 - 2:00 PM

Hoopng is a very accessible activity for most people- using many different parts of the body. Hooping increases flexibility, tones your body, improves circulation, reduces stress, and brings joy! Cathy Bateman, Hoopnotica Certified Hoopdance Instructor and founder of Butterfly Hoops of West County, has been hooping for 18 years. Have fun and learn new ways to move your body. No hooping experience necessary!

Iris Origami - RSVP

Wednesday, August 22 • 1:00 - 3:00 PM

Join Jody Chassin to learn Iris Origami and create your own beautiful, one-of-a-kind pictures and notecards that are suitable for framing! No previous Origami or Art experience necessary!

Craft Connection - RSVP

Thursday, August 30 • 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.

Joke Fest - RSVP

Friday, August 10 • 12:30 - 1:30 PM





Community joke telling was an original social program of CSC. In honor of our 25th Anniversary, join us for this community joke telling event. Your ticket to the event is at least one joke you wish to share! Hosted by Ed Reggi!

Book Club: In the Lake of the Woods by Tim O'Brien - RSVP


Wednesday, September 26 • 10:30 AM - NOON

Do you love to read and socialize? If so, join us for Book Club! The first 9 people to RSVP will be able to check out the book from Kelly O'Neal (she will contact those people once the books are in).

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
1	2	3	4	5	6	7
		Monthly Men's Breakfast @ St. Anthony's Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	CSC CLOSED	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	
8	9	10	11	12	13	14
		Relax for Radiation @ St. Anthony's Cancer Care Center 9:30 AM & 1:30 PM Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Family Yoga 6:30 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Miss Mary's Healthy Kitchen 6:00 PM RSVP Great Decisions 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	
15	16	17	18	19	20	21
		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	Yoga 9:30 AM Lunch and Learn: Herb Medicine as an Alternative for Chronic Fatigue Syndrome 11:30 AM RSVP Yoga 5:15 PM 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 Laughter Yoga 12:30 PM RSVP	
22	23	24	25	26	27	28
		Pancreatic Cancer MG NOON Wellness with Cancer @ St. Anthony's Cancer Care Center 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Great Decisions 6:30 PM RSVP	Paper Crafts 10:00 AM RSVP Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	
29	30	31	<h1>JULY 2018</h1> <p>  = WORKSHOPS LOCATED OFF-SITE  = RSVP REQUIRED  = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY </p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>			
						

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AUGUST 2018 ■ = 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.			Yoga 9:30 AM Yoga 5:15 PM Metastatic Cancer MG 6:30 PM Beyond Surviving: How to Show Up, Practice Vulnerability, and Thrive 6:30 PM RSVP	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	4
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26	27	Pancreatic Cancer MG NOON Frankly Speaking About Multiple Myeloma 6:00 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM More Than a Bra 6:30 PM RSVP	Creative Journaling 10:00 AM RSVP Country Line Dancing 2:30 PM Craft Connection 6:30 RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Jerry Pass Cooking Demo NOON RSVP	31
						

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2			3	4	5	6
	Creating Healing Spaces 6:30 PM RSVP	Relax for Radiation @ St. Anthony's Cancer Care Center 9:30 AM & 1:30 PM Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Tai Chi 1:00 PM Family Yoga 6:30 PM RSVP	Yoga 9:30 AM Writing Series: This is My Super-Power! 1:00 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP What's New in Lung Cancer 6:00 PM RSVP Great Decisions 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 Mindfulness in the Garden 12:30 PM RSVP	7
9	10	11	12	13	14	15
	Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancer MG 6:30 PM Survivorship MG @ David C. Pratt CC Library 6:30 PM RSVP	Yoga 10:00 AM Tai Chi 1:00 PM All Cancer Group @ St. Anthony's Cancer Care Center 1:00 PM	Yoga 9:30 AM 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	22
16	17	18	19	20	21	28
	Pancreatic Cancer MG NOON	Yoga 10:00 AM Wellness with Cancer @ St. Anthony's Cancer Care Center 10:00 AM Tai Chi 1:00 PM Horsin' Around 6:00 PM RSVP	Yoga 9:30 AM Book Club 10:30 AM RSVP Yoga 5:15 PM Great Decisions 6:30 PM RSVP	Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM Craft Connection 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Surviving and Thriving: A Pancreatic Cancer Patient and Caregiver Workshop @ Eric P. Newman Center 11:30 AM RSVP to 314-747-7222 Yoga @ SLU NOON	29
23	24	25	26	27		
30	St. Louis Ovarian Cancer: "Survive & Shine" @ St. Louis Jewish Community Center 8:30 AM RSVP sloca.org/shine					

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 Fourth 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 Tuesdays starting Sept 11 • 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



Volunteers help our community run smoothly and share our mission. We are grateful for our volunteers and the way in which each contributes to our community matters, no matter how great or small. Pictured above are some of our amazing volunteers.



Volunteer Spotlight

Sue Bierman has been a front desk volunteer at Cancer Support Community for 21 years! Sue heard about the organization because a family member was affected by breast cancer. When Sue's children were grown, she wanted to volunteer for an organization that was meaningful to her. Sue explains, "I continue volunteering for the same reasons I started. I love love

love coming in on Friday mornings and meeting and greeting and talking to the participants. And I hope in some small way I can make their day a little easier for them."



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 January 1, 2018 through March 31, 2018. We apologize for any omissions or errors.

IN HONOR OF:

RONNA CROFT
Ron and Sheri Kanterman

KRISTEN CULLY
Naomi Becker
Carol Pfitzinger
Angela Schaffer

KATIE FLAMINGO
Shannon Robinson

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PAIGE MEADOWS
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ZACH MILLNER
Marty and Merle Oberman
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Christine Wallach

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BARBARA RUBIN
Adele and Ivan Schenberg

SHERI SCHWEIZER
Gary, Sherry Todd, Kim
and John Wolff

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CSC Board of Directors

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Greg and Joan Guest

MIRIAM WILHELM
Susan Cooper

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Scott Perhacs

IN MEMORY OF:

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ROBERT BENNER
Alice Benner

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Bob and Gina Borchert

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Jason Vella

IRVIN BRUNSTEIN
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Anonymous

JIM AND GINNY CLARK
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Lori Akers
Lynne and Jim Durand
Robert Durand
Nancy Mattingly
Pam Rogers

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Marty and Merle Oberman

GARY GOLDMAN
Carly Raskin
Robert Sandler

HONEY GROSBERG
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Peggy Mayfield
Karen Seigel

MARSHA WOLFF
Gary Wolff

MONROE ZIMMERMAN
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.



SATURDAY
MAY 12, 2018

Creve Coeur Park at Sailboat Cove

We appreciate the generosity of our 27 sponsors, 700 people who joined us for a beautiful day of community at Creve Coeur Park, and all who supported the event. Together we raised over \$144,000 to support our mission and inspire hope in families facing cancer in our community.



THANK YOU TO OUR SPONSORS



#1 in Home Personal Training.



Jan and Jeffrey Dicke | Peggy and Michael Nelson | Ann and Tim Plunkett | Nathan and Gina Nelson

WALK RUN INSPIRE

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.



Ride For A Cause

"You think riding a bike 205 miles in one day is hard, imagine being told you have cancer." --Joe

For the past 13 years, Joe Kemp has biked in honor of his wife, Robin. Joe rides from St. Louis to Lake of the Ozarks, a total of 205 miles, in one day. This year will be Joe's fifth ride supporting the members and programs at Cancer Support Community. Support Joe by donating to his campaign and help individuals affected by cancer in our community.

Email Amanda at acarlson@cancersupportstl.org for more information!



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!

WHAT OTHERS ARE DOING FOR CSC

A Community of Support



For the past 36 years, **Gateway Paseo Con Cristo Community** has offered its program of spiritual renewal for Christians in the St. Louis area through three-day long spiritual workshops. In 1996, an anonymous donor set up a trust with the organization to help underwrite participation in their weekends for deserving individuals. This donor asked that, if Gateway Paseo Con Cristo Community ceased to exist, the balance of the trust be granted to The Cancer Support Center of St. Louis. When Gateway Paseo Con Cristo Community decided to terminate its operations this past December, they learned that The Cancer Support Center closed its doors in 2004. Still hoping to honor the donor's original intent, they researched other organizations doing similar work in the area and found CSC. We are honored to receive this generous donation and to use it to help individuals impacted by cancer in our community. Thank you, Gateway Paseo Con Cristo Community, for investing in our mission!



Tricia Hendricks, Dick Corbet, Colin Meadows

Jeans BeCause

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



Rick Halpern, Tricia Hendricks, Colin Meadows



CELEBRATE WITH CSC!



Barbara Rubin recently celebrated her birthday with CSC by asking her friends and family to make a donation on behalf of her special day. A huge thank you to Barbara and her supporters for raising over \$2,500 for Cancer Support Community.

Cards for community



We would like to thank the **Amgen** employees that spent their morning at Cancer Support Community making beautiful cards! Members took the time to write heartfelt encouraging messages in the cards and invite those affected by cancer to join our community. These cards are being distributed to local hospitals and cancer centers in hopes to brighten someone's day and remind them that they do not have to face cancer alone.



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

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PROGRAM DIRECTOR

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PROGRAM MANAGER

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

DEVELOPMENT AND

COMMUNICATIONS MANAGER

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PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

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Julie Matkin, MSW, LCSW

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



Every quarter, patients and caregivers 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.

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 Mondays, Wednesdays, and Thursdays.

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

Monthly Men's Breakfast - RSVP

First Tuesdays, July 3, August 7, September 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.

Relax for Radiation

**Second Tuesdays, July 10, August 14, September 11
9:30 - 10:30 AM and 1:30 - 2:30 PM**

Radiation stressing you out? Join me for a morning or afternoon session of coping with anxiety and quieting your mind during treatment.

All Cancer Monthly Group

Third Tuesdays, July 17, August 21, September 18 • 1:00 - 2:00 PM

The Monthly Cancer Group at St. Anthony's 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.

Wellness with Cancer

Fourth Tuesdays, July 24, August 28, September 25 • 10:00 - 11:30 AM

Come to all three sessions or drop in when you can! Discussion will include exercise, healthy eating, and feeling good about your body.

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



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.

25 Years of Empowerment: Professional Education at CSC



The Whole Family... The Whole Time

**Friday, August 10 • 8:00 - 9:00 AM
at Cancer Support Community of Greater St. Louis**

This free, one-hour educational workshop for Social Workers will explore the impact of cancer in the family. The workshop will include information on helping patients talk to their children, helping families communicate with schools, and supporting partners. *Thank You Merck for your support of this program!*

After the workshop, the AOSW members will have their regularly scheduled Quarterly Networking Meeting.



Joke Fest - RSVP

Friday, August 10 • 12:30 - 1:30 PM

Community joke telling was an original social program of CSC. In honor of our 25th Anniversary, join us for this community joke telling event. Your ticket to the event is at least one joke you wish to share! Hosted by Ed Reggi!