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

NEWSLETTER / CALENDAR

A Place for People Impacted by Cancer

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

Saturday, May 12, 2018
Creve Coeur Park in Sailboat Cove
See page 13 for more info
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 Sanheimrich, Music Therapist for Kids Rock Cancer, will talk about ways music helps us feel better and will lead participants in the songwriting process.

Family Yoga – RSVP
Second Tuesdays, April 10, May 8, June 12 • 6:30 – 7:30PM
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.

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.

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.

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.
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.

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 – 1:00PM
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 UsTOO 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.

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

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.

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.soucollage.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.

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.

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, Kailyn 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 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.

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: Molokai' 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).

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.
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Art for Recovery 6:30 PM RSVP | 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
Monthly Men’s Breakfast @ SLA 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
Yoga 5:15 PM
Yoga 9:30 AM
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 PM RSVP | Country Line Dancing 2:30 PM
Chinese Qigong @ SLU NOON | Country Line Dancing 2:30 PM
Lung Cancer MG 6:00 PM
Mindfulness 6:30 PM RSVP | Zumba 9:30 AM
Great Decisions 6:30 PM RSVP
Comfort Food for Optimal Wellness 6:30 PM RSVP | Zumba 9:30 AM
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New Member Meeting 10:00 AM RSVP
Lung Cancer MG 6:00 PM
Mindfulness 6:30 PM RSVP | Zumba 9:30 AM
New Member Meeting 10:00 AM RSVP
Miss Mary’s Healthy Kitchen NOON RSVP | Zumba 9:30 AM
New Member Meeting 10:00 AM RSVP
Lung Cancer MG 6:00 PM
Mindfulness 6:30 PM RSVP | Zumba 9:30 AM
New Member Meeting 10:00 AM RSVP
Miss Mary’s Healthy Kitchen NOON RSVP |

Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.
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### JUNE 2018

**SUNDAY**

- 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

**MONDAY**

- Relax for Radiation @ St. Anthony's Cancer Care Center 9:30 AM & 1:30 PM RSVP
- Yoga 10:00 AM
- Multiple Myeloma MG @ SLUCC 11:30 AM
- Family Yoga 6:30 PM RSVP

**TUESDAY**

- Yoga Basics 9:30 AM
- Yoga Basics 5:15 PM
- Metastatic Cancers MG 6:30 PM
- Young Adult Night 6:30 PM RSVP

**WEDNESDAY**

- Yoga 10:00 AM
- 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

**THURSDAY**

- 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

**FRIDAY**

- Community and Nature 12:30 PM RSVP
- Country Line Dancing 2:30 PM
- Prostate Cancer MG @ David C. Pratt CC 6:30 PM
- Bereavement MG 6:30 PM RSVP

**SATURDAY**

- Zumba 9:30 AM
- New Member Meeting 10:00 AM RSVP
- Qigong 11:00 AM
- Yoga @ SLU SUNOON

**SUNDAY**

- 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

**MONDAY**

- Yoga 10:00 AM
- All Cancer MG @ St. Anthony’s Cancer Care Center 10:00 PM
- From Cancer to Health 6:30 PM RSVP

**TUESDAY**

- 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

**WEDNESDAY**

- Cancer and Body Image 10:00 AM RSVP
- Country Line Dancing 2:30 PM
- Transition to Survivorship 6:30 PM RSVP

**THURSDAY**

- Zumba 9:30 AM
- New Member Meeting 10:00 AM RSVP
- Qigong 11:00 AM
- Yoga @ SLU SUNOON

**FRIDAY**

- Community and Nature 12:30 PM RSVP
- Country Line Dancing 2:30 PM
- Lung Cancer MG 6:00 PM
- Mindfulness 6:30 PM RSVP

**SATURDAY**

- Zumba 9:30 AM
- New Member Meeting 10:00 AM RSVP
- Qigong 11:00 AM
- Yoga @ SLU SUNOON

Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.

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**Workshops Located Off-Site**

- Yoga Basics 5:15 PM
- Metastatic Cancers MG 6:30 PM
- Young Adult Night 6:30 PM RSVP

**RSVP Required**

- 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

**No RSVP; Held at Cancer Support Community**

- Relax for Radiation @ St. Anthony's Cancer Care Center 9:30 AM & 1:30 PM RSVP
- Yoga 10:00 AM
- Multiple Myeloma MG @ SLUCC 11:30 AM
- Family Yoga 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
- New Member Meeting 10:00 AM RSVP
- Qigong 11:00 AM
- Yoga @ SLU SUNOON

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Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See “Support Groups” on pg. 3 for more information.
Participating is easy. There are only two steps:

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.

Together, we can make a difference!
Join us as we celebrate
Cancer Support Community’s 25th 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.

25th Anniversary Bash – RSVP
Friday, June 8, 2018 • 11:00 AM – 1:00 PM
June 8th 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.

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 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:

ELLIE TAYLOR
Juanita Hue Fuller

ELI ABELES
Meredith and Joe Berger

STEVEN ARENBURG
Susan Arenberg

TERRY CHANCE
Barbara Juettlemeyer

NANCY COX
Mike and Julie Holley

RONNIE CROFT
Jennette Nissenbaum

MARY ELLEN FREUND
DeDe Seltzer

SCOTT GEE
Marty and Merle Oberman

RICK HALPERN
David and Judy Lipsitz

HEIL HYATT
Mr. and Mrs. Alan Schaffer

DARLENE JACKSON
Erica Ecklund

BOB KESSLER
Donna and Bob Cohen

JUDY LOWE
Ann Brown

SUSAN MAYEY
Lynn Gooise

ROBIN MCLANATHAN
Marty and Merle Oberman

PEGGY NELSON
Katie Anderson

JEANNE PASS
Sharon and Barry Friedman

NJ AND NATALIE HANDELMAN
Ann and Todd Handelman

ELAINE KORN
NJ and Natalie Handelman

SHERRY KOROS
Sandy Willlick

ANNE SHAW
Mary Ann Williams

MARSHALL WOLFF
Tom and Sheri Schweizer

TODD AND KIM WOLFF
Sarah Wolff and Aaron Rosenzweig

DORIS WULF
Ellis and Jackie Kantor

IN MEMORY OF:

JANE ABSEHER
Larry Abseher

JOANNA ALEXANDER
Ron and Sheri Kanterman

AUDREY ANDERSON
Tess Pardini

PAUL AND ANN ARENBURG
Paul and Ann Arenberg

GRACE BROD
Sue Matloff

MICHAEL BUCK
Warren Collins

EARL CHANGAR
Bereavement Group Friends

JUSTINE CLAUSE
Robert and Anne Claise

JIM AND GINNY CLARK
Jane Peyton

DEBBIE DAVIS
Barbara Prater

ARIANNA ROSE DOUGAN
Cindy and Shep Hyken

NANCY ENGLAND
Barbara Prater

NORMAN ESSMAN
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Fran Whipple

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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

EDWIN WHITE
Alissa White

RONALD WILLIAMS
Mary Ann Williams

SANDY WILKICK
Steve and Mirna Baden

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:


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 20th 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

“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
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

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 for more information!

How you can support CSC

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 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

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.

L to R: Tricia Hendricks, Ann Petzell, Jim Birmingham, Ann Tucker, Jackie Puźniak

Golf for CSC on June 12th

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 if you are interested in golfing or volunteering!
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.

KENDRA SCOTT

On Saturday, February 3rd, 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!

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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DEVELOPMENT DIRECTOR
Tricia Hendricks, ext. 226

PROGRAM MANAGER
Dannielle Hodges, MSW, LMSW, ext. 228

DEVELOPMENT AND COMMUNICATIONS COORDINATOR
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PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR
Gabby Fish, ext. 240

PROGRAM COORDINATOR
Kelly O’Neal, MSW, LMSW, ext. 230

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314-238-2000 • cancersupportstl.org
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.

**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, for more information about these sessions.

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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, (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.

**St. Anthony’s Cancer Care Center and Cancer Support Community**

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**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.