



# A Place for People Impacted by Cancer

For more information, call 314-238-2000 or visit [www.cancersupportstl.org](http://www.cancersupportstl.org).



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

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**Saturday, May 12, 2018**  
Creve Coeur Park in Sailboat Cove

See page 13 for more info



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

# 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, April 3, May 1, June 5 • 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: Healing in the Music - **RSVP**

Tuesday, June 5 • 6:00 – 8:00 PM

Tracie Sanheinrich, Music Therapist for Kids Rock Cancer, will talk about ways music helps us feel better and will lead participants in the songwriting process.

### Families Connect at Steps for Hope

Saturday, May 12 • 9:00 AM

Join us at the Kids Corner Tent for games and activities that give you a taste of the fun and support you will find at our monthly Families Connect program.



## STRESS MANAGEMENT

### Family Yoga - **RSVP**

Second Tuesdays, April 10, May 8, June 12 • 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.



## SOCIAL CONNECTIONS

### Tea 4 Two!

Saturday, June 9 • NOON – 1:30 PM

Bring someone you love and enjoy a tea time lunch. This a great opportunity for a family lunch or daddy/mommy/daughter/son "date." Dress up for "high tea" or come casual. There will be an opportunity for kids to design or decorate their own party hat or tie before sitting down for a table service light lunch complete with tea and desert. Everyone will go home with a special photo from the event. Indoor or garden seating available.



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.

## healthy lifestyle

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

Tuesday, June 26 • 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.

# 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.

**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.

*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 – 2:30 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.*

**April 5: Potluck-bring a side dish or dessert; we will have sandwiches**

### 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.

### BREAST CANCER MONTHLY GROUP - RSVP



Second Wednesday each month • 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.

**May 21: Open to Options with Kelly O'Neal, LMSW**

### 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 302

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 - NOW AT CSC!

Fourth Monday each month • NOON – 1:30 PM (May 21 Due to Holiday)

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

### PROSTATE CANCER MONTHLY GROUP



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

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

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

### SURVIVORSHIP SERIES 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, April 6, May 4, June 1 • 10:00 – 11:00 AM

Third Wednesdays, April 18, May 16, June 20 • 6:30 – 7:30 PM

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

### Transition to Survivorship - RSVP

Third Thursdays, April 19, May 17, June 21 • 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.*

### Wellness with Cancer



Fourth Tuesdays, April 24, May 22, June 26 • 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.

### Meaning-Centered Conversations - RSVP

Mondays, April 30-June 11 • 10:30 AM – NOON

Meaning-Centered Conversations is a 7-week group that explores creating, experiencing, and keeping a sense of meaning in life. Each session includes conversation, art, and mindfulness. *For the best experience, please commit to 6 out of 7 sessions.*

### From Cancer to Health™ - RSVP

Third Tuesdays • 6:30 – 8:00 PM

Research shows that people participating in the program feel less stress, have better immunity, keep healthier diet and exercise habits and feel greater social support. These sessions will help participants manage stress, learn ways to lessen the impact of physical symptoms of cancer, and develop skills to cope with common problems faced by people with cancer.

### Comfort Food for Optimal Wellness - RSVP

Wednesday, April 11 • 6:30 – 8:00 PM

Join Greg Kiger and learn how to perk up and overcome your health challenges. Our wise culinary traditions and the very latest nutrition science both point in the same direction - toward delicious, nutritious and satisfying comfort foods that not only feed our body, mind and soul - they keep us well. Learn what to eat and why, along with tips and tricks for proper sourcing and preparation. Enjoy a lifetime of robust health and savor flavorful meals along the way.

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

### From Alternative to Integrative - RSVP

Tuesday, April 24 • 6:30 – 8:00 PM

"Alternative", "complimentary" or "integrative" have been terms that describe practices outside of Western medical treatment or approaches used in conjunction with medical treatments. The field is diverse and encompasses practices spanning from diet, hypnosis and acupuncture to music and art. Join Dr. Jill Oberle and Becky Lasater, LCSW, OSW-C, as they discuss integrative therapies used in palliative care today.

### Lunch and Learn - Chemo Brain: How to Manage Cognitive Changes - RSVP

Thursday, May 24 • 11:30 AM – 1:00 PM

Bring a brown bag lunch and join us for an informative session with Occupational Therapist Meghan Doherty. She will provide information about the cognitive changes that may occur during or as a result of chemotherapy and how to cope with those changes.

### Coping With the Cost of Lung Cancer Care - RSVP

Wednesday, June 13 • 5:30 – 7:30 PM



This workshop provides a practical guide to navigating the numerous and complex challenges of managing the cost of cancer care for lung cancer. Join CSC facilitator, Jennifer Dunn, LCSW to learn information and practical advice to manage the financial maze of cancer.



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

team, and make decisions that best fit your personal desires and goals.

Call Kelly O'Neal, MSW, LMSW (314-238-2000, Ext. 230) for an appointment.



## Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

### Miss Mary's Healthy Kitchen Programs

*These classes are provided by The McClanathan Family Foundation.*

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

Friday, April 13 • 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

Friday, May 4 • NOON – 2:00 PM

Using fresh seasonal produce, Chef Vicki Bensinger will create a springtime meal that is colorful and full of nutrition.



### Jerry Pass Cooking For Wellness

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

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

Tuesday, May 22 • 6:00 – 8:00 PM

Learn to prepare foods that will be great to take to parties all summer long! Avocado White Bean Wrap, Ultimate Potato Salad, Israeli Couscous and Kale Salad.

#### Bridgette Kossor, Plant-Based, Macrobiotic and Life Energy Teacher/Guide - RSVP

Wednesday, June 20 • 6:00 – 8:00 PM

Join Bridgette, Food Energy Coach and Macrobiotics Chef for a delicious cooking class with a springtime menu sure to please.

### Art for Recovery - RSVP

Mondays, April 9 and May 14 • 6:30 – 8:00 PM

Come explore a wide variety of art making materials with art therapist Susie McGaughey and create artwork to inspire and support you and your loved ones in coping with the impact of cancer. Susie will use her creativity to guide members to create an inspirational project related to the cancer journey.

### Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, April 16, May 21, June 18 • 6:30 – 8:00 PM

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

### Relax for Radiation

Second Tuesdays, April 10, May 8, June 12 • 9:30 – 10:30 AM & 1:30 – 2:30 PM

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

Radiation stressing you out? Join us 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, April 12, May 10, June 14 • 6:30 – 8:00 PM

Learn to relax and stay in the moment using mindfulness meditations. Each session will include information, strategies for integrating mindfulness into your day, and a practice.

### Writing Your Wild Self - RSVP

Wednesdays, April 4, 11, 18 and May 2, 9, 16, 23 • 1:00 – 3:00 PM

"I don't want to end up simply having visited this world... Tell me, what is it you plan to do with your one wild and precious life?" - Mary Oliver

Authentic contemplation brings genuine heart and meaning into daily life. Wild nature calls us to deep introspection. With inspiration from nature as our primary teacher, we will read and integrate poetry from a variety of authors as companions to our writing pieces. We will experience nature in our spring garden through meditation as another complement to our writing. Drinking deeply from the fresh moments of full awareness and the magnificence of this wild world, we will discover astonishment along the way as we share our stories in community. *For the best experience, please commit to 5 out of 7 sessions. This program is made possible by an anonymous donor.*

### The Power of Mindfulness: A Deeper Look - RSVP

Three Consecutive Thursdays, May 24, 31 and June 7 • 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.

### Open Microphone Night for CSC Writers! - RSVP

Wednesday, May 30 • 6:30 – 8:30 PM

Please join us in reading or listening to a short piece of writing (prose or poetry) focusing on your experience as a patient, survivor, caregiver, or bereaved. This special evening is dedicated to celebrating the role writing plays in recovery, mindfulness, gratitude, resilience, and the healing qualities of nature. *Due to the interest of time, all spoken pieces must be under 5 minutes.*

### Creative Journaling - RSVP

Wednesday, May 30 • 2:30 – 4:00 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](http://www.soulcollage.com).

**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 Planning as a Community - RSVP**

Wednesday, April 4 • NOON – 1:30 PM

Explore the bounty of last year's garden as we plan for the new year. Create a dried flower arrangement as we select plants which best serve the Community in this year's garden. Flowers, vegetables and herbs all have a place here; all we must do is decide!

**Plant Day - RSVP**

Friday, May 18 • NOON – 1:30 PM

Join us as we dig in and plant the Inspiration Garden with flowers, herbs and vegetables for all to enjoy. Pot up a plant to take home.

**Community and Nature - RSVP**

Thursday, June 7 • 12:30 – 2:00 PM

Share nature with someone special. Each member will make a small arrangement of spring blooms for themselves and another for someone else... friend, family, colleague, stranger. A gift to remind your "community" of the beauty of our natural world.

**Young Adult Night - RSVP**

Wednesday, June 6 • 6:30 – 8:00 PM

Are you a young adult between the ages of 18 and 40ish, in-treatment or out of treatment, looking to connect with others? Join CSC and Mercy's Young Adult Cancer Survivor (YACS) Program for an evening of food, socializing, and relaxation!

**Cancer and Body Image: Summer Solstice and the Self - RSVP**

Thursday, June 21 • 10:00 – 11:30 AM

Join Kelly O'Neal, LMSW, CSC Program Coordinator in the CSC Inspiration Garden to celebrate the summer solstice and ourselves! Discussion and activities will center around coping and acceptance of changes cancer brings to body image. *For women only.*



## Sustained by Community

### SOCIAL PROGRAMS

**Monthly Men's Breakfast - RSVP**

First Tuesdays, April 3, May 1, June 5 • 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.

**Paper Crafts - RSVP**

Thursday, April 19 • 10:00 AM – NOON

Learn new card making techniques with volunteer Judy Geodeker. Participants will create several unique cards each time! Both beginners and experienced crafters welcome.

**Powered By Hope - RSVP**

Monday, May 7 • 6:30 – 8:00 PM

Come together to Inspire Hope, Give Hope and see Hope in the Community with hearing from Powered by Hope ambassadors, honoring those who inspire us and see Hope in Community with a Potluck!

**Stitch Together - RSVP**

First Tuesdays, April 3, May 1, June 5 • 6:30 – 8:00 PM

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

**Open Art Studio - RSVP**

Mondays in April • 3:00 – 4:00 PM

This Open Studio is a space where members can come to gather, think creatively, and work expressively with a variety of art materials with our Art Therapy Intern, Kaitlyn Paton. No art experience necessary.

**Steps for Hope Walk T-shirt Decorating Party - RSVP**

Friday, May 11 • 11:00 AM – 1:00 PM

Cut, tie, bedazzle and bling-Show your team spirit in a creative way! Members who sign up for the walk and purchase a t-shirt can bring decorating supplies and enjoy community and snacks while preparing to show your team spirit at Steps for Hope Walk.

**Craft Connection - RSVP**

Tuesday, May 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.

**Royal Wedding Shower - RSVP**

Thursday, May 17 • NOON – 2:00 PM

Wear your best hat, bring a dish, and join us in the garden for afternoon tea and treats to celebrate the upcoming Royal Wedding!

**CSC 25<sup>th</sup> Birthday Bash - RSVP**

Friday, June 8 • 11:00 AM – 1:00 PM

For 25 years Cancer Support Community has brought people together to empower by knowledge, strengthen by action and support with community. Join us for some sips and sweets in celebration of this special anniversary occasion.

**Great Decisions Discussion Group - RSVP**

Second and Fourth Wednesdays (no session on June 27) • 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.

**Book Club: Moloka'i by Alan Brennert - RSVP**

Thursday, June 14 • 10:00 – 11:30 AM

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
	Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP	Monthly Men's Breakfast @ St. Anthony's Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Families Connect 6:00 PM RSVP Stitch Together 6:30 PM RSVP	Yoga 9:30 AM Garden Planning NOON RSVP Writing Your Wild Self 1:00 PM RSVP 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	
1	2	3	4	5	6	7
	Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP Art for Recovery 6:30 PM RSVP	Relax for Radiation @ St. Anthony's Cancer Care Center 9:30 AM & 1:30 PM RSVP 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 Great Decisions 6:30 PM RSVP Comfort Food for Optimal Wellness 6:30 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 Miss Mary's Healthy Kitchen NOON RSVP Yoga @ SLU NOON	
8	9	10	11	12	13	14
15	Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM Survivorship MG @ David C. Pratt CC Library 6:30 PM	Yoga 10:00 AM All Cancer MG @ St. Anthony's Cancer Care Center 1:00 PM From Cancer to Health 6:30 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM New Member Meeting 6:30 PM RSVP	Paper Crafts 10:00 AM 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	21
	Pancreatic Cancer MG NOON Tai Chi 1:00 PM Open Art Studio 3:00 PM RSVP	Yoga 10:00 AM Wellness with Cancer @ St. Anthony's Cancer Care Center 10:00 AM RSVP From Alternative to Integrative 6:30 PM RSVP	Yoga 9:30 AM 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	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	28
22	23	24	25	26	27	
29	Tai Chi 1:00 PM Meaning-Centered Conversations 10:30 AM RSVP Open Art Studio 3:00 PM RSVP					

# APRIL 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.

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
<b>MAY 2018</b>  = WORKSHOPS LOCATED OFF-SITE  = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY		Monthly Men's Breakfast @ St. Anthony's Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Families Connect 6:00 PM RSVP Stitch Together 6:30 PM RSVP <b>1</b>	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Metastatic Cancers MG 6:30 PM <b>2</b>	Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP <b>3</b>	Zumba 9:30 AM New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Miss Mary's Healthy Kitchen NOON RSVP Yoga @ SLU NOON <b>4</b>	<b>5</b>
<b>6</b>	Tai Chi 1:00 PM Powered by Hope 6:30 PM RSVP <b>7</b>	Relax for Radiation @ St. Anthony's Cancer Care Center 9:30 AM & 1:30 PM RSVP Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Family Yoga 6:30 PM RSVP <b>8</b>	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Great Decisions 6:30 PM RSVP <b>9</b>	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Mindfulness 6:30 PM RSVP <b>10</b>	Zumba 9:30 AM Qigong 11:00 AM Steps for Hope Walk T-shirt Decorating Party 11:00 AM RSVP Yoga @ SLU NOON <b>11</b>	<b>12</b> <b>Steps for Hope</b> @ Creve Coeur Park in Sailboat Cove. Registration opens at 9 am. Event begins at 10 am. 
<b>13</b>	Tai Chi 1:00 PM Art for Recovery 6:30 PM RSVP <b>14</b>	Yoga 10:00 AM All Cancer MG @ St. Anthony's Cancer Care Center 1:00 PM From Cancer to Health 6:30 PM RSVP Craft Connection 6:30 PM RSVP <b>15</b>	Yoga Basics 9:30 AM Yoga Basics 5:15 PM New Member Meeting 6:30 PM RSVP <b>16</b>	Royal Wedding Shower NOON RSVP Country Line Dancing 2:30 PM Transition to Survivorship 6:30 PM RSVP <b>17</b>	Zumba 9:30 AM Qigong 11:00 AM Garden Plant Day NOON RSVP Yoga @ SLU NOON <b>18</b>	<b>19</b>
<b>20</b>	Pancreatic Cancer MG NOON Tai Chi 1:00 PM Gynecological Cancers MG 6:30 PM Survivorship MG @ David C. Pratt CC Library 6:30 PM Energy 101: Balance Your Body's Energies 6:30 PM RSVP <b>21</b>	Yoga 10:00 AM Wellness with Cancer @ St. Anthony's Cancer Care Center 10:00 AM RSVP Jerry Pass Cooking Demo 6:00 PM RSVP <b>22</b>	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP <b>23</b>	Power of Mindfulness @ David C. Pratt CC 11:00 AM RSVP Lunch and Learn: Chemo Brain: How to Manage Cognitive Changes 11:30 AM RSVP Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM <b>24</b>	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON <b>25</b>	<b>26</b>
<b>27</b>	CSC CLOSED <b>28</b>	Yoga 10:00 AM <b>29</b>	Yoga Basics 9:30 AM Creative Journaling 2:30 PM RSVP Yoga Basics 5:15 PM Open Microphone Night for CSC Writers! 6:30 PM RSVP <b>30</b>	Country Line Dancing 2:30 PM <b>31</b>		Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>JUNE 2018</div> <div> <div>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</div> <div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div> </div> </div>						
		Monthly Men's Breakfast @ St. Anthony's Cancer Care Center 9:00 AM RSVP Yoga 10:00 AM Families Connect 6:00 PM RSVP Stitch Together 6:30 PM RSVP	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Metastatic Cancers MG 6:30 PM Young Adult Night 6:30 PM RSVP		Zumba 9:30 AM New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	1
3	4		5	6	7	8
		Relax for Radiation @ St. Anthony's Cancer Care Center 9:30 AM & 1:30 PM RSVP Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Family Yoga 6:30 RSVP	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP Great Decisions 6:30 PM RSVP Coping with the Cost of Lung Cancer Care 6:30 PM RSVP	Book Club 10:00 AM 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 CSC BIRTHDAY BASH 11:00 AM RSVP	Tea 4 Twol NOON RSVP 
10	11		12	13	14	15
	Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM Survivorship MG @ David C. Pratt CC Library 6:30 PM RSVP	Yoga 10:00 AM All Cancer MG @ St. Anthony's Cancer Care Center 1:00 PM From Cancer to Health 6:30 PM RSVP	Yoga Basics 9:30 AM Yoga Basics 5:15 PM Jerry Pass Cooking Demo 6:00 PM RSVP New Member Meeting 6:30 PM RSVP	Cancer and Body Image 10:00 AM 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	16
17	18		19	20	21	22
	Pancreatic Cancer MG NOON	Yoga 10:00 AM Wellness with Cancer @ St. Anthony's Cancer Care Center 10:00 AM RSVP Family, Food and Fun! 6:30 PM RSVP	CSC CLOSED		Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Brain Tumor MG 6:30 PM	23
24	25		26	27	28	29
						30

# 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 Mondays • 1:00 - 2:00 PM (No Tai Chi in June)** Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination.

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

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

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

## YOGA LOCATIONS:

**Cancer Support Community**  
1058 Old Des Peres Rd. • St. Louis, MO 63131  
**Tuesdays • 10:00 - 11:00 AM**  
**Wednesdays • 9:30 - 10:30 AM & 5:15 - 6:15 PM**

**SLU Cancer Center Free parking for yoga attendees.**  
Sponsored by St. Louis University Cancer Center  
3655 Vista • St. Louis MO 63110 • 314-268-7015  
**Fridays • NOON - 1:00 PM**



# 25 Years of Community

## calendar

<p><b>The Wellness Community</b> is a great source for group health classes. Contact: Angela and her team. Education and Wellness. Angela and her team offer a variety of group health classes. Contact: Angela and her team. Education and Wellness. Angela and her team offer a variety of group health classes.</p> <p><b>Restorative Movement</b> Fourth Thursdays, 6:00-7:00 PM. Join Kate Walsh in movement focused on improving balance, strength and bone health. Kate starts with yoga and moves beyond! Equipment provided at CSC.</p> <p><b>Introduction to Tai Chi</b> Mondays, 1:00-2:00 PM. Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination.</p> <p><b>Zumba!</b> 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!</p> <p><b>Yoga</b> (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.</p> <p><b>Country Line Dancing</b> 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.</p>	<p><b>Restorative Movement</b> Fourth Thursdays, 6:00-7:00 PM. Join Kate Walsh in movement focused on improving balance, strength and bone health. Kate starts with yoga and moves beyond! Equipment provided at CSC.</p> <p><b>Introduction to Tai Chi</b> Mondays, 1:00-2:00 PM. Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination.</p> <p><b>Zumba!</b> 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!</p> <p><b>Yoga</b> (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.</p> <p><b>Country Line Dancing</b> 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.</p>
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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.

## CSC 25th Birthday Bash - RSVP

Friday, June 8 • 11:00 AM - 1:00 PM

For 25 years Cancer Support Community has brought people together to empower by knowledge, strengthen by action and support with community. Join us for some sips and sweets in celebration of this special anniversary occasion.

## From Alternative to Integrative - RSVP

Tuesday, April 24 • 6:30 - 8:00 PM

"Alternative", "complimentary" or "integrative" have been terms that describe practices outside of Western medical treatment or approaches used in conjunction with medical treatments. The field is diverse and encompasses practices spanning from diet, hypnosis and acupuncture to music and art. Join Dr. Jill Oberle and Becky Lasater, LCSW, OSW-C, as they discuss integrative therapies used in palliative care today.



## CANCER EXPERIENCE REGISTRY

Participating is easy. There are only two steps:

1. Visit [www.CancerExperienceRegistry.org](http://www.CancerExperienceRegistry.org) to sign up for the Cancer Experience Registry
2. Answer a set of survey questions and provide updates on a yearly basis

Help change the cancer experience for the millions of people who live with cancer every day. Encourage people you know who have been diagnosed with cancer to register now at [www.cancerexperienceregistry.org/join/CSCStLouis](http://www.cancerexperienceregistry.org/join/CSCStLouis).

*Together, we can make a difference!*



Join us as we celebrate

# Cancer Support Community's 25<sup>th</sup> anniversary!

Since 1993, Cancer Support Community of Greater St. Louis has been providing programs to help people affected by cancer manage the stress of a diagnosis.

In honor of CSC's 25 years of providing programs locally, we are celebrating our anniversary in a number of ways.

## 25<sup>th</sup> Anniversary Bash – RSVP

Friday, June 8, 2018 • 11:00 AM – 1:00 PM

June 8<sup>th</sup> is our official anniversary! On this day in 1993, we opened our doors here in St. Louis. Join us to commemorate this special day! We couldn't have reached this milestone without supporters like you. Call 314-238-2000 to RSVP

## Celebrate Your Birthday With CSC

19 million birthdays are celebrated around the world every day—will yours be one to change lives? Use your special day to raise funds for CSC! It's a thoughtful way to recognize your birthday and give back. To learn more about this opportunity and how we can help, email Amanda at [acarlson@cancersupportstl.org](mailto:acarlson@cancersupportstl.org).

## 25 Words

As part of our anniversary celebrations we are creating a short video to describe CSC to our community through members, donors, and supporters. We invite individuals and families to be apart of this special project by sharing words they feel describe CSC. To get involved, email Amanda at [acarlson@cancersupportstl.org](mailto:acarlson@cancersupportstl.org) or call 314-238-2000.

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

## IN HONOR OF:

ELLIOT ABBEY  
Juanita Huie Fuller

ELI ABELES  
Meredith and Joe Berger

STEVEN ARENBERG  
Susan Arenberg

TERRY CHANCE  
Barbara Juettemeyer

NANCY COX  
Mike and Julie Holley

RONNA CROFT  
Jeannette Nissenbaum

MARY ELLEN FREUND  
DeDe Seltzer

SCOTT GEE  
Marty and Merle Oberman

RICK HALPERN  
David and Judy Lipsitz  
Hal and Jane Sitrin

SHEILA HYATT  
Mr. and Mrs. Alan Schaffer

DARLEEN JACKSON  
Erica Ecklund

BOB KESSLER  
Donna and Bob Cohen

JUDY LOWE  
Ann Brown

SUSAN MAYER  
Lynn Goode

ROBIN McCLANATHAN  
Marty and Merle Oberman

PEGGY NELSON  
Katie Anderson  
Regina Hayes  
Bob and Joyce Lewis

JEANNE PASS  
Sharon and Barry Friedman  
NJ and Natalie Handelman  
Elaine Korn  
Ann Lux  
Jeff and Judy Pass

ANN AND TIM PLUNKETT  
Sally Pinckard

MR. AND MRS. ROBERT POWERS  
Tim and Kelley Powers

GARY RATKIN  
Bob and Carolyn Suffian  
Harvey and Nancy Lehrer

BARBARA RUBIN  
Scott Rubin

DEDE SELTZER  
Linda Levin

MILICA VOGT  
Deborah Collier

PAUL WEISS  
Audrey Anderson

CHERYL YEHLING  
Cathy Toro

## IN MEMORY OF:

JANE ABSHEER  
Larry Absheer

JOANN ALEXANDER  
Ron and Sheri Kanterman

AUDREY ANDERSON  
Tess Pardini  
Gene Peimann

PAUL AND ANN ARENBERG  
Steven Arenberg

GRACE BROD  
Sue Matlof

MICHAEL BUCK  
Warren Collins  
Marti Minges  
Robbins, Kelly, Patterson and Tucker

BONNIE CAPES  
Linda Hoffman  
Richard Levey and Susie Knopf

EARL CHANGAR  
Bereavement Group Friends  
Barbara and James Heinzen

JUSTINE CLAISE  
Robert and Anne Claise

JIM AND GINNY CLARK  
Jane Peyton

DEBBIE DAVIS  
Barbara Pratter

ARIANNA ROSE DOUGAN  
Marilyn Zucker

NANCY ENGLAND  
Barbara Pratter

NORMAN ESSMAN  
Sanford and Sandra Krachmalnick

KAYE AND ROB FORMAN  
Fran Whipple

MICHAEL FRANCIS FULLER  
Juanita Huie Fuller

GARY GOLDMAN  
Lily and Barton Groh  
Tricia and Michael Whelan  
Sharon Huber  
Audrey and Byron Katcher  
Mike Nahrstedt  
Scott Raskin  
William Raskin  
Mark Tachman  
Mary and Ross Burlemann  
Amy and David Newman  
Howard and Lorraine Tischler  
American Academy of Actuaries  
Mo-Case  
Carol Houska

SUZANNE HAGAN  
Ilene and Henry Ordower  
Annette Gambell

PAULINE HARRIS  
Beverly Marien

PHIL HEFNER  
Ann Patzell - Hefner

SHEILA HYATT  
Janice Fishman

MORRIS KEVRICK  
Ron and Sheri Kanterman

LINDA LAMKIN  
Walter and Sharon Lamkin

JOE LANG  
Jan Marie Lang

GAIL AND WALTER LEWIS  
Fran Whipple

DICK MANLIN  
Sharon and Barry Friedman

JOSEPH MANNO  
Teresa Tighe

MICHAEL MATLOF  
Sue Matlof

JUNE MILLER  
Robert Miller

KAREN NEVINS  
Victoria Simon

LOUIS PERRETTA  
Cathy Litow

ANN PREBIL  
Judge Robert and Mrs. Sheila Cohen

FRANCES RANDOLPH  
Cornelius Jost

HENRY ROGERS  
Cindy and Shep Hyken

INA SACHAR  
Judith Shaw

ELAINE SAMSON  
DeDe Seltzer

DOROTHY SANBORN  
Cindy and Shep Hyken

LIZ SHEN  
Marty and Merle Oberman

JONATHAN SOBOLESKI  
Christine Schillinger  
Thomas Schillinger  
Marisa McGruther  
Hannah Rossiter

GREG TUCKER  
Ann Tucker

LAURIE WHELAN  
Marianne Bachus

EDWIN WHITE  
Alissa White

RONALD WILLIAMS  
Mary Ann Williams

SANDY WILLICK  
Steve and Mimi Baden  
Enterprise Bank & Trust  
Jack Bolozky  
Bonnie and Herb Karfeld  
Joan Lingeman  
Barry and Amy Wallis  
Ann and Tim Plunkett  
Susan Szczupak  
Sheryl Cohen  
Marcene Tockman

MARSHA WOLFF  
Tom and Sheri Schweizer  
Gary and Sherry Wolff  
Todd and Kim Wolff  
Sarah Wolff and Aaron Rosenzweig  
William and Elaine Wolff

DORIS WULF  
Ellis and Jackie Kantor



## 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](http://www.cancersupportstl.org),

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

**Drawing Account:** For a frequent tribute donor, an account can be set up from which available funds can be drawn for tributes with just a phone call or email. To establish a Drawing Account, contact Tricia Hendricks at 314-238-2000, ext. 226.

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

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



SATURDAY  
MAY 12, 2018

Creve Coeur Park at Sailboat Cove

1 mile or 3.7 mile walk or fun run

Registration opens at 9:00AM

Event begins at 10:00AM

Invite your family, friends and coworkers to take their own STEPS FOR HOPE and help make a difference in the lives of people impacted by cancer in our community. This year marks our 20<sup>th</sup> annual walk! We hope you will join us and support this fun event and important fundraiser.

**Day includes:**

Sugarfire Smoke House, Raffle, Kids Corner, and Tribute Signs along the walk path to honor a loved one.

**Register online at**

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

**EVENT CHAIR**

Jeff Kullmann



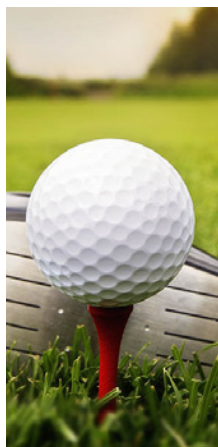
*Jeff (back right) with Team Laurie Kullmann Young*

"My sister Laurie Kullmann Young was active at CSC (then The Wellness Community) beginning in 1999 at the first location on Old Olive. When she was diagnosed with cancer, she had a young son and had recently become a single parent. While Laurie had a strong support network of family and friends, she needed to connect with other people with cancer who truly understood what she was going through. She got that and so much more at CSC. Even when she was not feeling well, she made a point of attending programs there to be in the company of others on the same path.

I walk for Laurie—to honor her memory and to give back to the organization that gave her so much during a very difficult time in her life. I have walked in all but one of CSC's 19 previous annual walks. This year I am honored to chair the 20th walk and invite you to join me to take STEPS FOR HOPE. Your steps matter. Your support and CSC's support matters."

WALK RUN INSPIRE

# HOW YOU CAN SUPPORT CSC



## Golf for CSC on June 12<sup>th</sup>

On June 12th, CSC, Stella's Wish, and Larry Lund CFP are hosting a golf outing at the Falls Golf Club in O'Fallon, MO with proceeds benefiting CSC and Stella's Wish directly. Whether you are an avid golfer or beginner we would love to see you there. Sign up with a foursome or individually and show your support! Prices are \$100/individual or \$400/foursome. We are also looking for volunteers on the day of the event. Please contact Amanda Carlson at [acarlson@cancersupportstl.org](mailto:acarlson@cancersupportstl.org) if you are interested in golfing or volunteering!



## Ride for a cause

Joe Kemp has been raising funds for the programs at CSC for 5 years in honor of his wife, Robin! This year Joe is looking for more riders to join him on his one day, 205-mile bike ride from St. Louis to Lake of the Ozarks. Don't want to ride? You can still support Joe by fundraising for his campaign. Interested? We are here to help! We have created a step by step guide for fundraising and Joe is willing to host trainings to get riders ready for the big day! Email Amanda at [acarlson@cancersupportstl.org](mailto:acarlson@cancersupportstl.org) for more information!

## 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.



## STEPS FOR HOPE volunteer opportunities

Help us by volunteering for our annual STEPS FOR HOPE walk and honor individuals in a unique and special way. We have numerous ways to volunteer including; set up and tear down day of, selling raffle tickets, managing rest stops, and more. Call Amanda Carlson at 314-238-2000 to sign up or learn more.

## Give back and stay involved!

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. The group will host quarterly social gatherings and an annual fundraiser.

Please contact Amanda Carlson at [acarlson@cancersupportstl.org](mailto:acarlson@cancersupportstl.org) if interested in getting involved!

*"I wanted to find a way to give back, stay connected with the community, and help ensure CSC is there for those who need it as it was always there for me. I am very excited to be a part of this new initiative."*

– Ann Tucker, volunteer



L to R: Tricia Hendricks, Ann Patzell, Jim Birmingham, Ann Tucker, Jackie Puzniak

# WHAT OTHERS ARE DOING FOR CSC

*"By donating to CSC, I found a way to combine two things that are important to me: CSC and pottery."*

A huge thank you to our volunteer, **Jane Peyton**, who sold her handmade pottery at a local pottery sale. Jane donated over **\$1,000** to Cancer Support Community! We thank her for giving back in so many ways.



On Saturday, February 3<sup>rd</sup>, **Kendra Scott** hosted a Kendra Gives Back Party in honor of CSC! Shoppers gathered for sips, sweets, and jewels just in time for Valentine's Day! With 20% of sales coming back to CSC, Kendra Scott donated over **\$1,100!**

The Missouri Pageant Alumnae Club (aka Cameo Club) donated **\$800** from their latest showcase. Thank you for supporting Cancer Support Community!

## STAFF - Contact us 314.238.2000

### EXECUTIVE DIRECTOR

F. Scott Gee, ext. 223

### PROGRAM DIRECTOR

Renata Sledge, MSW, LCSW, ext. 224

### DEVELOPMENT DIRECTOR

Tricia Hendricks, ext. 226

### PROGRAM MANAGER

Dannielle Hodges, MSW, LMSW, ext. 228

### DEVELOPMENT AND COMMUNICATIONS COORDINATOR

Amanda Carlson, ext. 231

### PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

### PROGRAM COORDINATOR

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



## MISSION:

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

### CLINICAL STAFF

Karen Banks, MEd, PLPC  
Kathy Bearman, MA, LCSW  
Jennifer Dunn, MSW, LCSW  
John B. Eschen, MEd, LPC  
Dannielle Hodges, MSW, LMSW  
Susie McGaughey, LPC, ATR  
Julie Matkin, MSW, LCSW  
Kelly O'Neal, MSW, LMSW  
Jeff Piper, MSW, LCSW  
Renata Sledge, MSW, LCSW

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\* Past Chair of the Board

# 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, LMSW 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](mailto: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, April 3, May 1, June 5 • 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, April 10, May 8, June 12**

**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 Tuesday each month • 1:00 – 2:30 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, April 24, May 22, June 26 • 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](http://www.cancersupportstl.org), for more information about these sessions.



## **DON'T MISS OUT!**

Are you a young adult between the ages of 18 and 40ish, in-treatment or out of treatment, looking to connect with others? Don't miss out on this special event!



## **Young Adult Night - RSVP**

**Wednesday, June 6 • 6:30 – 8:00 PM**

Join CSC and Mercy's Young Adult Cancer Survivor (YACS) Program for an evening of food, socializing, relaxation and socializing with others who understand the unique experience of being a young adult experiencing cancer. Partners are welcome as well.

## **25 Years of Empowerment: Professional Education at CSC**



## **Understanding the Patient Experience**

**Wednesday, June 27 • 8:00 AM – 3:00 PM**

**at Cancer Support Community of Greater St. Louis**

The Cancer Support Community: 25 Years of Empowerment Professional Education Day is a special one-day educational event that brings together health care professionals with leading experts to learn about the impact and value of putting the patient and their family at the front of cancer care.

At this symposium, you will find:

- Educational sessions regarding Understanding the Patient Experience
- Experiential opportunities to Taste Wellness at CSC
- Inspirational speakers
- CEU's for Nurses and Social Workers (pending)

Contact Cancer Support Community at 314-238-2000 for more information.