



# CANCER SUPPORT COMMUNITY

GREATER ST. LOUIS

Vol. 9 | Issue 3

NEWSLETTER/CALENDAR  
JULY | AUG | SEPT 2016

## *Empowering Lives, Inspiring Hope* Programs and Services for People Affected by Cancer

**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.*

Cancer Support Community (CSC) offers professionally-led support and networking groups, educational workshops, nutrition and gentle exercise programs, one-on-one nutritional counseling and stress management classes utilizing the Patient Active Concept to empower and educate individuals affected by cancer. All programs are offered at no charge in a comfortable, home-like environment to people who have been diagnosed with cancer, their friends and family, and those who have lost someone to cancer.

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

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

Artwork by Cancer Support Community member Lynn Goode

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## Dear St. Louis Community-



For me, CSC has been so instrumental in decreasing feelings of hopelessness and stress that can come with a stage IV diagnosis. Whether it is to take that moment of silence to catch your breath, finding a way to express feelings you never knew were inside you, or empowering you to ask for what you need from your medical team, here you find support. It is so nice to be a part of a community where you can learn, meet new people, create, move, and explore your feelings.

If you are looking for a place to connect with other people affected by cancer, I suggest you call Cancer Support Community of Greater St. Louis at 314-238-2000. A social worker will be there to welcome you into our Community. I look forward to seeing you!

Thank you-  
**Aja Johnson**

# Families CONNECT

## THE WHOLE FAMILY, THE WHOLE TIME

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

### Families Connect Monthly Networking Group

First Tuesdays • 6:00 – 8:00 PM • July 5, August 2, September 6

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!**

## OPEN HOUSE

Come Visit  
Our New Space!

Monday, August 1 • 5:30 – 7:30 PM

Welcome to the Families Connect Room and the St. Luke's Family Library at Cancer Support Community of Greater St. Louis! This family-friendly room hosts a variety of materials to support the whole family, the whole time. Come in and explore the books available for children, teens and adult caretakers addressing cancer education, coping skills, emotions, bereavement, stress management and survivorship. You will be able to take workbooks, stress management supplies, and enjoy the special space designated just for families with children and teens.



## STRESS MANAGEMENT

### Family Yoga -RSVP

Second Tuesdays • 6:30 – 7:30 PM • July 12, Aug 9, Sept 13

Lisa Roberts, RYT, RCYT and author of *Breathe, Chill - A Handy Book of Games and Techniques Introducing Breathing, Relaxation and Meditation to Kids and Teens* will offer ongoing sessions for children and families to practice wellness in fun and interesting ways.

## SOCIAL CONNECTIONS

### Pacifiers, Ponytails, Pompoms and Pearls:

#### A Girls Glam Day Event - RSVP

Saturday, September 17 • 11:00 AM – 1:00 PM

This glamorous brunch, hosted by Power to Exhale St. Louis, is a chance to give girls (ages 3-18) and their parents an opportunity to sparkle and celebrate each other with music, art and a little party!



## KIDS ROCK CANCER maryville university

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.

*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, Missouri Baptist Healthcare Foundation, Nordstrom, Gertrude & William A. Bernoudy Foundation, Saigh Foundation, Lung Cancer Connection and the Arenberg Family. Groups are not open for observation at any time and are only for people with a cancer diagnosis and, where indicated, their loved ones.*

## NETWORKING GROUPS

These are drop-in groups (except where otherwise indicated) designed for attendees with similar diagnoses or life situations (such as parents with cancer) to meaningfully connect with others and share information helpful on the cancer journey. Family and friends are welcome to attend where indicated.

### BEREAVEMENT NETWORKING GROUP - RSVP

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

This group is a place for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer. This group includes dinner. *This group is made possible by Missouri Baptist Healthcare Foundation.*

**July 7: Pot Luck-bring a side dish or dessert, we will have sandwiches**

### BRAIN TUMOR MONTHLY NETWORKING GROUP

Third 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 NETWORKING GROUP

**RSVP PREFERRED (Salad provided)**

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

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

An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed and survivors, female family and friends.

**July 27: Ask the Expert: Melissa Russell, LMT, Myofascial Release**



### GYNECOLOGICAL CANCERS NETWORKING 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.

**July 18: Ask the Expert with David Mutch, MD, Washington University School of Medicine**

### LUNG CANCER NETWORKING GROUP

First Thursday each month • 6:00 – 7:30 PM at CSC

Second Tuesday each month • 6:00 – 7:30 PM

Location: Christian Hospital 11133 Dunn Rd 63136 Room 2100

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.*



### 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. Morning and evening groups are available.

### TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS

are offered day and evening and are open to any caregiver who has lost a loved one to cancer in the past 18 months. Morning and evening groups are available.

### NEXT STEP CONNECTION NETWORKING GROUP - RSVP

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

Connect with others who are finished with treatment or on maintenance treatment and are getting back into life. A guest speaker will be present quarterly to address the many issues related to survivorship. Discussion will follow.

**July 28: Reflexology with Emmanuelle Ruen-Hayes**

### ANN ARENBERG PANCREATIC CANCER MONTHLY NETWORKING GROUP

Fourth Thursday each month • 1:00 – 2:30 PM

Location: Siteman Cancer Center, West County  
2nd Floor Conference Room

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 NETWORKING 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.*

**Ask the Expert: To Be Announced**



### SINGLE DURING TREATMENT NETWORKING GROUP

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

This new group in an opportunity to connect and discuss the experience of being single while navigating cancer treatment.

### YOUNG ADULT NETWORKING GROUP

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

If you are a young adult between the ages of 18 and 40ish, in-treatment or out of treatment, come to this drop-in support group. Common topics include relationships, dating, fertility, impact on professional self, etc. Family Yoga will be available for children.

**September 13: Fertility after Treatment with Dr. Amber Cooper**

# WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

## Empowered by Knowledge EDUCATION

### New Member Meetings - RSVP

July 13, August 10, September 14 • 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.

### From Cancer to Health™ - RSVP

Second Monday and Third Thursday • NOON – 1:30 PM

at Siteman South County, 5225 MidAmerica Pl, St. Louis, MO 63129

Fourth Thursday • 11:00 AM -12:30 PM

at Siteman West County, 10 Barnes West Drive, St. Louis, MO 63141

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.



### Considering a Second Opinion? - RSVP

Wednesday, July 20 • 3:00 – 4:30 PM

Understanding and exploring all of your treatment options can often feel overwhelming, especially when concerned about preserving the relationship with your doctor. This meeting with Gary Ratkin, MD and Renata Sledge, MSW, LCSW, will give participants the chance to explore the experience of second opinions, strategies for identifying doctors, preparing for the second opinion, and considering clinical trials.

### Caring and Sharing:

#### Learning From Each Other - RSVP

Wednesday, August 10 • 3:00 – 4:30 PM

Have you ever thought: "Wow! I wish I had known THAT about cancer sooner," or: "My doctor never told me that!" Whether you're newly diagnosed or an old hand, plan to join breast cancer survivor Paula Drieci to share tips and tricks in this interactive, fun session.

### Living with Uncertainty After Treatment - RSVP

Thursday, August 25 • 5:30 – 7:00 PM

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

Join art therapist Susie McGaughey for a creative project and discussion about living with uncertainty and fears of recurrence. All artistic abilities and interests are welcome to this opportunity to connect with others and learn how others cope with the uncertainty of survivorship.



### Ask the Expert: Skilled Home Health, Hospice, & Palliative Care - RSVP

Tuesday, August 30 • 3:30 – 5:00 PM

Do you have questions about skilled home health, hospice, palliative care, or all of the above? Join community experts to learn about the similarities and differences between these types of care. This is a great opportunity for people with cancer and their caregivers to ask questions and learn about their options.

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

### Integrative Therapies and Cancer Care - RSVP

Tuesday, August 30 • 6:00 – 7:30 PM

This joint presentation with Siteman Cancer Center and St. Louis University Cancer Center will give you the opportunity to explore integrative therapies available in St. Louis. You will discuss strategies for incorporating therapies such as healing touch, music therapy, art therapy, mental health treatment and movement into your treatment and survivorship plans.

### Food and Fitness at Food Outreach

Friday, September 16 • 9:30 – 11:30 AM

Location: Food Outreach,

3117 Olive Street, St. Louis, MO 63103

Join CSC and Food Outreach for a fun and informational morning of nutrition and movement! Participants will learn how to enjoy wellness through nutrition and cooking tips as well as experience Chair Yoga. A light breakfast will be provided. *Our sincere appreciation goes out to Food Outreach for this donation of time and product.*



### Surviving and Thriving: A Pancreatic Cancer Patient and Caregiver Workshop - RSVP

Friday, September 23 • 1:30 – 5:00 PM (Registration opens at 12:45 PM)

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

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



### Steps to Ovarian Cancer Survivorship - RSVP

Saturday, September 24 • 8:30 AM – 2:00 PM

Location: The Lodge (Des Peres Community Center)

1050 Des Peres Road, Des Peres, MO 63131

Join area healthcare and mental health professionals, as well as other survivors and caregivers, at an informational seminar you won't want to miss! Side-effect management, diet and nutrition, intimacy, care for the caregiver, genetic risk, and updates in treatment will be among the sessions to choose from. Lunch is included! Special Keynote Julie Shrell will discuss the steps she took to survive her own ovarian cancer.



### Frankly Speaking About Cancer: Treatment and Side-Effects - RSVP

Monday, September 26 • 6:00 – 8:00 PM (Meal provided)

Location: David C. Pratt Cancer Center, Conference Room  
Mercy Hospital—St. Louis, 607 S. New Ballas Rd., 63141

Come learn about the management of the side-effects of treatment as Dr. Susan Luedke, MD, with David C Pratt Cancer Center discusses strategies to manage issues such as fatigue, hair loss, anemia, infection, and pain. Kathy Bearman, LCSW, and CSC Facilitator will address ways to cope with emotional distress and optimize quality of life during and after treatment. A complimentary booklet entitled, *Frankly Speaking About Cancer: Treatment & Side-Effects*, will be provided. *Frankly Speaking About Cancer: Treatments & Side Effects is made possible through an unrestricted educational grant from Amgen.*



## Cancer Transitions: Moving Beyond Treatment - RSVP

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

**REQUIRED:** Informational Meeting on Tuesday, September 27  
6:15 - 7:15 PM. Program will run October 4 - November 8  
6:00 - 8:30 PM For the best experience, please commit to 5 of 6 modules.

Cancer Transitions is a 6-week series of workshops designed to help survivors transition from active treatment to post-treatment. Guest presenters will discuss and lead activities on the topics of exercise, stress management, and healthy eating. Each session includes a meal, networking, exercise, a presentation, and discussion.

**Eligibility:** Adult survivors of any cancer diagnosis who have completed active treatment. Must have signed Physician Release. Attendees receiving hormonal treatment or similar agents may attend.



**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, make decisions that best fit your personal desires and goals. **Call Kelly O'Neal, MSW, LMSW (314-238-2000, Ext. 230) for appointment.**

## Strengthened by Action

### HEALTHY LIFESTYLE & STRESS MANAGEMENT

#### Jerry and Peggy Ritter Individual Nutrition Counseling Services

**Call to Schedule Your One-on-One Appointment -**  
*You may see our dietitians as often as you need.*

Our dietitian offers individualized nutritional counseling to members of CSC who are not currently in treatment. A Pre-Screening Health History Form must be completed prior to appointment and are available at the CSC office or at our website, [www.cancersupportstl.org](http://www.cancersupportstl.org).

#### Miss Mary's Healthy Kitchen Programs

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

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

Friday, July 22 • NOON - 2:00 PM

Kelly O'Donnell is a Certified Holistic Health Coach and Holistic Therapist who will share how to incorporate mindfulness into planning, prepping, cooking and eating great food!

##### What to Eat during Cancer Treatment this Fall with Maria Ojascastro - RSVP

Tuesday, September 13 • 6:00 - 8:00 PM

We will be preparing tasty menu items from the American Cancer Society cook book *What to Eat During Cancer Treatment*.

## FOOD OUTREACH COOKING DEMO

### Low-Cost Healthy Meals - RSVP

Thursday, August 18 • NOON - 2:00 PM

Join Registered Dietitian, Mallory Ubbelohde, RD, as she provides nutrition education to help you with your dietary needs. "Chef Mallory" will prepare a low-cost healthy meal. *Our sincere appreciation goes out to Food Outreach for this donation of time and product.*



## Jerry Pass Cooking For Wellness

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

### Cancer Fighting and Immune Boosting with STL Veg Girl, Caryn Dugan - RSVP

Tuesday, August 23 • 6:00 - 8:00 PM

Caryn will lead a cooking demonstration while discussing cancer fighting compounds and immune boosting foods and maintaining a healthy weight. The session will include a video from Dr. Neal Barnard from Physicians Committee for Responsible Medicine (PCRM).

### Fall Food and Sports with Chef Vicki Bensinger - RSVP

Thursday, September 8 • NOON - 2:00 PM

This meal will be full of casual, fun and healthy foods to eat while enjoying your favorite fall sports.

### Color Your World - RSVP

First Thursdays • 11:00 AM - NOON • July 7, August 4, September 1

We are all searching for new ways to slow down, manage stress, relax and be mindful. This hour-long coloring session will give you a chance to mindfully manage your stress while tapping into your creative side.

### Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

First or Second Mondays • 9:00 - 10:00 AM • July 11, August 1, September 12

Third Mondays • 5:15 - 6:15 PM • July 18, August 15, September 19

Learn to relax and stay in the moment using mindfulness meditations. Each session will include information, strategies for integrating mindfulness into your day, and a practice. Open to anyone affected by cancer (patients, family and friends, bereaved).

### Art for Recovery: Painting from Within - RSVP

Second Mondays • 6:30 - 8:00 PM • July 11, August 8, September 12

Start with some quiet meditation, no pre-planned ideas, and using only one brush stroke at a time and you will create paintings that come from places deep inside, using your intuition as your guide. As always, absolutely no art experience necessary.

### Creativity for the Soul - RSVP

Wednesdays, July 13 and September 14 • 3:00 - 4:30 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 projects.

**Please bring your own notebook/journal, and all other materials will be provided.** If you would like to learn more about SoulCollage, please visit [www.soulcollage.com](http://www.soulcollage.com).

### Energy 101: Introduction to Healing Touch - RSVP

Third Mondays • 6:30 - 8:00 PM • July 18, August 15, September 19

Learn Healing Touch techniques to support your health and well-being. Healing Touch is used 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.

### Sanctuary - RSVP

Third Wednesdays • 7:15-8:30 PM • July 20, August 17, September 21

Mark Biehl, Certified Sound Therapy Coach, hosts this blissful journey with offerings of Tibetan singing bowls, gongs, chimes, indigenous flutes, drums, and keyboard atmospheres. Elements of breath work, guided reading, and group chanting are also featured to enhance and direct your experience to a higher level.



**Healing Through Music - RSVP**

Fourth Wednesdays • July 27 and September 28 • 7:00-8:00 PM

Explore and experience the power of music for the tired mind with classical musicians Raghu Pandurangi and Sandhya A. Pandurangi, founders of Anu-Rag School of Music, St. Louis. Stop by Renata's office to hear their music!

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

Three Consecutive Thursdays, August 25, September 1 and 8  
10:00-11:30 AM (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? 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.

**Wise Writers Workshop - RSVP**

Tuesdays September 13-September 27 • 1:00 - 3:00 PM

Create with words and share with a collaborative and supportive group of CSC Members who have been affected by cancer either as a patient, caregiver, or bereaved. Please RSVP Weekly. Facilitated by Marianne Rosenthal, M.A.T., Secondary Language Arts.

*This program is made possible by an anonymous donor.*

**GARDEN CLUB****Bringing Peace to Inspiration - RSVP**

Wednesday, July 13 • 6:00 - 8:00 PM

Mixed Media Artist Maria Ojascaastro will work with the Garden Club in making a peace pole for the Inspiration Garden at CSC.

**Field Trip to Earth Dance Farms - RSVP**

Friday, September 9 • 1:00 - 4:00 PM

Location: EarthDance Organic Farm School  
233 S. Dade Avenue, Ferguson, Mo 63135



CSC is proud to partner with EarthDance Organic Farm School, which operates on the oldest organic farm west of the Mississippi. Their mission is to sustainably grow food, farmers, and community one small farm at a time, through hands-on education and delicious experiences. We will meet at the farm for some fall projects including weeding, mulching, planting and farm clean-up.

**Garden Club Harvest Gathering - RSVP**

Wednesday, September 28 • 6:30 - 8:00 PM

Come and honor the fruit of our labors while we sample the produce from the garden and honor the work and connections we have made in the Inspiration Garden.



## Sustained by Community

### SOCIAL PROGRAMS

**Great Decisions Discussion Group - RSVP**

First and Third Wednesdays • 6:30 - 8:00 PM

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

**Group Mind: Leave Your Brain at the Door - RSVP**

Tuesdays, July 29 and September 23 • 12:30 - 2:00 PM

Join Andy Sloey from the Improv Shop in learning and experiencing the team sport of improvisation. In this session, you will have the experience of letting go of consciously thinking and being in a state of flow with others!

**Monday Morning Coffee - RSVP**

Third Mondays • 9:30 - 10:30 AM

Join Executive Director Scott Gee in a Monday morning discussion of the weekend games, current events, and coffee (and sometimes a hot breakfast!).

**Pastel Palette and Introduction to Drawing - RSVP**

Third Tuesdays • 6:30 - 8:00 PM

Artist Jessica Eschen-Goodman will teach an introduction to drawing with pastels. No experience or "artistic ability" required. Come learn, enjoy and share in this art practice. Each session is unique. Supplies will be provided.

**Book Club and Brunch - RSVP**

Thursday, August 18 • 10:00 - 11:30 AM

Do you love to read and socialize? If so, join us for Book Club and Brunch! We will meet bimonthly to discuss a different book. Feel free to bring refreshments to share with the group as well!

► *The Art of Hearing Heartbeats* by Jan-Philipp Sendker

**Stitch Together - RSVP**

Third Tuesdays • NOON - 1:00 PM

Learn to knit or crochet, or bring your own knitting, crochet or needlework project and enjoy the company of others in this fun social activity. Come for the full session or drop in as your schedule allows.

**Wet and Wild! - RSVP**

Fourth Thursdays • 10:00 - 11:30 AM


Join Artist Kathleen Barnes for watercolor painting 101. No experience or "artistic ability" required. Come learn, enjoy and share in this art practice. Each session is unique. Supplies will be provided.

**Fantasy Football Draft Party! - RSVP**

Monday, August 29 • 6:30 - 8:00 PM

It is never too early to start thinking about Football - sign up now to compete in Cancer Support Community's first ever Fantasy Football challenge - Deadline to sign up is Wednesday, August 24, 2016. Bragging Rights are on the line.

Weekly support groups (not listed on the calendar) are available to patients and loved ones of any cancer diagnoses and prognoses. See "Support Groups" on pg. 3 or call 314-238-2000 for information or to join.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>JULY 2016</div> <div> <div>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY</div> <div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div> </div> </div>						
	CSC CLOSED	Yoga 11:00 AM Families Connect NWG 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Single During Treatment NWG 6:30 PM	 Color Your World 11:00 AM RSVP Country Line Dancing 2:30 PM Lung Cancer NWG 6:00 PM Bereavement NWG 6:30 PM RSVP Prostate Cancer NWG @David C. Pratt CC 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON CSC Closes at 2 PM	1
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10	Mindfulness Practice 9:00 AM RSVP From Cancer to Health @ Siteman South County NOON RSVP Painting from Within 6:30 PM RSVP	Yoga 11:00 AM Lung Cancer NWG @ Christian Hospital 6:00 PM Young Adult NWG 6:30 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Creativity for the Soul 3:00 PM RSVP Yoga Basics 5:15 PM Bringing Peace to Inspiration 6:00 PM RSVP CSC New Members Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON CSC Closes at 2 PM	15
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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7	From Cancer to Health @ Siteman South County NOON RSVP Painting from Within 6:30 PM RSVP	Yoga 11:00 AM Lung Cancer NWG @ Christian Hospital 6:00 PM Young Adult NWG 6:30 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Caring and Sharing: Learning From Each Other 3:00 PM RSVP Yoga Basics 5:15 PM Young Adult NWG 6:30 PM CSC New Members Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON CSC Closes at 2 PM	13
14	Monday Morning Coffee 9:30 AM RSVP Mindfulness Practice 5:15 PM RSVP Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers NWG 6:30 PM	Yoga 11:00 AM Stitch Together NOON RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Sanctuary 7:15 PM RSVP	Book Club and Brunch 10:00 PM RSVP From Cancer to Health @ Siteman South County NOON RSVP Food Outreach Cooking Demo NOON RSVP Country Line Dancing 2:30 PM Brain Tumor NWG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON CSC Closes at 2 PM	20
21		Yoga 11:00 AM Jerry Pass Cooking for Wellness 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM RSVP	Wet and Wild 10:00 AM RSVP The Power of Mindfulness @ David C. Pratt CC 10:00 PM RSVP From Cancer to Health @ Siteman West 11:00 AM RSVP Pancreatic Cancer NWG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Living with Uncertainty After Treatment @ St. Anthony's Cancer Care Center 5:30 PM RSVP Next Step Connection NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON CSC Closes at 2 PM	27
28	Fantasy Football Draft Party 6:30 PM RSVP	Yoga 11:00 AM Ask the Expert: Skilled Home Health, Hospice, & Palliative Care 3:30 PM RSVP Integrative Therapies and Cancer Care 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM			
	29	30	31	<h1>AUGUST 2016</h1> <p>  = WORKSHOPS LOCATED OFF-SITE             = RSVP REQUIRED             = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY         </p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>		



Weekly support groups (not listed on the calendar) are available to patients and loved ones of any cancer diagnoses and prognoses. See "Support Groups" on pg. 3 or call 314-238-2000 for information or to join.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>SEPTEMBER 2016</div> <div> <div>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED</div> <div>■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY</div> </div> <div>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</div> </div>						
	CSC Closed	Yoga 11:00 AM Families Connect 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Single During Treatment NWG 6:30 PM	Color Your World 11:00 AM RSVP Country Line Dancing 2:30 PM Lung Cancer NWG 6:00 PM Prostate Cancer NWG @ David C. Pratt CC 6:30 PM Bereavement NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON CSC Closes at 2 PM	
4	5	6	7	8	9	10
	Mindfulness Practice 9:00 AM RSVP From Cancer to Health @ Siteman South County NOON RSVP Painting from Within 6:30 PM RSVP	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Miss Mary's Cooking Demo 6:00 PM RSVP Lung Cancer NWG @ Christian Hospital 6:00 PM Young Adult NWG 6:30 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Creativity for the Soul 3:00 PM RSVP Yoga Basics 5:15 PM CSC New Members Meeting 6:30 PM RSVP	Spring Book Club 10:00 AM RSVP From Cancer to Health @ Siteman South County NOON RSVP Country Line Dancing 2:30 PM Brain Tumor NWG 6:30 PM	Food and Fitness @ Food Outreach 9:30 AM RSVP Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	Pacifiers, Ponytails, Pompoms and Pearls: A Girls Glam Day Event 11:00 AM RSVP
11	12	13	14	15	16	17
	Monday Morning Coffee 9:30 AM RSVP Mindfulness Practice 5:15 PM RSVP Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers NWG 6:30 PM	Yoga 11:00 AM Stitch Together NOON RSVP Wise Writers Workshop 1:00 PM RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Sanctuary 7:15 PM RSVP	Wet and Wild! 10:00 AM RSVP From Cancer to Health @ Siteman West 11:00 AM RSVP Pancreatic Cancer NWG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM Next Step Connection NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Group Mind 12:30 PM RSVP Surviving and Thriving @ Eric P Newman Center 1:30 PM RSVP	Steps to Survivorship @ The Lodge 8:30 AM RSVP
18	19	20	21	22	23	24
	Frankly Speaking About Treatment and Side Effects @ David C Pratt CC 6:00 PM RSVP	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Cancer Transitions @ David C Pratt CC 6:15 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM RSVP Garden Club Harvest Gathering 6:30 PM RSVP Healing Through Music 7:00 PM RSVP	Country Line Dancing 2:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	
25	26	27	28	29	30	
						

# VOLUNTEER APPRECIATION

## Lisa Roberts



Lisa Roberts, RYT, RCYT, owner of Yo Yo Yoga Therapy, volunteers at Cancer Support Community facilitating yoga with children and families. She has authored two yoga children's books and has created and published teaching tools as well as a published blog that is updated weekly with fresh kid's yoga ideas/activities.

At present, Lisa teaches yoga at Children's Hospital and works with many youth undergoing medical treatments. She also teaches privately, mainly special needs and differently abled kiddos. Lisa runs a training program teaching parents and pediatric professionals how to teach yoga to children.

Lisa has volunteered with Families Connect for 3 years. She facilitates sessions for children and their parents impacted by cancer. Lisa also facilitated a Breathing Technique and Meditation workshop for families. She believes that persons, children or adults, should have fun and enjoy being a part of the yoga movements.

Lisa really appreciates being involved with the Cancer Support Community. She sees CSC as a space of comfort for clients, along with being a place of support and well-being for the whole family, the whole time.

CSC is truly grateful for the generosity Lisa shares with the Families Connect Program.

If you are interested in volunteering, please contact our Volunteer Coordinator, Gabby Fish at 314-238-2000 or email her at [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org)

## MIND/BODY/SPIRIT CLASSES

**Please note:** For the safety of everyone, if you are attending a CSC movement class please arrive promptly at designated class start time (or earlier if possible). Thank you!

**The Practice of Qigong Fridays • 11:00 AM – NOON** Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well-being. Drop in – no experience necessary. Comfortable clothing and physician approval recommended. *Thank you to Sue Ashwell, Harrison Beard, and Riki Howard for the gift of this class.*

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

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

**Pilates Mat • Call CSC at 238-2000 for days and time** This class introduces a series of floor exercises designed to create uniform development, long, lean muscles, core strength, and breath control. *Thank you to Natalie Sutto for the gift of this class.*

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

## YOGA LOCATIONS:

### Cancer Support Community

1058 Old Des Peres Rd. • St. Louis, MO 63131

**Tuesdays • 11:00 AM – NOON**

**Wednesdays • 9:30 – 10:30 AM & 5:15 – 6:15 PM**

### SLU Cancer Center *Free parking for yoga attendees.*

Sponsored by St. Louis University Cancer Center

3655 Vista • St Louis MO 63110 • 314-268-7015

**Fridays • NOON – 1:00 PM**

SAINT LOUIS UNIVERSITY  
**CANCER CENTER**

## CANCER EXPERIENCE REGISTRY

**Participating is easy. There are only two steps:**

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

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

***Together, we can make a difference!***

# TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSC change the lives of cancer patients and their families. The following reflects tribute gifts received from January 1, 2016 through March 31, 2016. We apologize for any omissions or errors.

## IN HONOR OF:

CAROL ABRAMS  
Larry Abrams

MARY BYRNE AND BARRY SHORT  
Jeanne Pass

KAY COHEN  
Jeanne Pass

JUDGE ROBERT AND SHEILA COHEN  
Mr. and Mrs. Leon Kaplan

MARY OBERMAN  
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Richard Halpern  
Bernie Haselhorst  
Ann and Tim Plunkett

MICHAEL PIASSE  
Jay and Jan Simon

JESS & MICK SCHULTZ  
Marty and Merle Oberman

DR. ANTHONY SHEN  
Lillian and Jack Bolozky

HEIDI SMITH  
Sheri Kanterman

WILLICK CHILDREN AND  
GRANDCHILDREN  
Sara and Sanford Willick

## IN MEMORY OF:

DOROTHY ALLEN  
Patricia Walczuk

BRENT ARMBRUSTER  
Paula Burch  
Shirley Davenport  
Kathleen Eulberg  
Rob Fader  
Jean Fields  
Jeffco History Faculty  
Rod and Mary Beth Kleinbach  
William Lobdell  
Wilbur Muenster  
Kathleen O'Hanlon and John Williams  
Sharon Proffer  
Susan Rudolph  
Samaritan Tech Services  
Joe and Ann Turner  
Michael Ullery  
Eric Vondruska  
Michael Wallace  
Gary and Susan Wideman  
Jill Willard  
Christian Young

LARY BAKER  
Richard Levey

IRL BARIS  
Paul Arenberg  
Scott Gee

JAMES ORLEIGH BRIGHT  
Christine Zehrt

JOSEPH BROCKSMITH  
Centene Corporation

KITTY CLARK  
J.C. Hagan

JUDY EDMISTON  
Nancy and Paul Edmiston

MARY ESSMAN  
Sharon and Barry Friedman

MARTY FEIT  
Sharon and Barry Friedman  
Billie and Myron Klevens  
JoBeth and Gary Omell

GREG FOX  
Donna and Bob Cohen  
Sharon and Barry Friedman  
Richard Levey  
Micky and Norman Roth

ANNIE GATEWOOD  
Jeanne Pass

NATALIE GEMIGNANI  
Marty and Merle Oberman

SANDRA GOLD  
Richard Levey

SARAH HOCK  
Ellie Richter

STEPHEN KLEVENS  
Billie and Myron Klevens

ROBERT KOHN  
Cindy and Shep Hyken

SURESH KULKARNI  
Emerson

MARGARET MACDONALD  
Peggy and Joe Peters

DICK ROSENTHAL  
Jeanne Pass

LILLIAN JOSEPHINE SCHELLMANN  
Nancy Rosa

ROSEMARY SCHILLINGER  
Ronald and Christine White

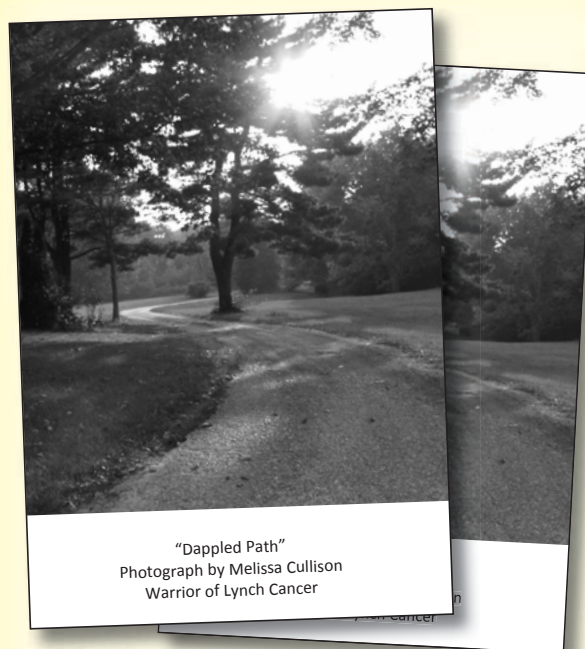
MARY SNODGRASS  
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Leanne and Harvey Schneider

COLLEEN KELLY WARREN  
Cecilia and Tom Barnett

BARRY WARSHAW  
Billie and Myron Klevens

## Tribute Card



## Give Gifts with Meaning

Struggling to find the perfect gift for someone who has everything? 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 **TRIBUTE 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. It's a meaningful gesture AND a great way to help a cancer patient live and flourish.

### 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, a drawing account is a convenient option. An account can be set up from which available funds can be drawn for tributes with just a phone call, email or fax. To open an account and to maintain a balance, a check can be sent or credit card information can be provided over the phone. 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.**



# SAVE THE DATE!



CANCER SUPPORT COMMUNITY OF GREATER ST. LOUIS  
IMPROVISATIONAL COMEDY  
**SATURDAY, NOVEMBER 12, 2016**  
STL MOTORCARS

COCKTAILS, APPETIZING BITES, ESPRESSO BAR, DESSERT, LIVE MUSIC  
*A chance to laugh while raising funds for the programs offered by CSC.*

In the evening's entertainment, approximately five community supporters will compete for the titles of Comedy Master, Judges' Choice, and Comedy MVP. Each cast member will perform a short scene with one or two professionals from The Improv Shop, a St. Louis-based improvisational comedy theater and school. The Comedy Master is the individual who raises the most votes (minimum \$10 per vote) both before and at the event. The Judges' Choice Award is determined by the score each individual receives from our judging panel for her or his scene. The Comedy MVP raises the most overall support through votes, sponsorships and/or ticket sales.

For information on participating or sponsorship opportunities,  
please call Special Events Manager Michelle Mills at 314-238-2000.

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**JOIN US FOR THIS FUN NEW EVENT AND HELP SUPPORT  
FAMILIES FACING CANCER IN THE COMMUNITY.**

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**CANCER SURVIVORSHIP CELEBRATION**  
Saturday, May 14, 2016 at Creve Coeur Park

**WALK. RUN.  
INSPIRE.**

# THANK YOU!

to our STEPS FOR HOPE sponsors, teams, walkers, runners and volunteers! Proceeds from this event fund vital programs for people impacted by cancer in our community. Thank you to everyone who joined us to walk, run and inspire!



## Thank You To Our Sponsors



Jan and Jeff Dicke | Debbie Glynn | Peggy and Michael Nelson  
Ann and Tim Plunkett | Gary and Marilyn Ratkin

The Henrichs, Oberman & Haselhorst Group • Hope Hospice • Horseman Group

# LOOK WHAT OTHERS ARE DOING FOR CSC

## STLVegGirl and Mission Taco Joint Support CSC through April's Taco of the Month



*STLVegGirl Caryn Dugan and her April Taco of the Month for Mission Taco Joint*

This past April, Caryn Duggan, also known as STLVegGirl, teamed up with Mission Taco Joint to create a Taco of the Month. Her veggie taco featured wood-grilled sweet potato and pepper rajas with smashed garbanzo beans, avocado, grilled onion pico, roasted jalapeño tequila salsa, and crispy kale. Mission Taco donated a portion of the proceeds from sales of this veggie taco at their locations in Souland and the Delmar Loop. They also displayed a life-size cutout of Caryn, who teaches healthy cooking classes at CSC, and her taco. Every time a customer took a picture with the cutout and tagged STLVegGirl and Mission Taco Joint on social media, Caryn made a donation to CSC.

Thank you STLVegGirl and Mission Taco Joint for choosing CSC to benefit from this fun and delicious partnership!

## Lowe's in Arnold Donates Garden Supplies



*CSC/Garden Club member Marsha Phillips and Store Manager Brian Andrasko*

In April, CSC member Marsha Phillips secured a donation of bags of soil, fertilizer, compost and other garden supplies from Lowe's in Arnold, where she works. This spring Marsha and the rest of the Garden Club started planting in our Inspiration Garden which was completed in fall 2015. The Garden will serve as a social activity for CSC members as well as a source for vegetables and herbs for our healthy cooking demonstrations. We are grateful to Store Manager Brian Andrasko and Lowe's for these useful supplies!

## Upscale Resale Hosts Party to Benefit CSC

Vanessa Keith, owner of Upscale Resale, and CSC Board Member Mary Reitz hosted a party at her unique resale shop on Manchester near Sappington. The shop sells women's clothing and accessories. Vanessa generously donated a portion of the sales generated by the party to CSC. We extend our gratitude to Vanessa and Upscale Resale!



## Nominate a Pharma Hero and Support CSC

At the beginning of 2016, UBC, an Express Scripts Company, launched the Pharma Heroes Program. Designed to shine a light on the heroes of the pharma and biotech industry, the Program celebrates the remarkable and largely unrecognized daily acts that move the industry forward.

Throughout this year, anyone can nominate a Pharma Hero online by visiting [www.PharmaHeroes.com](http://www.PharmaHeroes.com). For each nomination, UBC will notify the Pharma Hero and donate \$25 to Cancer Support Community. It's a great way to recognize individuals who go above and beyond, but rarely seek attention for their efforts—and to help those facing cancer in St. Louis. We are thrilled to be involved!



# HOW YOU CAN SUPPORT CSC



Make a donation.  
Visit [www.cancersupportstl.org](http://www.cancersupportstl.org).



Ask a Friend to Donate.



Attend Laughing Matters. See page 12.



Tell Others About CSC.



Volunteer at CSC.



Remember CSC in your will,  
insurance or estate plan.



Volunteer at an Event.



Ask Corporations for Support.

If you would like to support our work to inspire hope in cancer patients and their families, contact Tricia Hendricks at [thendricks@cancersupportstl.org](mailto:thendricks@cancersupportstl.org) or 314-238-2000.

## STAFF - Contact us 314.238.2000

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### MARKETING DIRECTOR

Linda Novak, ext. 231

### PROGRAM DIRECTOR

Renata Sledge, MSW, LCSW, ext. 224

### INDIVIDUAL GIVING MANAGER

Tricia Hendricks, ext. 226

### SPECIAL EVENTS MANAGER

Michelle Mills, ext. 235

### PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

### PROGRAM COORDINATOR

Dannielle Hodges, MSW, LMSW, ext. 228

### PROGRAM OUTREACH COORDINATOR

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

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Kathy Bearman, MA, LCSW

Jennifer Dunn, MSW, LCSW

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Dannielle Hodges, MSW, LMSW

Susie McGaughey, LPC, ATR

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Kelly O'Neal, MSW, LMSW

Jeff Piper, MSW, LCSW

Renata Sledge, MSW, LCSW



## 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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1058 Old Des Peres Road  
St. Louis, MO 63131

PH: 314-238-2000  
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[www.cancersupportstl.org](http://www.cancersupportstl.org)



**PLEASE HELP US  
GO GREEN!**

Please send us your email so we can send the calendar electronically instead of by snail mail. Email your address to: [gfish@cancersupportstl.org](mailto:gfish@cancersupportstl.org)

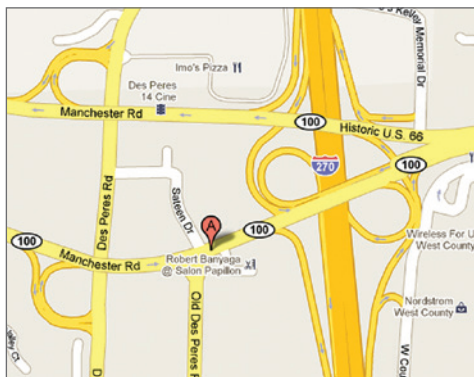


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NON-PROFIT ORG.  
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**Make a tribute donation to Cancer Support Community in honor, memory or celebration of someone special.  
Call 314-238-2000**

Thank you to our 2016 Print Sponsor: *accredo*  
Specialty Pharmacy

**SAVE  
THE DATE!**

**LAUGHING MATTERS**  
Saturday, November 12 at STL Motorcars

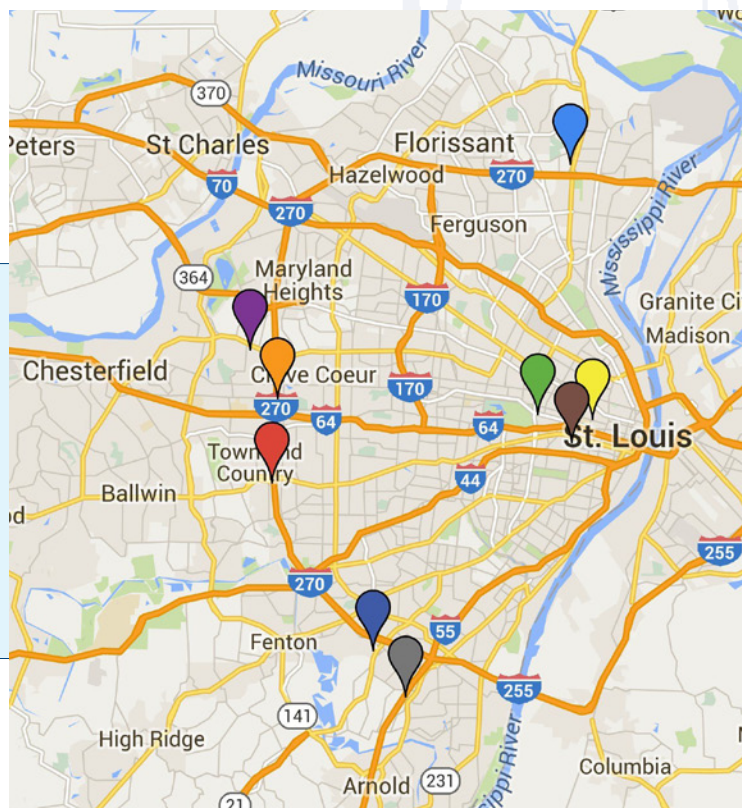
## OUR DONORS' DOLLARS AT WORK

### Outreach Efforts Produce Five New Partnerships

We are continually working to expand our reach and serve more people impacted by cancer in St. Louis. When you donate to CSC, you invest in the ongoing efforts of our program staff to forge new relationships with area hospitals and cancer centers. We are pleased to announce that, through new partnerships, people affected by cancer can participate in our Program at five additional area locations. Here's where you can find CSC:

- |  |   |
|--|---|
| Cancer Support Community, with new St. Luke's Family Library | Siteman Cancer Center/Center for Advanced Medicine* |
| Christian Hospital*  | Siteman Cancer Center - South County*               |
| David C. Pratt Cancer Center                                 | Siteman Cancer Center - West County*                |
| Food Outreach  | St. Anthony's Medical Center*                       |
| Saint Louis University Cancer Center                         |   |
- \*New location

We are grateful to these institutions for their partnership in providing holistic care to their patients and for their confidence in our Program. Thank you to our donors for making our outreach efforts possible. Your support helps us build and grow the Cancer Support Community.



314-238-2000 • [cancersupportstl.org](http://cancersupportstl.org)