



GREATER ST. LOUIS

A Place for People Impacted by Cancer

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



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

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SAVE THE DATE!

Saturday, May 2, 2020
Creve Coeur Park in Sailboat Cove.

Join us for our 22nd annual
STEPS FOR HOPE walk!

See page 9 for more info!



WALK. RUN. INSPIRE.

Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

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

Families Connect Monthly Group - RSVP

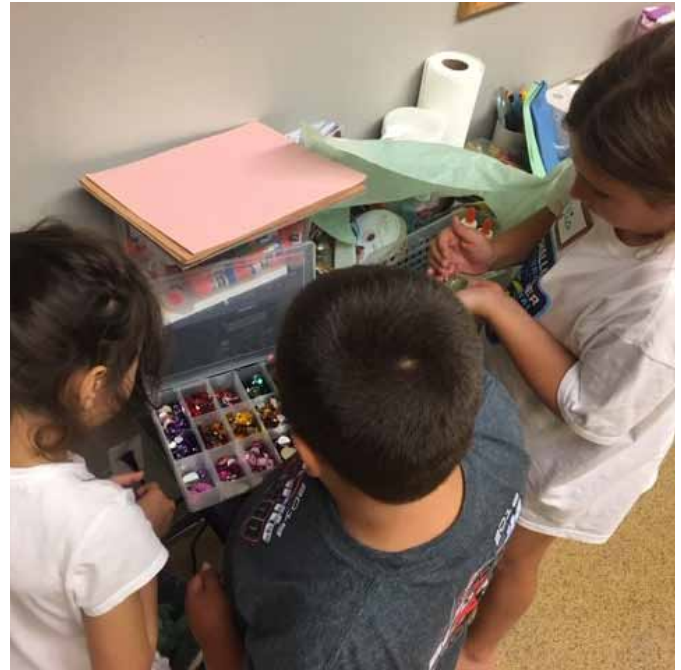
First Tuesdays, Jan. 7, Feb. 4, March 3 • 6:00 – 8:00 PM

Families Connect is a program for the whole family when a parent, grandparent, or adult relative has cancer. A family support group is held while the children and teens (ages 5-18) meet for equal parts support and fun! **Dinner is provided 6:00 – 6:30 PM.**

Special Families Connect Guest

Tuesday, March 3

Luke the Support Dog



SOCIAL CONNECTIONS

Grub, Games, and Giving Back! - RSVP

Wednesday, January 29 • 6:00 – 8:00 PM

Join us for a night of community and connection! We will have game and card making stations for equal parts fun and philanthropy! The cards will be delivered to local cancer centers to be given to patients and caregivers.

Dinner is provided 6:00 – 6:30 PM.



STRESS MANAGEMENT

Creative Collaging Family Night - RSVP

Wednesday, March 25 • 6:30 – 8:00 PM

Join us for collaging, journaling, and creativity! Families will be led in group projects to express themselves and connect with each other in a new way.



A Board Certified Music Therapist helps participants (children and teens diagnosed with cancer, as well as those who have a family member with cancer) to express their feelings that they then convert into songs. Attendees receive the recording on CD! No prior musical experience needed!

Call 314-238-2000 to schedule your appointment! This program is in collaboration with Maryville University's fully accredited music therapy program in the School of Health Professions.

SUPPORT GROUPS

The following support groups are open to individuals ages 18 and older and require a short preparation meeting in advance. Call 314-238-2000 to schedule.

WEEKLY SUPPORT GROUPS FOR CANCER PATIENTS offer people with a cancer diagnosis who are in active treatment an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support, and learn how to manage stress. Morning, afternoon and evening groups are available.

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS offers those supporting a person with cancer the opportunity to discuss common issues. Together family, friends and caregivers learn new ways to cope with their individual stress as well as ways to support their loved ones living with cancer. An Evening group is 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.

All Support and Networking Groups are free, led by licensed facilitators, and are funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, Saigh Foundation, Lung Cancer Connection, 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

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

BEREAVEMENT MONTHLY GROUP - RSVP

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

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

January 2: Potluck

BRAIN TUMOR MONTHLY GROUP

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

A caring environment to learn about and discuss issues associated with brain cancer: memory, cognitive losses and challenges, communication, and the impact on family. Family and friends welcome.



BREAST CANCER MONTHLY GROUP - RSVP

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

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

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

GYNECOLOGICAL CANCER MONTHLY GROUP

Third Monday each month • 6:30 – 8:00 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.

LUNG CANCER MONTHLY GROUP

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

The group provides a nurturing environment to learn about and discuss coping skills, disease management, and quality of life during and after treatment.



LUNG CANCER MONTHLY GROUP

Third Tuesday each month • 1:00 – 2:30 PM

Mercy South Cancer Care Center, 10010 Kennerly Rd., 63128

The group gives people with lung cancer and/or their friends and family members the opportunity to share resources, ideas to manage side effects, and an opportunity to get and give support to others.



MULTIPLE MYELOMA MONTHLY GROUP

Second Tuesday each month • 11:30 AM – 1:00 PM

St. Louis University Hospital, West Pavilion

3655 Vista Avenue, Room 3302

Connect with other people with multiple myeloma and their family to learn about the unique experience of living with this diagnosis.



ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Monday each month • NOON – 1:30 PM

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

PROSTATE CANCER MONTHLY GROUP

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

David C Pratt Cancer Center, Suite 1440, Conference Room, 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.*



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 6

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, Jan. 3, Feb. 7, March 6 • 10:00 – 11:00 AM

Second Wednesdays, Jan. 8, Feb. 12, March 11 • 6:30 – 7:30 PM

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

Transition to Survivorship - RSVP

Thursday, January 16 • 6:30 – 8:00 PM

This quarterly education/support session is an opportunity to connect with others and learn to move toward wellness in mind, body and spirit. Sessions will include topics such as medical management, exercise, stress-management, and healthy eating. *Eligibility: These sessions target people who have completed active treatment.*

Frankly Speaking About Clinical Trials - RSVP

Wednesday, January 22 • 6:30 – 8:00 PM

This workshop will highlight the importance of research and how clinical trials work. Not every person will be on a clinical trial or needs to be on one, but should be aware that a clinical trial may be a treatment option. Join Danielle Crites, RN OCN, as she explains the facts. **Can't join us in person? Check it out on Facebook Live on CSC's page!**



Treating Late Effects of Radiation with Hyperbaric Oxygen Therapy - RSVP

Wednesday, February 5 • 11:30 AM – 1:00 PM

A small percentage of patients who have received radiation therapy to treat various cancers will develop complications anywhere from weeks to years after treatment. These complications may include ulcers or wounds in the irradiated field, hemorrhagic cystitis, radiation proctitis, or osteoradionecrosis. Hyperbaric therapy may be an effective treatment option for these individuals.

Spring Renewal with Aromatherapy - RSVP

Wednesday, March 11 • 6:30 – 8:00 PM

Join Margaret Ganey, RN and Certified Aromatherapist as she provides information about where essential oils come from. She will review several essential oils, their safety and essence. Participants will make a product for your personal use at home.



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



Open to Options™ supports you as you identify important questions about your survivorship and concerns based upon your personal needs. This program will help you identify and organize your questions for your doctor, communicate in an organized manner with your medical team, and make decisions that best fit your personal desires and goals. **Call Kelly O'Neal, MSW, LCSW (314-238-2000, Ext. 230) for appointment.**

Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

Get Back on Track with STL Veg Girl, Caryn Dugan - RSVP

Tuesday, January 14 • NOON – 2:00 PM

Caryn will share information about nutrient-dense, low calorie, immune-boosting foods to start the new year off right!

A Splash of Spring: Soups and Salads - RSVP

Wednesday, March 18 • 6:00 – 8:00 PM

Join Bridgette Kossor, Plant-Based, Macrobiotic Cooking Teacher/Energy Guide as we move from the darkness in winter to the lightness of spring, let's make some dishes that brighten us up from the inside out. Innovative salads and homemade dressings partnered with soups that are full of flavor and zing are on this menu.

Writers Workshop: What I really want to say... - RSVP

Wednesdays January 8, 15 and 29 • 1:30 – 3:30 PM

Memoir Writing: We use our voice to tell our story. Our unique perspective informs each of us as we decide how and what to share. Join Writers Workshop as we write our story for ourselves and our families.

Wednesdays Feb. 5, 12, 19 and March 4, 11 and 18 • 1:30-3:30 PM

Writing personal essays guide you to explore your past and present and share your life stories with those you love and, perhaps, with a larger readership. Please join us as we write, share, discuss and enjoy the process of writing with one another.

Painting from Within - RSVP

Mondays January 13 and March 16 • 6:30 – 8:00 PM

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

Stress Less - RSVP

Second Tuesdays, Jan. 14, Feb. 11, March 10 • 1:00 – 2:30 PM

Location: Mercy South Cancer Care Center, 10010 Kennerly Rd., 63128

Feeling stressed out? Join a session of coping with anxiety and quieting your mind through breathing exercises, progressive muscle relaxation, guided imagery, creative journaling...wherever the moment takes us!

Winter Porch Pots - RSVP

Wednesday, January 15 • NOON - 1:30 PM

With a combination of dried plants, cones, wood, seeds and greenery, create a decorative winter arrangement to brighten your porch.

Sanctuary - RSVP

Third Thursdays, Jan. 16, Feb. 20, March 19 • 6:00 - 7:30 PM

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.

Energy 101: Balance Your Body's Energies - RSVP

Third Mondays, Jan. 20, Feb. 17, March 16 • 6:30 - 8:00 PM

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

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

Thursday, Jan. 23 • 6:30 - 8:00 PM

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

Creative Journaling - RSVP

Wednesday, February 5 • 6:30 - 8:00 PM

Join us for collaging, journaling, and creativity! Each session will encourage participants to explore their inner peace and happiness while completing creative art projects and writing exercises. No experience or artistic talent necessary!

Jason Brightfield Young Adult Program

Special Guest: Yoga with Karen! - RSVP

Wednesday, February 19 • 6:30 - 8:00 PM

Between the ages of 18 and 40ish? Join us for dinner 6:30 - 7:00 PM, followed by a special young adult class of Yoga! Instructor Karen Banks will lead a one-hour session to help participants unwind, destress, and relax with their peers. Please dress comfortably; all supplies will be provided.

Young Adults might also be interested in:

Spring Renewal with Aromatherapy - see page 4

A Splash of Spring: Soups and Salads - see page 4

Painting from Within - see page 4



Sustained by Community SOCIAL PROGRAMS

Winter Crafts - RSVP

Monday January 6 • 10:00 AM - NOON

Join Judy Geodeker in creating paper crafts to chase your winter blues away, including book marks and tags. Supplies will be provided.

Men's Breakfast - RSVP

First Tuesdays, Jan. 7, Feb. 4, March 3 • 9:30 - 11:00 AM

Location: Mercy South Cancer Care Center, 10010 Kennerly Rd., 63128

Join us for a social hour to discuss weekend games, current events, and connect with other men affected by cancer! Food and coffee will be provided.



Paper Crafts - RSVP

Thursday, February 6 • 10:00 AM - NOON

Julie Stumph will lead members in creating holiday cards! Supplies will be provided.

Book Club: *The 100-Year-Old Man Who Climbed Out the Window and Disappeared* by Jonas Jonasson - RSVP

Thursday, February 20 • 10:00 - 11:30 AM

Do you love to read and socialize? If so, join us for Book Club as we discuss the adventures of Allan after he escapes his nursing home! The first 10 people to RSVP will be able to check out the book from CSC (those people will be contacted once the books are in).

Craft Connection - RSVP

Wednesday, February 26 • 6:30 - 8:00 PM

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

Winter Sing-A-Long - RSVP

Wednesday, February 26 • 6:30 - 8:00 PM

Come in from the cold and enjoy an evening of music, song and comradery. Join CSC member Annie, as she shares her musical talents by singing and playing guitar to our favorite folk and campfire songs. Come to sing or simply enjoy. Snacks included!

MOVEMENT CLASSES

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

Thanks for the Dance (The Nia Technique)

Mondays - 11:30 AM - 12:30 PM

Nia is an expressive fitness and movement program which combines the concentration of Tai Chi, the poses of Yoga, the power of Marital Arts, and the fun and grace of dance to stay fit and enhance well-being.

Chair Yoga Second Thursday of the month • 6:00 - 7:00 PM - **RSVP**

Using a chair for support, this yoga practice is accessible to everybody. Chair yoga is beneficial for increasing mobility, flexibility and stress reduction.

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

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

Restorative Movement Fourth Thursday of the month

6:00 - 7:00 PM - **RSVP**

Join Kate Walsh in movement focused on improving balance, strength and bone health. Kate starts with yoga and moves beyond! Equipment provided at CSC.

Qigong Fridays • 11:00 AM - NOON Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well being. Comfortable clothing and physician approval recommended. No experience necessary.

YOGA LOCATIONS:

Yoga supported in part with a generous donation from Ameren.

Cancer Support Community

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

Tuesdays • 10:00 - 11:00 AM

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

SLU Cancer Center Free parking for yoga attendees.

Fridays • NOON - 1:00 PM

Sponsored by St. Louis University Cancer Center
3655 Vista • St Louis MO 63110 • 314-268-7015



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
JANUARY 2020 ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.			CSC CLOSED	Country Line Dancing 2:30 PM Bereavement MG 6:30 PM RSVP Prostate MG @ David C. Pratt CC Library 6:30 PM	New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	
5	6	7	8	9	10	11
	Winter Crafts 10:00 AM RSVP Nia 11:30 AM	Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Families Connect 6:00 PM RSVP	Yoga 9:30 AM Writers Workshop 1:30 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Chair Yoga 6:00 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	
12	13	14	15	16	17	18
	Nia 11:30 AM Painting from Within 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Miss Mary's Cooking Demo NOON RSVP Stress Less @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Winter Porch Pots NOON RSVP Writers Workshop 1:30 PM RSVP Yoga 5:15 PM	Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP Transition to Survivorship 6:30 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	
19	20	21	22	23	24	25
	Nia 11:30 AM Gynecological Cancers MG 6:30 PM Energy 101: Balance Your Body's Energies 6:30 PM RSVP	Yoga 10:00 AM Lung Cancer MG @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Yoga 5:15 PM Frankly Speaking About Clinical Trials 6:30 PM RSVP	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM Mindfulness Practice 6:30 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	
26	27	28	29	30	31	
	Nia 11:30 AM Pancreatic Cancer MG NOON	Yoga 10:00 AM	Yoga 9:30 AM Writers Workshop 1:30 PM RSVP Yoga 5:15 PM Grub, Games, and Giving Back! 6:00 PM RSVP	Country Line Dancing 2:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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2	Nia 11:30 AM	Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Hyperbaric Oxygen Therapy 11:30 AM RSVP Writers Workshop 1:30 PM RSVP Yoga 5:15 PM Creative Journaling 6:30 PM RSVP	Paper Crafts 10:00 AM RSVP Country Line Dancing 2:30 PM Prostate Cancer MG @ David C. Pratt CC 6:30 PM Bereavement MG 6:30 PM RSVP	New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	1
9	Nia 11:30 AM	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Stress Less @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writers Workshop 1:30 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP New Member Meeting 6:30 PM RSVP	Country Line Dancing 2:30 PM Lung Cancer MG 6:00 PM Chair Yoga 6:00 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	15
16	Nia 11:30 AM Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Lung MG @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writers Workshop 1:30 PM RSVP Yoga 5:15 PM Jason Brightfield Young Adult Program 6:30 PM RSVP	Book Club 10:00 AM RSVP Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	22
23	Nia 11:30 AM Pancreatic MG NOON	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Craft Connection 6:30 PM RSVP Winter Sing-a-long 6:30 PM RSVP	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	29

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Nia 11:30 AM	Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Writers Workshop 1:30 PM RSVP Yoga 5:15 PM	Country Line Dancing 2:30 PM Bereavement MG 6:30 PM RSVP Prostate MG @ David C. Pratt CC 6:30 PM	New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	7
8	Nia 11:30 AM Painting from Within 6:30 PM RSVP	Yoga 10:00 AM Multiple Myeloma MG @ SLU CC 11:30 AM Stress Less @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writers Workshop 1:30 PM RSVP Yoga 5:15 PM Breast Cancer MG @ David C. Pratt CC Library 5:30 PM RSVP New Member Meeting 6:30 PM RSVP Spring Renewal with Aromatherapy 6:30 PM RSVP	Country Line Dancing 2:30 PM Chair Yoga 6:00 PM RSVP Lung MG 6:00 PM	Qigong 11:00 AM Yoga @ SLU NOON	14
15	Nia 11:30 AM Energy 101: Balance Your Body's Energies 6:30 PM RSVP Gynecological Cancers MG 6:30 PM	Yoga 10:00 AM Lung Cancer MG @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writers Workshop 1:30 PM RSVP Yoga 5:15 PM Miss Mary's Cooking Demo 6:00 PM RSVP	Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP	Qigong 11:00 AM Yoga @ SLU NOON	21
22	Nia 11:30 AM Pancreatic Cancer MG NOON	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM Creative Collaging Family Night 6:30 PM RSVP	Country Line Dancing 2:30 PM Brain Tumor MG 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	28
29	Nia 11:30 AM	Yoga 10:00 AM	MARCH 2020 ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.			

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 July 1, 2019 through September 30, 2019. We apologize for any omissions or errors.

IN HONOR OF:

TOM ARENBERG
Steven Arenberg

TODD WOLFF
Robert and Sheila Cohen

GAYE GAMBELL-PETERSON
Gary McGraw

SUSAN MESSERSMITH
Rae and John Meyer

MIKE NELSON
Marty and Merle Oberman

IN MEMORY OF:

F. THOMAS ALEXANDER
Stacey and Thomas Alexander

MICHAEL ALTMAN
Doris Alport

RHONDA CRANE
Claire Luther

KAYE FORMAN
Fran Whipple

BOB REUTHER
John and Lisa Dinga
Elaine and Robert Frost
Joyce and Gary Owen
Joel and Jennifer Phillips
Tabitha Reuther
Lynn Reuther
Sandra Theismann

MARSHA ROTHMAN
Rozella and Jerry Lapp
Jerry Rueckert
Stacey and Thomas Alexander

FAYE SIEGEL
Bette and Valery Welch

BARBARA SMID
Stacey and Thomas Alexander

NANCY THUER
Ruth Fuller

SANDY WILLICK
Steve Litzman

ELAINE WOLFF
Leslie and Jonathan Clark Friedman
Jerry and Judy Levy
Wes Lomax
Carlo Nesi

WILLIAM WOLFF

Leonard and Audrey Adreon
David and Martha Aronson
Douglas and Stephanie Bay
Doug and Ann Brown
Robert and Sheila Cohen
Richard and Sharon Cohen
Irene Fowle
Roxanne Frank
Rick and Deby Halpern
Eric Harrison
Bob and Signa Hermann
Tom and Jennifer Hillman
Jerry and Judy Levy
Lewis and Leslee Levey
Wesley Lomax
Charles and Rosalyn Lowenhaupt
Peggy and Mike Nelson
Carlo Nesi
Marty and Merle Oberman
Bill and Sandra Peck
Ann and Tim Plunkett
Leslie and Jake Reby
Al and Nancy Rose
Sally and Dick Rosenthal
Nancy Schwartz
Tom and Sheri Schweizer
Laurie and Bert Schweizer
Irvn Snider
Patricia Spiess Merola
Robin Wilson



Give Gifts with Meaning

Tribute donations to Cancer Support Community are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a photo greeting card to notify that special someone of your kind donation. Your tax-deductible contribution helps fund our free programs and services for those facing a cancer diagnosis in our community.

HERE'S HOW:

Direct Payment: Online at www.cancersupportstl.org, 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.

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.



WALK. RUN. INSPIRE.



SAVE THE DATE

Saturday, May 2, 2020

At Creve Coeur Park in Sailboat Cove.

Join us for our **22nd 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 and help make a difference in the lives of people in our community impacted by cancer.



Keep an eye on our website and your email for some exciting updates and when to register!





We are excited
to share that
**Cancer Support
Community**
successfully raised
more than
\$325,000!

We are profoundly grateful for your support and providing Hope After Dark!

This year **35,480** people in Missouri will be diagnosed with cancer. Mothers, daughters, husbands, sons, teachers, grandparents, and neighbors. Faces we see every day, who color our lives and shape our world. They all have a place to find support and hope because of YOU!

Since opening our doors **26 years ago**, Cancer Support Community has supported tens of thousands of people in their cancer journey.

Last year alone, Cancer Support Community provided:

Over 10,000 hours of program support
Through 2,811 programs
To 1,829 individuals impacted by cancer.

Every month our comprehensive unique programming includes over **50** programs in the areas of support groups, educational workshops, stress management classes, social events, and individual support sessions.

All of these programs are exclusively funded by donations from individuals, foundations, corporations, special event fundraisers, and this Hope After Dark campaign!

**So, thank YOU for helping us to continue to provide a place of understanding
and hope to those in need.**

We're here, at every step, so that people with cancer, and their families, can move forward through the emotional and physical challenges and find the hope they need.

Thank you to our generous Hope After Dark sponsors!

Donors of Hope

SAM AND MARILYN FOX FOUNDATION

WOLFF SHOE CO. *marmi*
est. 1986

Donors of Strength



Donors of Knowledge

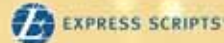
CHUCK AND
JEAN NASLUND



KAREN AND
TOM STERN

Donors of Action

Edward Jones®

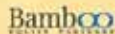


ALLISON FERRING
THE LESTER FAMILY

JESSICA AND ANDY MILLNER
PEGGY AND MIKE NELSON

REBECCA AND PAUL ROMINE
SIMON JEWELERS

Donors of Community



RICK AND DEBY HALPERN
NANCY AND KEN KRANZBERG

BILL MILLER
MICHELLE MILLS

WILLIAM AND MARGARET
MOSKOFF
ANN AND TIM PLUNKETT

JOANN RASKAS
CHARLIE AND JOYCE
WOODARD

Donors of Mission



MITCH AND LYNDY BARIS
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MIKE AND DIANE WEISS

YOU INSPIRE US!

hope after dark -



Marilyn & Sam Fox



Deby & Rick Halpern



Jennie Guest, Peggy & Mike Nelson, Matt Guest



Ephraim & Michelle Mufson



Todd & Kim Wolff



Sherry Wolff, Gary Wolff and Merle Fox

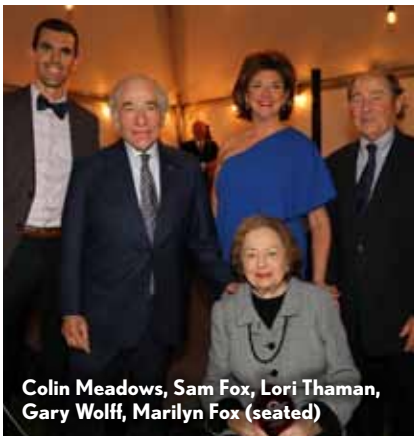
A Night to Celebrate



Terry Rogers, Gina Rogers, Mark Grimm, Meghan Becker, Michael Zilm,
Joyce Woodard, Charlie Woodard, Wendy Zilm



Jon & Alice Benner



Colin Meadows, Sam Fox, Lori Thaman,
Gary Wolff, Marilyn Fox (seated)



Ann Plunkett & Peggy Scott



Megan Scott, Claire Kellett, Peggy Scott,
Colin Meadows



Michelle Mills & Jessica Millner



Brad Kloeppel, Rhonda Kloeppel,
Terry Schulze



WHAT OTHERS ARE DOING FOR CSC

Making A Difference

For the past 7 years, **Waterway Carwash** has teamed up with Cancer Support Community of Greater St. Louis for Breast Cancer Awareness Month. Once again, all 7 of their locations accepted donations throughout the month of October in order to support those facing cancer in the St. Louis area. Since 2012, they have donated **over \$25,000** for the programs offered at CSC!!

In addition to their fundraising in October, this year Waterway also chose to support CSC by donating their proceeds from the Kirkwood Green Tree Festival!

Thank you, Waterway!! We are so grateful for your continued support.



205 Miles. One Day.

For the past 5 years, **Joe Kemp** has honored those at CSC on their cancer journey by riding his bike from St. Louis to Lake of the Ozarks, 205 miles, in one day. "You think riding 205 miles in one day is hard? Imagine being told you have cancer."

A huge thank you to Joe for his belief in our mission and for riding and raising funds for Cancer Support Community. *"The Cancer Support Community provides support to those diagnosed. They assist with the everyday challenges faced by those with cancer. Research is extremely important, but, time is precious for those with cancer. No one is ready for the diagnosis. They need support now with coping skills, nutrition, and more. No one has the tools to move on without help."*



Host A Fundraiser!

Hosting a fundraiser is a fun and unique way to give back to Cancer Support Community! Invite your employees, friends, family and colleagues to learn more about CSC and have fun at our facility or the venue of your choice.

Here are a few ways you can fundraise for CSC:

- **Throw a party**—a cook-out or "Cocktails for a Cause"—and ask for donations
- **Host a game night** (trivia, cards, board games, etc.) and request an admission donation
- **Set a fitness goal** (i.e., a distance to bike, run or swim) and ask friends and family to sponsor
- **Ask your employer** to host a "jeans day" and collect donations from co-workers who want to wear jeans
- **Have a garage sale** and donate proceeds

The possibilities are endless!

If you are interested in planning an event to benefit CSC, please contact Amanda Corcoran, Development and Communications Manager, at acorcoran@cancersupportstl.org.

We need volunteers!

Cancer Support Community of Greater St. Louis relies on the wonderful people who volunteer their time to serve our community.

Here are some of the ways our volunteers make a difference:

- **Hospitality** - reception desk, phone calls, greet members
- **Community Support** - newsletter delivery, health fairs, outreach presentations to community groups
- **Special Events** - walk teams, fundraisers
- **Office support** - data entry, reports
- **Workshop Leader** - sharing your knowledge or talents at jewelry making, card crafting, painting, etc.

HOW YOU CAN SUPPORT CSC

There are many unique and thoughtful ways to contribute to our mission and help us take on cancer together! Consider utilizing one of these other giving opportunities and help us continue to provide critical programs – available for anyone impacted by cancer.

1. Monthly Giving

Consider making your gift last all year long by giving monthly! 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. It's affordable, convenient, and your gift goes further.

2. Legacy giving (see page 10)

Help ensure our future! There are many planned gift arrangements, including; a charitable bequest, gifting a life insurance policy, or simply naming Cancer Support Community of Greater St. Louis as a beneficiary of your IRA, retirement, or pension plan.

3. Stock gifts

By directly gifting appreciated securities, you can make a more generous contribution than you might with cash. In addition, you may get an income tax deduction for the value of the donated stock.

4. Matching gifts

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

5. Amazon Smiles

Give back while you shop! Select Cancer Support Community of Greater St. Louis on your Amazon account and when you shop at AmazonSmile, they will donate 0.5% of your purchase to CSC.

6. Schnucks eScript

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 eScript card every time you shop for groceries and Schnucks will donate up to 3% of your purchase to CSC.

7. Support Our Events

Events, such as our annual Steps for Hope walk, provide a significant source of funding for our programs. Visit our event pages to learn about sponsorship opportunities, how you can register, donate, and more.

8. 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.

9. Wedding Favors

On your special day, ask guests to make a contribution in honor of your marriage to Cancer Support Community. You can also pay tribute to your guests long after the "I do's" by making a donation in their honor.

10. DIY Fundraiser

(see page 14)

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 page 14 for more creative fundraising ideas.

11. In Kind Gifts

In Kind Gifts are items used on a daily basis or are a special need at Cancer Support Community for our programs and program participants. Items needed include: Coffee, Tea, Creamer, Sweeteners, Paper Towel, Kleenex, gift cards, and more.

12. Invite Us Out

Help us spread the word about our programs! We welcome the opportunity to speak at health fairs, community events, organizations, your group's next meeting, etc. so we can let people know who we are and how we can help.

13. Volunteer

Give your time! Volunteers are an invaluable part of the Cancer Support Community. There are many opportunities to get involved and to meet people like yourself who want to help local families living with 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.

STAFF – Contact us 314.238.2000

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Valentina Penalba, PhD, LMFT

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Calvin Robinson

Rebecca Frigy Romine

Liz Schulze

Peggy Scott

Jay Simon

Gary Wesolowski

Gary Wolff

**TAKE
ON** CANCER
TOGETHER
JOIN. GIVE. ACT.

If you are impacted by cancer, you will find a Community here ready to take on cancer together. When you call, you will talk to a social worker who works with you to schedule a time to meet individually or in our monthly New Member Orientation. On your first visit, you will have the opportunity to create your own wellness plan based on your needs, tour our space and learn about the many ways our members find support through professionally led support groups, education, healthy lifestyle and stress management workshops and social activities. We also have programs for the whole family, the whole time, when a child under 18 is affected by parents or grandparents with cancer.

