



CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



SAVE THE DATE!

Saturday, May 4, 2024

Creve Coeur Park in Sailboat Cove

1-mile or 3.7-mile walk or fun run

See page 11 for more info!

WALK. RUN. INSPIRE.

See page 14 for more info or visit cancersupportstl.org/steps-for-hope-walk

What's Inside:

ALL SERVICES OFFERED AT
NO CHARGE!

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Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

A program for the whole family when a parent, grandparent, or adult relative has cancer, as well as families experiencing the loss of a loved one to cancer.

*Funding for this program is provided in part by the **Saigh Foundation** and **St. Louis Blues For Kids**.*

Family New Member Meeting

This meeting focuses on your specific needs as a family—Learn what kids and teens understand about cancer at different developmental stages, how to talk about cancer and answer common questions, and ways to support each other.

Families Connect Counseling

Looking for extra 1:1 support for you or your child? We are excited to offer short-term counseling to our families—whether it is with one child, a group of siblings, or the entire family, we are here for you.

The Song Society



The Song Society provides music therapy to children, teens, and families affected by cancer. A music therapy session can be scheduled by itself or in addition to a counseling session for a creative and unique therapeutic experience.

Contact Kelly O'Neal at 314-238-2000 ext. 353 or koneal@cancersupportstl.org to schedule your Family New Member Meeting, Counseling Consult, or Song Society Music Therapy Session! Available for Live or Zoom sessions.

Frankly Speaking About Cancer: What Do I Tell the Kids?

Register for ZOOM

Wednesday, January 17 • 6:30–8:00 PM

Learn about the ways children understand information about cancer at different developmental stages. Kelly O'Neal, MSW, LCSW will discuss strategies to have conversations about cancer and ways for families to cope with emotional distress and optimize support systems.

Families Connect Valentine's Event RSVP for LIVE Session

Tuesday, February 6 • 6:30–8:00 PM

Kids, teens, and families—Have you ever noticed that the beauty of an image is often in its smallest details? Art for Well-Being instructor Maria Ojascastro will help you find those little details and teach you how to create your own unique work of art using colored pencils on black paper. We will also decorate Valentine's Day cookies for dessert and have a visit from Chloe the support dog!



Young Adults: Interested in 1:1 support/counseling? Check out Page 3!

Generously supported by the Joel and Rachael Brightfield Family



A group for adults 18-40ish to find support and community while navigating cancer—young adult caregivers and bereaved are also welcome.

Nourish in the New Year

Register for ZOOM or RSVP for LIVE Session

Wednesday, January 10 • 6:30–8:00 PM

Whether you're cooking for yourself or your family, finding the sweet spot where tasty and nutritious meet can be challenging. Join Certified Health Coach Gayle Rose for a delicious and nutritious cooking demo and a plant-centric, whole foods meal.

Self-Love and Sexual Health

Register for ZOOM or RSVP for LIVE Session

Wednesday, February 21 • 6:30–8:00 PM

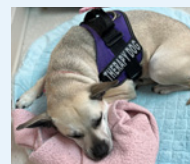
Cancer and other life changes affect body image, sexual health, and overall identity. Candace Kluba, Self-Love and Well-Being Coach and Sexual Health and Wellness Educator, will lead this workshop for female young adults who want to take an inventory of and rewrite the stories they tell about themselves through mindfulness, support, and education. Female participants only.

Self-Compassion and Support Dogs

RSVP for LIVE Session

Wednesday, March 20 • 6:30–8:00 PM

Do you need an evening of quiet time connecting with your heart and being soft with yourself? Join CSC Program Specialist Kelly O'Neal for an evening of learning self-compassion through mindfulness, therapeutic art, and the company of Chloe the Support Dog.



INDIVIDUAL SUPPORT

Call 314-238-2000 to schedule any individual support service



Open to Options™

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.

Short Term Individual Counseling

Up to 6 support sessions specifically related to a person's experience with cancer. This service is offered on a case by case basis.

Mini Mindfulness Sessions

Individually designed sessions using mindfulness and relaxation techniques ranging from 5-20 minutes.

Any individual services can be accommodated in-person or virtually.

SUPPORT GROUPS

Call 314-238-2000 for a support group preparation meeting

Weekly Support for People Living with Cancer

Professionally led groups for people in active treatment or who are living with cancer.

Twice Monthly Support for Cancer Survivors

Professionally led groups for people in maintenance treatment or who are living with long term side effects or concerned with recurrence.

Twice Monthly Support for Family and Friends

Professionally led groups for those supporting a person with cancer to discuss common issues of caregiving and coping with their own stress.

Twice Monthly Support Cancer Bereavement

Professionally led groups for those who have lost a loved one to cancer in the past several years.

All Support and Networking Groups are free, led by licensed mental health professionals, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, St. Louis Service Bureau, Missouri Baptist Healthcare Foundation 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

Professionally led groups designed for attendees with similar diagnosis or life situations to meaningfully connect with others and find support. Participants will share resources and discuss important topics such as treatment options, quality of life, intimacy concerns, and fear of recurrence. Participants can range anywhere from newly diagnosed to survivorship. Friends and family are welcome, unless indicated otherwise.

BEREAVEMENT MONTHLY GROUP

RSVP for LIVE Session

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

Dinner will be provided on March 26.

This is an opportunity for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer.



METASTATIC CANCER MONTHLY GROUP

Register for ZOOM

Second Monday each month • 10:00–11:30 AM

(No January group)

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.



BRAIN TUMOR MONTHLY GROUP

Register for ZOOM

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

BREAST CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

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

Dinner will be provided on March 13 to in-person participants.

GYNECOLOGICAL CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

Third Monday each month (Jan session on 22nd) • 6:30–8:00 PM

Dinner will be provided on March 18 to in-person participants.

This group welcomes anyone with gynecologic cancer or has a history of gynecologic cancers.

LUNG CANCER MONTHLY GROUP

Register for ZOOM

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

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Register for ZOOM

Fourth Monday each month • NOON–1:30 PM

PROSTATE CANCER MONTHLY GROUP at CSC

RSVP for LIVE Session

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

Meetings now held at Cancer Support Community!

SURVIVORSHIP MONTHLY GROUP

Register for ZOOM

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

Many people who are finished with active treatment or are on maintenance treatment find it difficult to make a transition to a new way of life. This group connects people who are coping with long-term physical or emotional side effects or are finding a new normal.

Anyone participating in the free programs at CSC is required to fill out an annual visitor form.

New Member Meeting

Register for ZOOM: Tuesday, January 16, Monday, February 12, and Tuesday, March 19 • 5:30–6:30 PM
or **RSVP for LIVE Session:** Fridays, January 5, February 2, March 1 • 10:00–11:00 AM

This introduction session allows people with cancer, their family, friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others. We will discuss how you get involved, where to register for programs, and answer any questions you may have regarding our support services. We look forward to seeing you there!



START HERE!

EDUCATION

Funding for this program is provided in part by the David S. and Roberta Tolpen Education Fund

Couples and Cancer

Wednesdays • 6:30–8:00 PM
January 24 • The Story of Us
January 31 • Conflict and Communication
February 7 • Relax and Reflect

Register for ZOOM

Many couples experience changes in their relationship when one person has cancer, including a shift in roles and responsibilities, decreased sexual health and intimacy, and changes in communication. Join Kelly O'Neal, MSW, LCSW for this series on reconnecting as a couple through discussion and communication exercises based on education received through Gottman Method Couples Therapy Level 1 Training. Both partners need to be present to attend this interactive workshop. Couples may attend any or all of these sessions.

Frankly Speaking About Cancer Treatment and Side Effects



Tuesday, January 23 • 6:00–7:30 PM

Register for ZOOM

This workshop is designed to help people understand and manage the physical and psychological side effects of cancer treatment. Ashley Morton, RN, MSN, ANP-BC, will discuss strategies to manage issues such as fatigue, hair loss, anemia, infection, and pain.

Hair Loss During and After Chemo

Monday, January 29 • 6:00–7:30 PM

Register for ZOOM

Chrissy Stojan, Certified Trichologist, will discuss what treatment options are available during chemo to help with hair and scalp health and what you can do to enhance the growth after chemo without medications. She will also touch on wigs and other hair enhancements.

End of Life Doula: Support for the Dying Person and Their Loved Ones

Tuesday, February 13 • 6:00–7:30 PM

Register for ZOOM

Join Katy Stevener, LPC, in learning how end of life doulas can support the dying and their loved ones through the many phases of end of life with a hope of increasing communication and decreasing fear and anxiety. We will also explore how they can be helpful to those that are in good health and want to make sure their wishes and legacy are in place before their health may begin to decline.

Cancer Involving the Brain & Spine

Tuesday, February 20 • 6:00–7:30 PM

Register for ZOOM

Dr. Kumar Vasudevan, Neurosurgeon at Washington University, will discuss the issues surrounding brain and spine metastasis, a condition impacting many patients with a cancer diagnosis. This non-technical presentation will discuss symptoms, the latest treatments, and advice for caregivers. Attendees will have the opportunity to ask questions. All patients, their families, and caregivers are welcome.

Walk Me Through It: Colorectal Cancers

Tuesday March 12 • NOON–1:00 PM



Register for ZOOM

Join us for a conversation with a ReVital Certified cancer rehabilitation physical therapist to discuss the role of physical, occupational, and speech therapy to support your healing through cancer. We will walk you through what evaluations and treatments would look like for individuals with a specific diagnosis. A CSC clinician will be available to discuss ways to support you and your loved ones in mind, body, and spirit through a variety of services. Cancer survivors (before, during and after treatment), family members, and health care providers are welcome!

Frankly Speaking About Mental Health

Wednesday, March 27 • 6:30–8:00 PM

Register for ZOOM

This program is developed for all cancer patients and cancer caregivers to learn the overall importance of mental health and how it is impacted after a cancer diagnosis. This workshop educates participants about mental health, how mental health may change after a cancer diagnosis, and how to connect to mental health resources and support for you and your caregiver.

HEALTHY LIFESTYLE & STRESS MANAGEMENT

Healthy Lifestyle & Stress Management programs provided in part by Bayer Fund and The Foundation for Barnes-Jewish Hospital.

Fabulous Fiber-Foods to Fuel a Healthy Gut

Thursday, February 15 • 1:00–2:30 PM

Register for ZOOM

Gut health aids us in our mental health, hormonal health, heart health, and is deeply connected to building a strong immune system. Join our Fabulously Vegan instructor, Artinices, as she unpacks the nutritional benefits of eating plant-based foods for a healthy gut and shares some delicious recipes.

Food for Life- The Power of Food For Cancer Prevention And Survival

Tuesdays, February 27, March 5,12,19
and April 2 • 4:00–5:30 PM

Please commit to all five sessions.

Register for ZOOM or RSVP for LIVE Session

Caryn Dugan, certified Food for Life Instructor, combines education and cooking instruction in this class based on information from the Physicians Committee for Responsible Medicine. Learn how food choices impact cancer and how to reduce your risk of developing cancer or recurrence. You will learn to make dishes loaded with immune boosting ingredients and foods to help your body rid itself of toxins. All in-person participants will receive a copy of The Cancer Survivors Guide that includes 130 recipes.

Class One: Intro to How Foods Fight Cancer

Class Two: Fuel Up on Low Fat Foods and Favoring Fiber

Class Three: Discovering Dairy Alternatives

Class Four: Replacing Meat

Class Five: Cancer-Fighting Compounds And Immune-Boosting Foods



Weekly Wellness

Tuesdays • 11:30 AM-NOON

Register for ZOOM or RSVP for LIVE Session

Stop by to learn strategies to enhance your wellness routine and cope with stress or negative emotions in your life. This brief opportunity allows you to check in with others and participate in activities such as breath work, progressive muscle relaxation, mindful meditation, guided imagery or creative journaling exercises.

Sanctuary Sound Journey

Register for ZOOM: January 18, February 15 • 6:00–7:30 PM
or **RSVP for LIVE Session:** March 21 • 6:00–7:30 PM

Join Mark Biehl, Certified Vibrational Sound Coach and Licensed Spiritual Health Coach, in this blissful journey. Allow the vibrational energies of Himalayan singing bowls, gongs, chimes, indigenous flutes and the voice to transport you into deep relaxation and remove stress. You will be lying down on a comfortable mat or seated in a chair. Dress comfortably, bring some water to drink, and prepare for a very peaceful experience.

Verses of Resilience: A Poetry Workshop

Monday, February 5 • 6:30–8:00 PM

Register for ZOOM or RSVP for LIVE Session

Join 'Verses of Resilience,' a poetry workshop embracing the healing power of words. This safe space welcomes cancer patients, survivors, caregivers, and the bereaved to collectively draw strength from shared experiences through existing poetry. Participants then craft their own verses, fostering connections in a supportive atmosphere. No poetry experience needed—just an open heart to explore language's profound healing potential.

Light In the Darkness

Wednesday, February 28 • 6:30–8:00 PM

RSVP for LIVE Session

As we move out of the dark days of winter, join art therapist Susie McGaughey for an evening of artmaking as we explore using painting and collage as a way to find light in the darkness. No art experience necessary, just a willingness to explore and connect with art materials.

Creative Collaging and Journaling

Wednesday, March 6 • 6:30–8:00 PM

Register for ZOOM or RSVP for LIVE Session

This creative session will focus on a collaging project and writing experience to encourage participants to explore their inner peace, happiness, and grow their self-compassion. All supplies will be provided.



SOCIAL CONNECTIONS

Book Club - *Radical Hope*

Tuesdays, January 2, February 6, March 5 • 5:00–6:30 PM

[Register for ZOOM](#)

Join us for a monthly discussion about *Radical Hope* and the 10 research-based key healing factors from Dr. Kelly Turner's 15+ years of research. Discover what these 10 factors have in common and how you can utilize CSC programs to help you implement them in your own life. This book club discussion is led by Cheryl Houston, CSC participant, Certified Health Education Specialist, and Certified Coach for Radical Remission/Radical Hope Project.

Limited free copies of this book are still available.
First come first serve.

January 2 – Spiritual Connection

February 6 – Empowering Yourself

March 5 – Following Your Intuition

Vision Boards: What's In Store For 2024

Friday, January 5 • 12:30–2:00 PM

[RSVP for LIVE Session](#)

In this class we will use guided prompts to reflect on 2023 and envision your goals for 2024. Participants will use magazine collage to create a vision board to help cultivate a positive mindset, to set intention, and to help you live your life with purpose. Materials and snacks provided.

Jewelry Making

Friday, February 9 • 12:30–2:00 PM

[RSVP for LIVE Session](#)

Join Judy Geodeker in using beads and other materials to make yourself a unique piece of jewelry. Supplies will be provided.

Untangle Your Mind with Meditative Doodling

Monday, March 4 • 5:30–6:30 PM

[RSVP for LIVE Session](#)

Come for an hour of fun and relaxation as you learn to create fun images by drawing structured patterns. This practice is known to encourage imagination, focus, and increase personal wellbeing. No art skills needed!

Homemade Cards to Go

Wednesday, March 13 • 6:30–8:00 PM

[RSVP for LIVE Session](#)

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. Supplies will be provided.

MOVEMENT

All movement classes are designed for participants at any ability level or physical condition, and can be modified for your comfort, sitting or standing.

Gentle Yoga

Tuesdays • 10:00–11:00 AM

Wednesdays • 9:30–10:30 AM

Wednesdays • 5:15–6:15 PM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

Gentle yoga practice can increase flexibility, mobility and strength while decreasing symptoms of pain, fatigue, depression and anxiety.

Qigong

Fridays • 11:00 AM–NOON

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

Qigong uses meditation, breathing and gentle movement to balance and strengthen energy connections to heal your energy flow and increase vitality.

Fitness in Survivorship

1st and 3rd Mondays at 11:30 AM–12:30 PM

(January dates changed to 8th and 22nd due to holidays)

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

This class focuses on gentle strengthening to promote safe movement using a variety of light weights, balls, bands or simply your body.

Movement and Mantras with intenSati

2nd and 4th Tuesdays • 4:30–5:30 PM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

This practice uses gentle aerobic movement combined with positive mantras to shift your mindset and strengthen your body. You will leave feeling stronger and more empowered.



Yoga Nidra

Mondays, January 22, February 19, March 18 • 6:30–7:30 PM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

Participants calm the anxious mind by using gentle movement and stretches to achieve constructive rest. This practice can be done in a chair, on a cushioned floor, or in bed.

EVENT CALENDARS

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
	CSC-STL OFFICE CLOSED 1	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Book Club 5:00 PM Register for ZOOM 2	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session 3	Prostate Cancer MG 6:30 PM RSVP for LIVE Session 4	New Member Meeting 10:00 AM RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session Vision Boards 12:30 PM RSVP for LIVE Session 5	6
7	Fitness in Survivorship 11:30 AM Register for ZOOM or RSVP for LIVE Session 8	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Movement and Mantras IntenSati 4:30 PM Register for ZOOM or RSVP for LIVE Session 9	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer MG 5:30 PM Register for ZOOM or RSVP for LIVE Session IBYAP Cooking Demo 6:30 PM Register for ZOOM or RSVP for LIVE Session 10	Lung Cancer MG 6:30 PM Register for ZOOM 11	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 12	13
14	CSC-STL OFFICE CLOSED 15	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM 16	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Frankly Speaking About Cancer: What Do I Tell the Kids? 6:30 PM Register for ZOOM 17	Sanctuary 6:00 PM Register for ZOOM Survivorship MG 6:30 PM Register for ZOOM 18	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 19	20
21	Fitness in Survivorship 11:30 AM Register for ZOOM or RSVP for LIVE Session Pancratic Cancer MG NOON Register for ZOOM Gynecological Cancer MG 6:30 PM Register for ZOOM or RSVP for LIVE Session Yoga Nidra 6:30 PM Register for ZOOM or RSVP for LIVE Session 22	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Movement and Mantras IntenSati 4:30 PM Register for ZOOM or RSVP for LIVE Session Frankly Speaking About Cancer: Treatment and Side Effects 6:00 PM Bereavement Monthly Group 6:30 PM RSVP for LIVE Session 23	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Couples and Cancer 6:30 PM Register for ZOOM 24	Brain Tumor MG 6:30 PM Register for ZOOM 25	Qigong 11:00 AM Register for ZOOM CSC-STL OFFICE CLOSED 26	27
28	Hair Loss Before and After Chemo 6:00 PM Register for ZOOM 29	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session 30	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Couples and Cancer 6:30 PM Register for ZOOM 31			



January 2024

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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February 2024

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

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Prostate Cancer MG 6:30 PM
RSVP for LIVE Session

Lung Cancer MG 6:30 PM
Register for ZOOM

Fabulous Fiber Cooking Demo 1:00 PM
Register for ZOOM

Brain Tumor MG 6:30 PM
Register for ZOOM

New Member Meeting 10:00 AM
RSVP for LIVE Session

Qigong 11:00 AM
Register for ZOOM or RSVP for LIVE Session

Jewelry Making 12:30 PM
RSVP for LIVE Session

Qigong 11:00 AM
Register for ZOOM or RSVP for LIVE Session

Qigong 11:00 AM
Register for ZOOM or RSVP for LIVE Session

Gentle Yoga 9:30 AM
Register for ZOOM or RSVP for LIVE Session

Gentle Yoga 5:15 PM
Register for ZOOM or RSVP for LIVE Session

Couples and Cancer 6:30 PM
Register for ZOOM

Gentle Yoga 9:30 AM
Register for ZOOM or RSVP for LIVE Session

Gentle Yoga 5:15 PM
Register for ZOOM or RSVP for LIVE Session

Breast Cancer MG 5:30 PM
Register for ZOOM or RSVP for LIVE Session

Gentle Yoga 9:30 AM
Register for ZOOM or RSVP for LIVE Session

Gentle Yoga 5:15 PM
Register for ZOOM or RSVP for LIVE Session

JBYPAP Self-Love and Sexual Health 6:30 PM
Register for ZOOM or RSVP for LIVE Session

Gentle Yoga 9:30 AM
Register for ZOOM or RSVP for LIVE Session

Gentle Yoga 5:15 PM
Register for ZOOM or RSVP for LIVE Session

Light in the Darkness 6:30 PM
RSVP for LIVE Session

Fitness in Survivorship 11:30 AM
Register for ZOOM or RSVP for LIVE Session

Metastatic Cancer MG 10:00 AM
Register for ZOOM

New Member Meeting 5:30 PM
Register for ZOOM

Fitness in Survivorship 11:30 AM
Register for ZOOM or RSVP for LIVE Session

Gynecological Cancer MG 6:30 PM
Register for ZOOM or RSVP for LIVE Session

Yoga Nidra 6:30 PM
Register for ZOOM or RSVP for LIVE Session

Pancreatic Cancer MG NOON
Register for ZOOM

Book Club 5:00 PM
Register for ZOOM

Families Connect Valentine's Event 6:30 PM
RSVP for LIVE Session

Gentle Yoga 10:00 AM
Register for ZOOM or RSVP for LIVE Session

Weekly Wellness 11:30 AM
Register for ZOOM or RSVP for LIVE Session

Food for Life Cooking Demo 6:00 PM
Register for ZOOM or RSVP for LIVE Session

Movement and Mantras
Register for ZOOM or RSVP for LIVE Session

Beavement MG 6:30 PM
RSVP for LIVE Session

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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March 2024

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE

3	Fitness in Survivorship 11:30 AM Register for ZOOM or RSVP for LIVE Session Untangle Your Mind with Meditative Doodling 5:30 PM RSVP for LIVE Session	4	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Book Club 5:00 PM Register for ZOOM	5	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Creative Collaging and Journaling 6:30 PM Register for ZOOM or RSVP for LIVE Session	6	Prostate Cancer MG 6:30 PM RSVP for LIVE Session	7	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	1	2
10	Metastatic Cancer MG 10:00 AM Register for ZOOM	11	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Walk Me Through It- Colorectal Cancers NOON Register for ZOOM Movement and Mantras IntenSati 4:30 PM Register for ZOOM or RSVP for LIVE Session	12	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer MG 5:30 PM Register for ZOOM or RSVP for LIVE Session Homemade Cards to Go 6:30 PM RSVP for LIVE Session	13	Lung Cancer MG 6:30 PM Register for ZOOM	14	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	15	16
17	Fitness in Survivorship 11:30 AM Register for ZOOM or RSVP for LIVE Session Yoga Nidra 6:30 PM Register for ZOOM or RSVP for LIVE Session Gynecological Cancer MG 6:30 PM Register for ZOOM or RSVP for LIVE Session	18	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM	19	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session JBYAP Self-Compassion and Support Dogs 6:30 PM RSVP for LIVE Session	20	Sanctuary 6:00 PM RSVP for LIVE Session Survivorship MG 6:30 PM Register for ZOOM	21	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	22	23
24	Pancreatic Cancer MG NOON Register for ZOOM	25	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Movement and Mantras IntenSati 4:30 PM Register for ZOOM or RSVP for LIVE Session Bereavement 6:30 PM RSVP for LIVE Session	26	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Frankly Speaking About Mental Health 6:30 PM Register for ZOOM	27	Brain Tumor MG 6:30 PM Register for ZOOM	28	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	29	30
31											

TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from July 1, 2023 through September 30, 2023. We apologize for any omissions or errors.

IN HONOR OF:

SAMUEL BERNSTEIN
Bill and Sandra Peck

MEL BOKERMANN
Karen Page

EDWARD COHEN
Rick Halpern

FLORENCE MILLER
Alexandra Becker

LESLIE REBY
Rick Halpern

TODD WOLFF
Judge and Mrs. Robert Cohen

IN MEMORY OF:

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Tom and Sheri Schweizer

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*Marilyn Friedman
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TAMMY HOFSTAD MOHS
Helen Nelling

DEBORAH ZORENSKY
Sheri and Tom Schweizer



TRIBUTES OF HOPE

**ALL THOSE AFFECTED
BY CANCER**
The Wolff Family

ANN-MARIE HILLYER
Rebecca and Paul Romine

BEVERLY JORDAN
Angela Lewis

BRANDI WARD
Charlie and Joyce Woodard

CAROL BELLOLI
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*Marty and
Merle Oberman
Rick and
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Romona Hawkins-Miller

MARSHA WOLFF
*The Wolff Family
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GIVE GIFTS WITH MEANING



Tribute donations to Cancer Support Community of Greater St. Louis 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 greeting card to notify that special someone of your kind donation. Your contribution helps fund our programs and services, offered at no charge, to those facing a cancer diagnosis in our community.

Here's how:

1. Direct Payment: Online at www.cancersupportstl.org
2. Make checks payable to Cancer Support Community of Greater St. Louis and mail with relevant information to Cancer Support Community of Greater St. Louis, 1058 Old Des Peres Road, Saint Louis, MO 63131.
3. You may also call 314-238-2000 and make a tribute gift using a credit card.

Gifts of \$25 or more are published in Cancer Support Community of Greater St. Louis' quarterly newsletter. Due to administrative costs, a minimum donation of \$10 per tribute is requested.



Cancer is a journey... from diagnosis, through treatment, and beyond. Cancer Support Community of Greater St. Louis offers a safe community where those impacted by cancer can find others who relate and access resources to help in making important decisions along the way. *Helping to find a glimmer of hope during the darkest times... hope after the darkness of cancer.*

Over the past 30 years, Cancer Support Community of Greater St. Louis has been providing that HOPE to those impacted by cancer in our community. On October 12, our community joined us in raising more than **\$400,000** at our annual HOPE AFTER DARK fundraising campaign. **Y98's Julie Tristan** emceed our Night to Celebrate VIP sponsor event on October 12 at

The World's Fair Pavilion where we had over 300 supporters join us for an evening of inspiration. We celebrated leaders in our community who have made a difference in the lives of people impacted by cancer by presenting our 2023 Marsha Wolff and Tina Borchert Inspiration Award to honoree, **The Wolff Family**.

Because of our sponsors, donors, supporters, and YOU, Cancer Support Community of Greater St. Louis can continue to provide HOPE along with emotional support, educational resources, social connections and a place of understanding to those impacted by cancer. As we celebrate 30 years in the community, we are reminded of our history and look forward to a brighter future, together.



Lori Thaman (CSCSTL Executive Director), Gary Wolff (Award Recipient), Peggy Scott (CSCSTL Board Chair), and Todd Wolff (Award Recipient).



Kelly O'Neal



Valery and Bette Welch



Ephraim and Michelle Mufson



Jay and Jan Simon



Gary and Sherry Wolff, Kim and Todd Wolff



Merle and Marty Oberman



1904 World's Fair Pavillion



Lucy Tidwell, Charlie and Joyce Woodard



Reunion Jazz Musical Entertainment



Chris Trout and Peggy Scott



Ramona and Alvin Miller



Julie Tristan and Shannon Eason



Auction Time!



Utopia Experience

hope after dark

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Donors of Action



Donors of Community



Donors of Mission



Beacon of Hope

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2 ANONYMOUS

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MICHELLE AND EPHRAIM MUFSON

ANN AND TIM PLUNKETT

SARA SINDELAR

TIM AND JULIE STERN

JOSEPH & MARY STIEVEN CHARITABLE FAMILY FOUNDATION

SAVE THE DATE!

Saturday, May 4, 2024
Creve Coeur Park in Sailboat Cove
1 mile or 3.7 mile walk or fun run

Join us for our **26th Steps For Hope Walk** to celebrate survivorship, honor loved ones, and support Cancer Support Community of Greater St. Louis. Invite your family, friends, and coworkers to take their own **STEPS FOR HOPE!** Together we can make a difference in the lives of individuals and families in our community living with cancer.

Day Includes:

Community, Kids Activities, Entertainment,
Food, Raffle, and more!

**Check our website for registration
to open early 2024!**



WALK. RUN. INSPIRE.

HOW YOU CAN SUPPORT CSCSTL

Leave Your Lasting Legacy



Here at Cancer Support Community of Greater St. Louis, we spend a lot of time planning for a better future. You can help and make a big impact with a future gift by remembering Cancer Support Community of Greater St. Louis in your will and estate plan. It's a meaningful way to make a big difference by giving beyond your lifetime. **A couple of ways to do that are:**

Bequest

You can include the Cancer Support Community of Greater St. Louis in your will and specify an amount of money, or percentage of your estate, to benefit CSCSTL.

Insurance Policy

Gift a life insurance policy by naming the Cancer Support Community of Greater St. Louis as a beneficiary.

For more information, please contact:

Sharon Clark, sclark@cancersupportstl.org
314.238.2000, Extension 354

If you're considering a legacy gift, we recommend speaking with an accountant or financial adviser to understand all your legacy giving options, their tax implications, and other benefits. Visit our website:
cancersupportstl.org/give-support/legacy-giving

Matching Gifts



Double the impact of your gift! Check with your company to see if they offer a matching gift program. Many may offer a dollar for dollar match.

Stock Gifts



A direct donation of stock to Cancer Support Community of Greater St. Louis is the most cost-effective method when compared with a gift of cash or the sale of securities followed by a gift of the proceeds. By directly gifting appreciated securities, you can make a more generous contribution than you might with cash. Your gift of appreciated securities to Cancer Support Community of Greater St. Louis is an easy and prudent way to make your charitable gift.

Support Our Events



Events such as our annual Steps for Hope Walk and Hope After Dark campaign provide a significant source of funding for our programs. Visit our event pages to learn about sponsorship opportunities, how you can participate and have your contribution matched, available raffle and auction items, and more.

Monthly Giving



Consider making your gift last all year long by giving monthly. This is a great way to support Cancer Support Community of Greater St. Louis and is as easy as providing pre-arranged gifts through your credit card.

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

Celebrate Your Birthday



Celebrate your birthday with us! Let your friends and family know that instead of a traditional gift you would like them to help you take on cancer together by making a donation to Cancer Support Community of Greater St. Louis.

Schnucks eScrip



Shop to fundraise! Pick up your My Schnucks Card at your local store and register your card online with our Group ID 500821315. Use your eScrip card every time you shop for groceries and Schnucks will donate up to 3% of your purchase to CSCSTL.

Host a Fundraiser



Many individuals host Do It Yourself Fundraising Events (i.e. trivia nights, dine out nights, shop for a cause, garage sales, bake sales, etc.) throughout the year to help raise funds for our programs. Check out our website for some fun, creative fundraisers others are doing in our community.

WHAT OTHERS ARE DOING FOR CSC



205 Miles. One Day.

A huge shoutout and thank you to Joe Kemp for raising funds and awareness for Cancer Support Community of Greater St. Louis. Every year Joe takes on a 205-mile bike ride to Lake of the Ozarks from Chesterfield in honor of those facing cancer in our community. Thank you, Joe, for taking on this incredible feat and for your generosity.

Waterway Car Wash

Thank you to Waterway Car Wash for your support throughout 2023! In September, they participated in the Kirkwood Greentree Festival, where all spins on their Waterway Prize Wheel guaranteed a free car wash with all proceeds going to CSCSTL! During the month of October, they recognized Breast Cancer Awareness Month with their "GO PINK" fundraiser, selling Quick Dry Towels at each of their five locations, proudly supporting CSCSTL. Thank you, Waterway, for your loyal support of the St. Louis community!



Eureka High School

At the end of October, Eureka High School Football had its Cats for a Cause pink-out game, where they sold pink shirts and hoodies in support of Breast Cancer awareness. In total, they raised **\$2,186** for CSCSTL! Thank you, Eureka Football and the Eureka Wildcat Football Boosters- you'll always be winners in our book!



Design/Layout: KA Design

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Contact Us @ 314.238.2000

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CANCER SUPPORT
COMMUNITY
GREATER ST. LOUIS



MISSION: *Cancer Support Community of Greater St. Louis uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.*

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