



# CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

*Supporting Our Community for* **30** *Years*

*hope  
after dark*  
A DAY to GIVE.  
A NIGHT to CELEBRATE.

Join us for  
**DAY OF GIVING**  
October 11-12, 2023

Visit [cancersupportstl.org/hopeafterdark](https://cancersupportstl.org/hopeafterdark)  
for more details

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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](mailto:koneal@cancersupportstl.org) to schedule your Family New Member Meeting, Counseling Consult, or Song Society Music Therapy Session! Available for Live or Zoom sessions.

## Families Connect Trunk or Treat RSVP for LIVE Session

Wednesday, October 18 • 4:00–6:00 PM

Join us for a scarily fun evening of treats, activities, and a visit from Chloe the support dog. Costumes welcome, of course!



## Families Connect Gingerbread Holiday Event RSVP for LIVE Session

Tuesday, December 5 • 6:00–8:00 PM  
(Dinner provided 6:00–6:30 PM)

Join teaching artist Maria Ojascastro in making a Gingerbread circus tent using ice cream waffle bowls, animal crackers, graham crackers, icing and candy. If you like messy, imperfect, and fun creations, this is the event for you! Chloe the support dog and the Grinch and Cindy Lou Who will also be making special appearances!



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



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

## Creative Collaging and Journaling Register for ZOOM or RSVP for LIVE Session

Wednesday, October 11 • 6:30–8:00 PM  
(Dinner Provided 6:00–6:30 PM to in-person participants)

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. Chloe the support dog will make an appearance as well!

## Community Art Show RSVP for LIVE Session

Thursday, November 30 • 6:30–8:00 PM

Join us for a social evening of sharing and creating art-more details coming soon! Please contact Kelly at [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) if interested in showcasing pieces-all mediums welcome, whether a painting, poem, or piece of music...we'd love to collaborate!



## Holiday Mindfulness Check-In Register for ZOOM

Wednesday, December 13 • 6:30–7:00 PM

This quick session 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 to help cope with holiday stress.

# 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, Emerson, The Foundation for Barnes-Jewish Hospital 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.

## ALL CANCER MONTHLY GROUP

**RSVP for LIVE Session**

Third Tuesday each month • 11:00 AM-12:30 PM

David M. Sindelar Cancer Center - 1st Floor Conference Room  
10050 Kennerly Road, St. Louis, MO, 63128



## BEREAVEMENT MONTHLY GROUP

**RSVP for LIVE Session**

Fourth Tuesday each month (No Dec group) • 6:30-8:00 PM

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. Dinner will be provided.



## BRAIN TUMOR MONTHLY GROUP

**Register for ZOOM**

October 26, November 30, (No Dec group) • 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

October 11 • Dinner provided to in-person participants

## BREAST CANCER BI-MONTHLY GROUP

**RSVP for LIVE Session**

Oct. 25, Dec. 27 • 5:30-7:00 PM

David C Pratt Center, Suite 1440, Conference Room,  
Mercy Hospital, 607 S. New Ballas Rd, 63141



## GYNECOLOGICAL CANCER MONTHLY GROUP

**Register for ZOOM or RSVP for LIVE Session**

Third Monday each month (No Dec group) • 6:30-8:00 PM

October 16 • Dinner provided 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 (No Dec group) • NOON-1:30 PM

## PROSTATE CANCER MONTHLY GROUP

**RSVP for LIVE Session**

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

David C Pratt Cancer Center, Suite 1440, Conference Room,  
Mercy Hospital, 607 S. New Ballas Rd, 63141



## TRANSITION TO SURVIVORSHIP MONTHLY GROUP

**Register for ZOOM**

Third Thursday each month (No Dec group) • 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, October 17  
Wednesday, November 15 • 5:30–6:30 PM  
or **RSVP for LIVE Session:** Fridays October 6,  
November 3, December 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*

### Walk Me Through It

#### Breast Cancer:

Tuesday, October 10 • NOON–1:00 PM

or

#### Lung Cancer:

Tuesday, November 14 • 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!



## Cancer Transitions: Moving Beyond Treatment®



Tuesdays beginning October 10–31 • 11:00 AM–12:30 PM  
*Please commit to all four sessions.*

David Sindelar Cancer Care Center -  
Conference Room 1, 10010 Kennerly Rd., 63128

#### Register for ZOOM or RSVP for LIVE Session

This program is a four-week workshop that addresses many of the physical, social, and practical issues survivors may face as they transition into post-treatment cancer survivorship. This program is designed for people who have finished active treatment within 24 months.

**Session 1:** Get Back to Wellness: Taking Control  
of Your Survivorship

**Session 2:** Emotional Health: Addressing the Barriers  
to a Positive Life

**Session 3:** Eating Well and Staying Active

**Session 4:** Managing Your Medical Story Beyond Cancer:  
What you Need to Know

## When the Holidays Don't Feel So Jolly – Coping with Grief and Loss

Monday, November 6 • 5:30–7:00 PM

#### Register for ZOOM

This presentation will explore feelings that may be experienced during the holidays when grieving a loss due to cancer. Identify strategies for pacing yourself through holiday tasks and social interactions and encourage attendees to share their own strategies for coping with grief and loss during the holiday season.

## Mind-Body Connection: Chemo Brain

Thursday, November 9 • 1:00–2:30 PM

#### RSVP for LIVE Session

Brain fog experienced by cancer survivors can make even simple everyday tasks seem much more challenging. In this presentation, Jill Jonas, an Occupational Therapist at Washington University, will discuss multiple factors that contribute to brain fog and provide strategies to help optimize your cognitive function.

## Frankly Speaking About Lung Cancer

Thursday, November 9 • 5:30–6:30 PM

David Sindelar Cancer Care Center -  
Conference Room 1, 10010 Kennerly Rd., 63128



#### RSVP for LIVE Session

This is a program created for people impacted by lung cancer. The materials educate patients on the types of lung cancer, potential treatments and side effects, clinical trials, and the emotional concerns of a lung cancer diagnosis. Kurt Munzer, Pulmonologist, will present this workshop.

## Ask the Expert: Basic Estate Planning

Monday, December 4 • 6:00–7:30 PM

**Register for ZOOM**

Debra Schuster, P.C., will discuss how everyone can (and should) plan for their future and their families' through the preparation of various legal documents (Durable Powers of Attorney, Wills). Most importantly, how to communicate and ensure that your loved ones know your wishes and values.

## HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

### FALLing for Plants

Tuesday, October 3 • 1:00–2:30 PM

**Register for ZOOM**

Join instructor, Artines Smith, as she demonstrates recipes using flavorful and seasonal vegetables that fight inflammation and boost immunity.

### Support Your Immune System with Immune Boosting Foods

Tuesday, November 14 • 11:30 AM–1:00 PM

David Sindelar Cancer Care Center -

Conference Room 1, 10010 Kennerly Rd., 63128

**RSVP for LIVE Session**

Having a healthy immune system is important year-round, but especially during cold and flu season and when you've been impacted by cancer. Certified Health Coach, Gayle Rose, demonstrates simple and tasty recipes as you learn about nutrients (and behaviors) that support strong immunity.

### Squash Bad Eating Habits with Fall Squash

Tuesday, November 21 • 5:00–7:00 PM

**Register for ZOOM or RSVP for LIVE Session**

Seasonal squash is packed with fiber and rich in antioxidants, vitamins, and minerals. Join Caryn Dugan as she demonstrates several delicious squash-based recipes such as butternut squash bisque, squash and pomegranate bruschetta with balsamic reduction, and stuffed acorn squash.

### Holiday Home Cooking

Tuesday, December 12 • 11:30 AM–1:00 PM

**Register for ZOOM**

Join Vicki Bensinger for cozy and comforting recipes to warm the soul and brighten your home!

## InkWell

Mondays • 7:00–8:30 PM

**Register for ZOOM**

InkWell is a drop-in workshop focused on providing a supportive space where we use the written word to help process our experiences with cancer and what it means to live well. Every session involves a prompt, and writing can take any form you want, from journaling to poetry to storytelling.

### Weekly Wellness

Tuesdays • 11:30 AM–NOON

**Register for ZOOM or RSVP for LIVE Session**

### Monthly Mindfulness

Wednesdays, October 4, November 8,  
December 6 • 6:30–7:00 PM

**Register for ZOOM**

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.

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

Second Monday of each month • 1:30–3:00 PM

**RSVP for LIVE Session**

Learn to balance your body's energies for optimal health with Healing Touch concepts and modalities. Practice these strategies to decrease tension and stress, increase overall well-being, and promote healing.

**October 9:** Exploring Energy Centers: Learning Self chakra Connection with Margaret Ganey, RN, Certified Healing Touch Practitioner and Instructor

**November 13:** Sensing and Protecting My Energy System: Practices in Grounding

**December 11:** Understanding My Energy Systems: Donna Eden's Daily Energy Routine

### Sanctuary

November 16 • 6:00–7:30 PM

**RSVP for LIVE Session**

Mark Biehl, Certified Vibrational Sound Coach, hosts this blissful journey with Tibetan singing bowls, chimes, flute and voice. Elements of breathwork, guided reading, and chanting enhance and direct your experience to a higher level.



## SOCIAL CONNECTIONS

### Book Club - *Radical Hope*

Tuesdays, October 3, November 7,  
December 5 • 5:00–6:30 PM

#### RSVP for LIVE Session

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.

**October 3 – Changing Your Diet**

**November 7 – Exercise**

**December 5 – Increasing Social Support**

### Homemade Cards to Go

Wednesday, November 29 • 6:30–8:00 PM

#### RSVP for LIVE Session

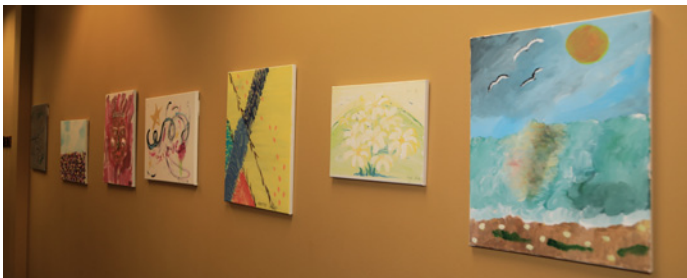
Learn new card making techniques with volunteers Rhonda Travers and Linda Schreier. Participants will create several unique cards each time! Both beginners and experienced crafters welcome. Supplies will be provided.

### Community Art Show

Thursday, November 30 • 6:30–8:00 PM

#### RSVP for LIVE Session

Join us for a social evening of sharing and creating art—more details coming soon! Please contact Kelly at [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) if interested in showcasing pieces—all mediums welcome, whether a painting, poem, or piece of music...we'd love to collaborate!



### Winter Decorative Swag

Monday, December 4 • 2:00–3:30 PM

*Space is limited*

#### RSVP for LIVE Session

Create a winter decorative swag to enhance a table, shelf, or entrance for the season using a combination of winter greenery, berries, branches, and decorations. Some supplies offered, feel free to bring decorations from home. This class is facilitated by the Missouri Botanical Garden.

## 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.

### Fitness Fundamentals

1<sup>st</sup> and 3<sup>rd</sup> Thursdays • 10:30–11:30 AM

David M. Sindelar Cancer Center - 1st Floor Conference Room

10050 Kennerly Road, St. Louis, MO, 63128

No RSVP Needed

Participants will learn and practice gentle movements targeted to improve posture and balance, increase strength and flexibility, increase circulation, and help combat pain and fatigue.

### 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

**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.

### Salsa for the Soul

Tuesdays, October 10, November 14,

December 12 • 6:30–7:30 PM

**Register for ZOOM or RSVP for LIVE Session**

Learn gentle ways to move your body and increase your heart rate using different styles of Latin dance, including salsa, cha cha, and rumba. No dance training is needed.

### Movement and Mantras with intenSati

2nd and 4th Tuesdays • 4:30 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, October 16 and November 20 • 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
1	<b>Fitness in Survivorship 11:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>InkWell 7:00PM</b> <a href="#">Register for ZOOM</a>	<b>Gentle Yoga 10:00AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Weekly Wellness 11:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>FALLing for Plants Cooking Demo 1:00 PM</b> <a href="#">Register for ZOOM</a> <b>Book Club 5:00 PM</b> <a href="#">Register for ZOOM</a>	<b>Gentle Yoga 9:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Gentle Yoga 5:15 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Monthly Mindfulness 6:30 PM</b> <a href="#">Register for ZOOM</a>	<b>Fitness Fundamentals @ Mercy South 10:30 AM</b> <b>Prostate Cancer MG @ Mercy STL 6:30 PM</b> <a href="#">RSVP for LIVE Session</a>	<b>Qigong 11:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>New Member Meeting 10:00 AM</b> <a href="#">RSVP for LIVE Session</a>	7
8	<b>Energy 101 1:30 PM</b> <a href="#">RSVP for LIVE Session</a> <b>InkWell 7:00PM</b> <a href="#">Register for ZOOM</a>	<b>Gentle Yoga 10:00AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Weekly Wellness 11:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Cancer Transitions at Mercy South 11:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Walk Me Through It NOON</b> <a href="#">Register for ZOOM</a> <b>Movement and Matras IntenSati 4:30 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Salsa for the Soul 6:30 PM</b> <a href="#">Register for LIVE Session</a>	<b>Gentle Yoga 9:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Gentle Yoga 5:15 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Breast Cancer MG 5:30 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Jason Brightfield Young Adult Creative Collaging and Journaling 6:30 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a>	<b>Lung Cancer MG 6:30 PM</b> <a href="#">Register for ZOOM</a>	<b>Qigong 11:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a>	14
15	<b>Fitness in Survivorship 11:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Gynecological Cancer MG 6:30</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Yoga Nidra 6:30 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>InkWell 7:00PM</b> <a href="#">Register for ZOOM</a>	<b>Gentle Yoga 10:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Weekly Wellness 11:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>All Cancer MG @ Mercy South 11:00 AM</b> <a href="#">RSVP for LIVE Session</a> <b>New Member Meeting 5:30 PM</b> <a href="#">Register for ZOOM</a>	<b>Gentle Yoga 9:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Families Connect Trunk or Treat 4:00 PM</b> <a href="#">RSVP for LIVE Session</a> <b>Gentle Yoga 5:15 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a>	<b>Fitness Fundamentals @ Mercy South 10:30 AM</b> <b>Transition to Survivorship MG 6:30 PM</b> <a href="#">Register for ZOOM</a>	<b>Qigong 11:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a>	21
22	<b>Pancreatic Cancer MG NOON</b> <a href="#">Register for ZOOM</a> <b>InkWell 7:00 PM</b> <a href="#">Register for ZOOM</a>	<b>Gentle Yoga 10:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Weekly Wellness 11:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Movement and Matras IntenSati 4:30 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Bereavement Monthly Group 6:30 PM</b> <a href="#">RSVP for LIVE Session</a>	<b>Gentle Yoga 9:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Gentle Yoga 5:15 PM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Breast Cancer Bi-Monthly Group @ Mercy STL 5:30 PM</b> <a href="#">RSVP for LIVE Session</a>	<b>Brain Tumor MG 6:30 PM</b> <a href="#">Register for ZOOM</a>	<b>Qigong 11:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a>	28
29	<b>InkWell 7:00 PM</b> <a href="#">Register for ZOOM</a>	<b>Gentle Yoga 10:00 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a> <b>Weekly Wellness 11:30 AM</b> <a href="#">Register for ZOOM</a> or <a href="#">RSVP for LIVE Session</a>	31			




# OCTOBER 2023

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




# SATURDAY

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

5	<p><b>Fitness in Survivorship 11:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>When the Holidays Don't Feel So Jolly - Coping with Grief and Loss 5:30 PM</b> Register for ZOOM</p> <p><b>InkWell 7:00 PM</b> Register for ZOOM</p>	6	<p><b>Gentle Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Weekly Wellness 11:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Book Club 5:00 PM</b> Register for ZOOM</p>	7	<p><b>Gentle Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Gentle Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Breast Cancer MG 5:30 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Monthly Mindfulness 6:30 PM</b> Register for ZOOM</p>	8	<p><b>Mind-Body Connection: Chemo Brain 1:00 PM</b> RSVP for LIVE Session</p> <p><b>Frankly Speaking About Lung Cancer @ Mercy South 5:30 PM</b> RSVP for LIVE Session</p> <p><b>Lung Cancer MG 6:30 PM</b> Register for ZOOM</p>	10	<p><b>Qigong 11:00 AM</b> Register for ZOOM or RSVP for LIVE Session</p>	11
12	<p><b>Energy 101 1:30 PM</b> RSVP for LIVE Session</p> <p><b>InkWell 7:00 PM</b> Register for ZOOM</p>	13	<p><b>Gentle Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Weekly Wellness 11:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Support Your Immune System @ Mercy South 11:30 AM</b> RSVP for LIVE Session</p> <p><b>Walk Me Through It NOON</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Movement and Matras IntenSati 4:30 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Salsa for the Soul 6:30 PM</b> RSVP for LIVE Session</p>	14	<p><b>Gentle Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Gentle Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>New Member Meeting 5:30 PM</b> Register for ZOOM</p>	15	<p><b>Fitness Fundamentals @ Mercy South 10:30 AM</b> RSVP for LIVE Session</p> <p><b>Sanctuary 6:00 PM</b> RSVP for LIVE Session</p> <p><b>Transition to Survivorship 6:30 PM</b> Register for ZOOM</p>	17	<p><b>Qigong 11:00 AM</b> Register for ZOOM or RSVP for LIVE Session</p>	18
19	<p><b>Fitness in Survivorship 11:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Gynecological Cancer MG 6:30 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Yoga Nidra 6:30 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>InkWell 7:00 PM</b> Register for ZOOM</p>	20	<p><b>Gentle Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>All Cancer MG @ Mercy South 11:00 AM</b> RSVP for LIVE Session</p> <p><b>Weekly Wellness 11:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Fall Squash Cooking Demo 5:00 PM</b> Register for ZOOM or RSVP for LIVE Session</p>	21	<p><b>Gentle Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>CSC CLOSED @ NOON</b></p>	22	<p><b>CSC CLOSED</b></p>	24	<p><b>CSC CLOSED</b></p>	25
26	<p><b>Pancreatic Cancer MG NOON</b> Register for ZOOM</p> <p><b>InkWell 7:00 PM</b> Register for ZOOM</p>	27	<p><b>Gentle Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Weekly Wellness 11:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Movement and Matras IntenSati 4:30 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Bereavement MG 6:30 PM</b> RSVP for LIVE Session</p>	28	<p><b>Gentle Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Gentle Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session</p> <p><b>Homemade Cards to Go 6:30 PM</b> RSVP for LIVE Session</p>	29	<p><b>Community Art Show 6:30 PM</b> RSVP for LIVE Session</p> <p><b>Brain Tumor MG 6:30 PM</b> Register for ZOOM</p>	30		2023



SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY



■ = REGISTER FOR ZOOM

■ = RSVP FOR LIVE

■ = WORKSHOPS LOCATED OFF-SITE

DECEMBER 2023

3	10	17	24	31	Fitness in Survivorship 11:30 AM <small>Register for ZOOM or RSVP for LIVE Session</small> Winter Decorative Swag 2:00 PM <small>RSVP for LIVE Session</small> Ask the Expert: Basic Estate Planning 6:00 PM <small>Register for ZOOM</small> InkWell 7:00 PM <small>Register for ZOOM</small>	4	Gentle Yoga 10:00 AM <small>Register for ZOOM or RSVP for LIVE Session</small> Weekly Wellness 11:30 AM <small>Register for ZOOM or RSVP for LIVE Session</small> Book Club 5:00 PM <small>Register for ZOOM</small> Families Connect Gingerbread Holiday Event 6:00 PM <small>RSVP for LIVE Session</small>	5	Gentle Yoga 9:30 AM <small>Register for ZOOM or RSVP for LIVE Session</small> Gentle Yoga 5:15 PM <small>Register for ZOOM or RSVP for LIVE Session</small> Monthly Mindfulness 6:30 PM <small>Register for ZOOM</small>	6	Fitness Fundamentals @ Mercy South 10:30 AM Prostate Cancer MG @ Mercy STL 6:30 PM <small>RSVP for LIVE Session</small>	7	Qigong 11:00 AM <small>Register for ZOOM or RSVP for LIVE Session</small>	8	9
					Energy 101 1:30 PM <small>RSVP for LIVE Session</small> InkWell 7:00 PM <small>Register for ZOOM</small>	11	Gentle Yoga 10:00 AM <small>Register for ZOOM or RSVP for LIVE Session</small> Weekly Wellness 11:30 AM <small>Register for ZOOM or RSVP for LIVE Session</small> Holiday Home Cooking Demo 11:30 AM <small>Register for ZOOM</small> Movement and Matras IntenSati 4:30 PM <small>Register for ZOOM or RSVP for LIVE Session</small> Salsa for the Soul 6:30 PM <small>Register for ZOOM or RSVP for LIVE Session</small>	12	Gentle Yoga 9:30 AM <small>Register for ZOOM or RSVP for LIVE Session</small> Gentle Yoga 5:15 PM <small>Register for ZOOM or RSVP for LIVE Session</small> Breast Cancer MG 5:30 PM <small>Register for ZOOM or RSVP for LIVE Session</small> Jason Brightfield Young Adult Holiday Mindfulness Check-In 6:30 PM <small>Register for ZOOM</small>	13	Lung Cancer MG 6:30 PM <small>Register for ZOOM</small>	14	Qigong 11:00 AM <small>Register for ZOOM or RSVP for LIVE Session</small> CSC CLOSED @ NOON	15	16
17	24	31	31	31	CSC CLOSED	All Cancer MG @ Mercy South 11:00 AM <small>RSVP for LIVE Session</small> CSC CLOSED	19	20	21	CSC CLOSED	CSC CLOSED	22	23		
					CSC CLOSED	Breast Cancer Bi-Monthly Group @ Mercy STL 5:30 PM <small>RSVP for LIVE Session</small> CSC CLOSED	26	27	CSC CLOSED	CSC CLOSED	28	29	30		

# 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 April 1, 2023 through June 30, 2023. We apologize for any omissions or errors.

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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](http://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 SUPPORT COMMUNITY GREATER ST. LOUIS

Supporting Our Community for **30** Years

Thank you to everyone who joined us in celebrating 30 years of free services supporting people impacted by cancer in our community.

30 years of bringing people together to be empowered by knowledge, strengthened by action and supported with community.



## Thank you to our supporters:

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# HOW YOU CAN SUPPORT CANCER SUPPORT COMMUNITY AT YEAR-END



## Year End Donation

Finish the year feeling great about supporting the participants at Cancer Support Community of Greater St. Louis while giving yourself a “gift” with tax savings! Please check with your tax advisor since your charitable contributions may be tax deductible.



## Retirement Assets

You can name the Cancer Support Community of Greater St. Louis as a beneficiary of your IRA, retirement or pension plan. If you are 70½ or older, you may be able to make a tax-free transfer up to \$100,000 from your IRA directly to CSC. If you take a required minimum distribution, you can also make a tax-free transfer! *Please consult with your financial advisor for details.*



## 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.

Call Sharon Clark at 314.330.0668 or [sclark@cancersupportstl.org](mailto:sclark@cancersupportstl.org) with questions.

Design/Layout: KA Design

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CANCER SUPPORT  
**COMMUNITY**  
GREATER ST. LOUIS



**MISSION:** *To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community.*

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