



CANCER SUPPORT COMMUNITY

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.*

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SAVE THE DATE!

Saturday, May 1, 2021

In-Person at Creve Coeur Park or Virtual

1 mile or 3.7 mile
walk or fun run

See page 11 for more info!



WALK. RUN. INSPIRE.

Register for ZOOM at www.cancersupportstl.org

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 St. Louis Blues For Kids.

Families Connect Monthly Group

Register for ZOOM

First Tuesdays, January 5, February 2 and March 2 • 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!

education

Frankly Speaking About Cancer:

What do I Tell the Kids? - Register for ZOOM

Tuesday, January 5 • 6:30 – 8:00 PM

This workshop focuses on building awareness about how to carry out conversations about cancer diagnosis and treatment. People impacted by cancer and their loved ones are invited to join us as we learn what kids know about this condition at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources.

healthy lifestyle

Family, Food, and Fun! - Register for ZOOM

Cupcake Bouquets

Tuesday, February 2 • 6:00 – 7:30 PM

Join Chef Vicki as we create a cupcake bouquet for the Valentine season. Make your cupcakes in advance and join Vicki as she demonstrates how to decorate your own beautiful bouquet. A supply list will be provided in advance.



Family Yoga Namaste Together - Register for ZOOM

Tuesday, March 2 • 6:30 – 8:00 PM

Get out your yoga mats and gear up for a family yoga class that will include easy to follow poses and a time to bond with your family in this gentle facilitator led yoga class. Class ends with a short, quiet time. No prior experience necessary.



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. Day and evening groups are available.

WEEKLY SUPPORT GROUPS FOR CANCER PATIENTS offer people with a cancer diagnosis an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support, and learn how to manage stress.

All Support and Networking Groups are free, led by licensed mental health facilitators, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, Saigh Foundation, Missouri Baptist Healthcare Foundation, St. Louis Service Bureau, Staenberg Family 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 bereavement) to meaningfully connect with others and share information helpful on the cancer journey. Family and friends are welcome to attend where indicated.

ALL CANCER MONTHLY GROUP

Register for ZOOM

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

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



BEREAVEMENT MONTHLY GROUP

Register for ZOOM

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.

BRAIN TUMOR MONTHLY GROUP

Register for ZOOM

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

Register for ZOOM

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

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



GYNECOLOGICAL CANCER MONTHLY GROUP

Register for ZOOM

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, and female family and friends.

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.

LUNG CANCER MONTHLY GROUP

Register for ZOOM

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.

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Register for ZOOM

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

Register for ZOOM

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

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 in collaboration with Mercy.*



TRANSITION TO SURVIVORSHIP MONTHLY GROUP

Register for ZOOM

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

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



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Movement Classes are listed on page 6

Empowered by Knowledge EDUCATION

New Member Meetings - Register for ZOOM

Fridays January 15 and March 12 • 10:00 – 11:00 AM

Wednesday, February 17 • 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.

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

Register for ZOOM

Tuesday, January 5 • 6:30 – 8:00 PM

This workshop focuses on building awareness about how to carry out conversations about cancer diagnosis and treatment. People impacted by cancer and their loved ones are invited to join us as we learn what kids know about this condition at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources.



Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Lighten Up - Register for ZOOM

Friday, January 22 • NOON – 2:00 PM

Bridgette Kossor, Macrobiotic Cooking Teacher/ Energy Guide

Let's lighten up our spirits with foods to help us feel open, happy and balanced. Recipes will be forwarded prior to class for those who want to cook along from home. Here is a sneak peek...think the brightness of lemons.

Seasonal Healthy Cooking - Register for ZOOM

Tuesday March 9 • 6:00 – 8:00 PM

Vicki Bensinger, Culinary Instructor

Using fresh seasonal produce, Chef Vicki Bensinger will create a menu sure to delight. Recipes will be forwarded prior to class for those who want to cook along from home.

Writers Workshop - Register for ZOOM

Wednesdays • 1:30 – 3:30 PM

Whoa! I can't believe I'm here... We will explore where we are in the present, living in the now. Topics include: Signs from the Universe, Giving Ourselves Permission, Self-Care and Nurturing Ourselves, What is Possible. Join others in a safe, caring space to discuss, write and share our ideas. Writers Workshop is a healing and supportive space where the written word is used to process our lives.

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

Art for Recovery - Register for ZOOM

Second Mondays Jan. 11, Feb. 8, March 8 • 6:30 – 8:00 PM

Join art therapist, Susie McGaughey, in using art as a tool for healing and connection. We will use simple materials and engage in a project focused more on the process of creating than on the product we make. Come for an opportunity to explore your creativity in a completely non-judgmental space and to connect with others through art.

Stress Less - Register for ZOOM

Second Tuesdays, Jan. 12, Feb. 9, March 9 • 1:00 – 2:30 PM

Feeling stressed out? Learn how to cope with anxiety and quiet your mind through a variety of breathing exercises, progressive muscle relaxation, guided imagery, or creative journaling practices.



Energy 101: Balance Your Body's Energies Register for ZOOM

Third Mondays, Jan. 18, Feb. 15, March 15 • 6:30 – 8:00 PM

Learn to balance your body's energies for optimal health with Healing Touch concepts to decrease tension and stress, and to promote healing.

Sanctuary - Register for ZOOM

Third Thursdays, Jan. 21, Feb. 18, March 18 • 6:00 – 7:30 PM

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.

Woody Decor - Register for ZOOM

Thursday, January 14 • 1:00 – 2:30 PM

Jeanne Carbone, Therapeutic Horticulture Instructor, from Missouri Botanical Garden will guide us in creating either a winter door spray or a container that lives on your mantle or dining room table. We will use a combination of dried plants, pinecones, wood, seeds and greenery. Use supplies from your yard and limited supplies can be made available for pick up at Cancer Support Community.

A Walk with Cancer, Compassion & Conscious Self-Care - Register for ZOOM

Tuesdays, February 9, 16, and 23 • 6:30 – 8:00 PM

This 3-week series focuses on how to transform chaos into harmony within and around you. Amy Camie, therapeutic harpist and 2-time cancer survivor, shares healing meditations, life lessons, and practical skills that empower and inspire you to choose what is most loving and supportive for you in every moment. Come take a walk with us and gain a deeper understanding of energy, resonance, and compassionate self-love. *For patients and caregivers living with and beyond cancer.*

Sustained by Community SOCIAL PROGRAMS

Craft Connection - Register for ZOOM

Tuesday, March 30 • 6:30 – 7:30 PM

Learn new card making techniques with volunteers Rhonda Travers and Linda Schreier. Participants will create 2 cards using the following supplies from home: Glue Stick, double stick tape, and markers/pencils. Class is limited to 10 participants who can pick up precut card stock and embellishments at CSC at designated times prior to class.

JASON BRIGHTFIELD YOUNG ADULT PROGRAM

For adults between the ages of 18 and 40ish. Find support and community as you navigate through a cancer diagnosis and survivorship.

Yoga with Karen! - Register for ZOOM

Wednesday, January 27 • 6:30 – 8:00 PM

This class will be a gentle movement class focused on connecting breath with movement suitable for beginners through advanced yogi's. Karen is a 500 hour yoga professional trained in both St. Louis, MO and Rishikesh India in multiple yoga techniques.

Cooking with Caryn, STLVEGGIRL - Register for ZOOM

Wednesday, February 24 • 6:30 – 8:00 PM

Join Caryn, St. Louis's very own VEG GIRL! Class will be broadcasted from the nation's first plant-based nutrition and culinary education center - the Center for Plant-based Living. Participants will cook along with Caryn via Zoom. Plant based breakfast, lunch and dinner will be demonstrated.

Meet Your Angel with Angel Intuitive Gina Nicole - Register for ZOOM

Wednesday, March 24 • 6:30 – 8:00 PM

Gina is an Intuitive and Feng Shui Practitioner devoted to offering new insight-ready to guide you to take new leaps, gain clarity, create a sense of freedom, and live in integrity.

MOVEMENT CLASSES

Yoga These gentle classes are designed for members at any level of performance or physical condition. Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension.

Yoga with Elise - Register for ZOOM

Tuesdays • 10:00 AM

Yoga with Kate - Register for ZOOM

Wednesdays • 9:30 AM

Yoga with Donna - Register for ZOOM

Wednesdays • 6:30 PM

Journey to Relaxation - Register for ZOOM

First Monday of each month • 8:00 PM

Calm the anxious mind by using gentle movement and stretches to achieve constructive rest. This practice can be done on a cushioned floor or in bed! Have your pillows and blankets hand.

Thank You!

We want to give a HUGE thank you to Ross M. Sherman who has been designing the Cancer Support Community newsletter for the past 12 year! Through design changes and helping us communicate our virtual programming, Ross has been able to capture and display the work we do here at CSC. **We cannot thank you enough Ross for donating your time and talents!**

BRYAN'S CHAIRS




We want to give a very big thank you to Cancer Support Community member, Sarah Bryan Miller, for her generous gifts of comfort and support. Each support group room has new chairs graciously donated by Bryan, designed with the careful thought of a cancer patients unique needs and comfort. We are so grateful for your generosity towards our community! Thank you!



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 2021 <small>■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY</small> <small>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</small>						
					1	2
3	Journey to Relaxation 8:00 PM Register for ZOOM 4	Yoga 10:00 AM Register for ZOOM Frankly Speaking About Cancer: What do I Tell the Kids? 6:30 PM Register for ZOOM 5	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM 6	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM 7	8	9
10	Art for Recovery 6:30 PM Register for ZOOM 11	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM 12	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM 13	Woody Décor 1:00 PM Register for ZOOM Lung MG 6:00 PM Register for ZOOM 14	New Member Meeting 10:00 AM Register for ZOOM 15	16
17	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM 18	Yoga 10:00 AM ALL Cancer MG 1:00 PM Register for ZOOM 19	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM 20	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM 21	Cooking Demonstration NOON Register for ZOOM 22	23
24	Pancreatic Cancer MG NOON Register for ZOOM 25	Yoga 10:00 AM Register for ZOOM 26	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Jason Brightfield Young Adult Program: Yoga with Karen 6:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM 27	Brain Tumor MG 6:30 PM Register for ZOOM 28	29	30
31						

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	Journey to Relaxation 8:00 PM Register for ZOOM 1	Yoga 10:00 AM Register for ZOOM Food, Family, and Fun! 6:00 PM Register for ZOOM 2	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM 3	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM 4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	<h1>FEBRUARY 2021</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>					

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Journey to Relaxation 8:00 PM Register for ZOOM 1	Yoga 10:00 AM Register for ZOOM Families Connect MG 6:00 PM Register for ZOOM Family Yoga Namaste Together 6:30 PM Register for ZOOM 2	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Yoga 6:30 PM Register for ZOOM 3	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM 4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	<h1>MARCH 2021</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>		

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, 2020 through September 30, 2020. We apologize for any omissions or errors.

IN HONOR OF:

PEGGY ABEL
Doug and Kim Abel

RONNA CROFT
Joan and Marc Lewen
Kelly Walsh

JOANIE AND
MARK GOLDSTEIN
Rick and Deby Halpern

DOUG AND KELLI KUMMER
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IN MEMORY OF:

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Mark Goldkamp

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Julie Snowden
Joann Stephan
Richard and Cecelia Strand
Tracy Toelke
Gary and Sherry Wolff
Todd and Kim Wolff

SANDY WILLICK
Steve Litzman



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.



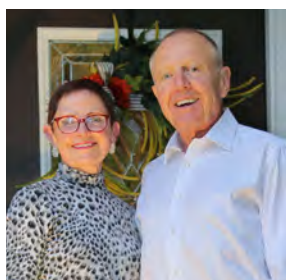
On October 8, 2020, Cancer Support Community celebrated an elegant evening of inspiration! The night included a limited and socially distanced in-person VIP sponsor event at PALM Health along with a virtual component with livestreams of the event for at home viewers to feel like they were a part of the party!

We are excited to share that Cancer Support Community has raised more than \$225,000 through Hope After Dark!

THANK YOU, and our incredible donors for being a **spark of HOPE** for the individuals and families that come here in search of support and hope.

Because of YOU, Cancer Support Community continues to keep our virtual and physical doors to provide the vitally important psychosocial programs to those eager to find support, education, social connections and HOPE at no charge to anyone impacted by cancer.

No matter what type of cancer. No matter where on the journey. Cancer Support Community is here, every step of the way, so no one faces cancer alone.



Congratulations to our 2020 Marsha Wolff & Tina Borchert Inspiration Award Recipients: *The Peggy and Mike Nelson Family!*



A huge thank you to *Utopia Entertainment* and *Raising Paddles* for making our hybrid event possible!



Our dynamic duo - Raising Paddles Auctioneer Shannon and our evening Emcee Y98's Julie Tristan!



Thank you to our generous Hope After Dark Sponsors!

Corporate Sponsors

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ROB AND RANDEE ROMANOFF
THE RUBIN FAMILY FOUNDATION
PEGGY SCOTT
JEFF AND KARI TILL
JOYCE AND CHARLIE WOODARD

YOU INSPIRE US!



WALK. RUN. INSPIRE.



DAY INCLUDES:

Community, Kids Activities,
Entertainment, Food, Raffle, Tribute Signs
to honor loved ones, and more!



**Keep an eye on our website for
registration to open early 2021!**

SAVE THE DATE

Saturday, May 1, 2021

**In-Person at Creve Coeur Park or Virtual
1 mile or 3.7 mile walk or fun run**

Join us for our **23rd 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 in-person or virtually! Together we can make a difference in the lives of people in our community living with cancer.





MISSION:

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

STAFF

Contact Us @ 314.238.2000

EXECUTIVE DIRECTOR

Lori Thaman, ext. 223

PROGRAM DIRECTOR

Dannielle Hodges, MSW, LCSW, ext. 228

PROGRAM MANAGER

Pam Wilson, MSW, LMSW, ext. 230

DEVELOPMENT DIRECTOR

Sharon K. Clark, ext. 235

DEVELOPMENT AND COMMUNICATIONS MANAGER

Amanda Corcoran, ext. 231

PROGRAM ASSISTANT AND VOLUNTEER COORDINATOR

Gabby Fish, ext. 240

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Jennifer Dunn, MSW, LCSW

Dannielle Hodges, MSW, LCSW

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Design and layout by K/A Design

**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.

