

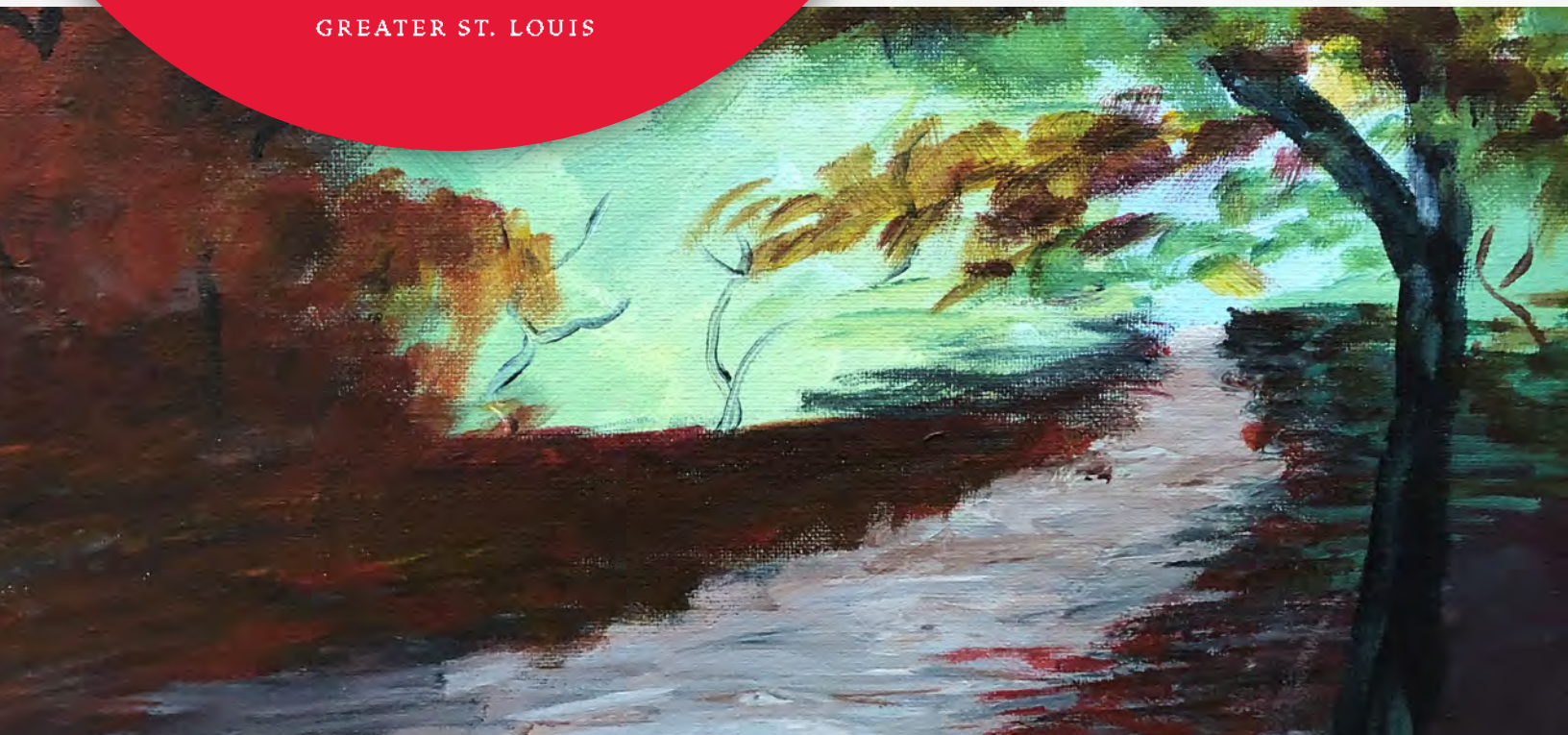


CANCER SUPPORT COMMUNITY

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 to enhance their overall well-being.*

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**SAVE
THE DATE!**

OCTOBER 23RD

*hope
after dark*
A DAY to GIVE

visit
CANCERSUPPORTSTL.ORG/HOPEAFTERDARK
FOR MORE DETAILS

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

Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

A program for children and teens who are impacted by cancer in the family.
Funding for this program is provided by The Saigh Foundation and Cardinals Care.



Families Connect Monthly Group - RSVP

First Tuesdays, Oct. 1, Nov. 5, Dec. 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!

Special Families Connect

Tuesday, Nov. 5

Lisa Roberts, RYT, RCYT will guide children and families in practicing wellness in fun and interesting ways.



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.*



Build Your Own Gingerbread House - RSVP

Tuesday, December 10 • 6:30 - 8:00 PM

Chef Vicki Bensinger leads this culinary adventure, which provides families the opportunity to get messy and build memories. Thank you to Vicki for this gift to the Cancer Support Community!



Kids Rock Cancer! - RSVP

Wednesday, December 18 • 6:30 - 8:00 PM

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!

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 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 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. *This group made possible by Missouri Baptist Healthcare Foundation.*

Oct. 3 Potluck

BRAIN TUMOR MONTHLY GROUP

Fourth Thursday each month (Holiday schedule will be Oct. 24, Nov. 21 and no group in December) • 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 MONTHLY GROUP - RSVP

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

Location: 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 CANCERS 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. *Made possible by a generous donation from its sponsor, Lung Cancer Connection.*

LUNG CANCER MONTHLY GROUP - RSVP

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

Location: 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

Location: 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 (No Group in December) • 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

Location: 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.*

NEXT STEPS MONTHLY GROUP

Third Monday 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

Many cancer survivors say that they felt they had lots of support during their treatment, but once treatment ended, it was hard to make a transition to a new way of life. This monthly group helps work through new feelings, new problems and a different perspective.



WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Programs subject to change. Movement Classes are listed on page 6

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

First Fridays, Oct. 4, Nov. 1, Dec. 6 • 10:00 – 11:00 AM

Second Wednesdays, Oct. 9, Nov. 13, Dec. 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.

Mind Body Spirit Approaches to Controlling Your Sleep - RSVP

Tuesday, October 8 • 11:30 AM – 1:00 PM

Learn mind, body, and spirit techniques to help you regain control of your sleep. In this presentation, Dr. Jennifer Kane will discuss acupressure points, foods and drinks, breathing and relaxation, and how you can create habits that promote calm, relaxation, and restorative sleep. Dr. Kane draws upon her experience helping chiropractic, acupuncture, and hypnosis patients improve their sleep, as well as her personal experience with taking control of sleep during her recovery from cancer. *Bring sack lunch.*

Feel More Like You - RSVP

Tuesday, October 22 • 1:00 – 3:00 PM

When you're going through treatment for any type of cancer, the side effects can impact not only how you feel on the inside, but how you see yourself in the mirror. When you look more like yourself, it can help boost your mood and your confidence. Learn from specially trained Walgreens beauty consultants about how to use skin, makeup, and personal care products to help with concerns such as: dry skin, skin discolorations, hair and eyebrow changes. Brought to you by Walgreens™ in collaboration with Cancer Support Community and Look Good, Feel Better.



Participating is easy. There are only two steps:

1. Visit 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/join/CSCStLouis.

Together, we can make a difference!

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

Healing from Cancer Trauma - RSVP

Friday, Oct. 18 • NOON – 1:30 PM

Living with or through cancer can change people. The mind and the body are not separate from each other, they are two parts of a whole and when there is trauma in the body it affects the mind, and when there is trauma in the mind it affects the body. The shock of the diagnosis, the challenge of the treatment, and the physical discomfort may end. However, changes in mood, behaviors, and somatic symptoms may persist. People may be hesitant to talk about emotional or psychological suffering. How can we alleviate this suffering? We can start by talking about it and learning what treatment options are available. There are many ways to alleviate the psychological trauma of cancer. Come learn more about this topic and treatment options with Licensed Clinical Social Worker and Health Coach, Kelly O'Donnell.

Transition To Survivorship Workshop

Thursday, October 17 • 6:30 – 8:00 PM

This workshop for people who have completed active treatment provides an opportunity to connect with others and learn to move toward wellness in mind, body and spirit. **SPECIAL TOPIC:** *Finding the new normal.*



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.

Seasonal Cuisine with Vicki Bensinger - RSVP

Wednesday, October 16 • NOON – 2:00 PM

Work with the flavors of the season to create some healthy autumn dishes!

Mindful Eating with Kelly O'Donnell - RSVP

Friday, November 15 • NOON – 1:30 PM

Kelly O'Donnell is a Certified Holistic Health Coach and Holistic Therapist who will share how to cook a healthy seasonal meal while incorporating how mindful eating can enhance your life, increase your sense of wellness, and help you eat less and enjoy food more!

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

Wednesdays, October 2, 9 and 16 • 1:30 – 3:30 PM

Our Brain on Writing: *We will utilize supportive strategies such as meditation, mindfulness and visualization to support our writing.*

Wednesdays, November 6, 13 and 20 • 1:30 – 3:30 PM

Standing in my Center: *Empowerment and Self-Care: Healing, support, nurturing and self-love will inform our writing.*

Wednesday, December 11 • 1:30 – 3:30 PM

What a Year: *As we close 2019, what will 2020 bring us? Hopes and dreams for the coming year.*

Stress Less - RSVP

Second Tuesdays, Oct. 8, Nov. 12, Dec. 10 • 1:00 – 2:30 PM

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

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



Painting from Within - RSVP

Mondays, Oct. 14 and Dec. 9 • 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 using your intuition as your guide. No art experience necessary.

Nature Art - RSVP

Wednesday, Oct. 16 • 6:00 PM – 7:30 PM

Jeanne Carbone, Therapeutic Horticulture Instructor, from Missouri Botanical Garden will guide us in putting the garden to bed for the winter, pressing harvest and creating art from the garden.

Sanctuary - RSVP

Third Thursdays, Oct. 17, Nov. 21, Dec. 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, Oct. 21, Nov. 18, Dec. 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.

Creative Journaling - RSVP

Monday, November 4 • 1:00 – 2:30 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.

Mindfulness Practice: Managing Stress Through the Holidays - RSVP

Thursday November 7 • 1:00 – 2:15 PM

Learn to relax and stay in the moment this holiday season using mindfulness meditations. Open to anyone affected by cancer (patients, family and friends, bereaved).

Young Adult Night: Potluck - RSVP

Wednesday, Nov. 20 • 6:30 – 8:00 PM

Are you affected by cancer and between the ages of 18-40ish? Do you want to meet with other young adults to find support, education and community? Cancer Support Community has a place for you. This quarter we will connect and reflect on the year while looking forward to our goals in 2020. This will be a potluck dinner so bring your favorite side dish!

Sustained by Community **SOCIAL PROGRAMS**



Men's Breakfast - RSVP

First Tuesdays, Oct. 1, Nov. 5, Dec. 3 • 9:30 – 11:00 AM

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.



Repurposed Scarves - RSVP

Monday, Oct. 28 and Thursday Oct. 31 • 1:00 PM – 3:00

In this two-part class, Jody Chassin teaches you to make a colorful scarf using t-shirt scraps. Bring colorful old t-shirts. Some t-shirts will be provided. Please RSVP to both sessions.



Rolled Paper Picture Frames - RSVP

Wednesday, November 13 • 6:30 – 8:00 PM

Join Ann Tucker as she teaches you how to create a picture frame using rolled paper or magazine. Upscaled/repurposed pictures frames are a great gift idea!

Paper Crafts - RSVP

Thursday, Nov. 14 • 10:00 AM – NOON

Julie Stumph will lead members in creating paper craft art cards, gift bags or decorative tags for the season. Supplies provided.

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. *Yoga supported in part with a generous donation from Ameren.*

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 No classes this quarter. Will resume in 2020.**

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

SAINT LOUIS UNIVERSITY
CANCER CENTER

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
		Men's Breakfast @ Mercy South 9:30 AM RSVP Yoga 10:00 AM Families Connect MG 6:00 PM RSVP	Yoga 9:30 AM Writing 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 Library 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON New Member Meeting 10:00 AM RSVP	
6	7	8	9	10	11	12
	Nia 11:30 AM	Yoga 10:00 AM Mind/Body/Spirit Approaches to Controlling Your Sleep 11:30 AM RSVP Multiple Myeloma MG @SLU CC 11:30 AM Stress Less @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Writing 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	
13	14	15	16	17	18	19
	Nia 11:30 AM Painting from Within 6:30 PM RSVP	Yoga 10:00 AM Lung Cancer MG @ Mercy South 1:00 PM RSVP	Yoga 9:30 AM Miss Mary's Cooking Demo NOON RSVP Writing Workshop 1:30 PM RSVP Yoga 5:15 PM Nature Art 6:00 PM RSVP	Country Line Dancing 2:30 PM Sanctuary 6:00 PM RSVP Transition to Survivorship 6:30 PM RSVP	Qigong 11:00 AM Healing from Cancer Trauma NOON RSVP Yoga @ SLU NOON	
20	21	22	23	24	25	26
	Nia 11:30 AM Gynecological Cancers MG 6:30 PM Energy 101: Balance Your Body's Energies 6:30 PM RSVP Next Step MG @David C Pratt 6:30 PM	Yoga 10:00 AM Feel More Like You 1:00 PM RSVP	PROGRAMS CANCELED	Brain Tumor MG 6:30 PM	Qigong 11:00 AM Yoga @ SLU NOON	
27	28	29	30	31	<div>OCT 2019</div> <div> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY </div> <p><i>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</i></p>	
	Nia 11:30 AM Pancreatic Cancer MG NOON Repurposed Scarves 1:00 RSVP	Yoga 10:00 AM	Yoga 9:30 AM Yoga 5:15 PM	Country Line Dancing 2:30 PM		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOVEMBER 2019 ■ = 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.						
					New Member Meeting 10:00 AM RSVP Qigong 11:00 AM Yoga @ SLU NOON	
3	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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	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	DECEMBER 2019 ■ = 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 April 1, 2019 through June 30, 2019. We apologize for any omissions or errors.

IN HONOR OF:

STEVE ARENBERG
Tom Arenberg

RICHARD COHEN
Richard Levey and Susie Knopf

RACHEL EIDELMAN
Susan Cooper

LARRY MURRAY
Sharon Gorman

PEGGY NELSON
Maria Bassi
Marjorie Carr
Gina Hayes

GARY RATKIN
Marty and Merle Oberman

SHARON THARP
Robert Heideman

JACK TILL
Tiffany Hoeckelman
Kurtis Suellentrop

IN MEMORY OF:

TONY ANDERHUB
Bob Borchert

MIKE BUCK
Sheri Flatt

JAY COHEN
Sharon and Barry Friedman

BOB GEE
Ron and Sheri Kanterman

MABEL GUEST
Mary and Jim Cecil
Cindy and Jim Gauthier
William and Maureen Hettenhausen
Joann Massmann
Peggy and Mike Nelson
Tim and Julie Powers

SUZANNE HAGAN
Joseph Hagan

LYNN JOHNSON
Janet Griffard

JACQUELYN LAMARTINA
Lenny Komen

LINDA LAMKIN
Walter and Sharon Lamkin

BRENDA MCEVERS

Christine Beasley
Matt Lonsdale
Brent and Nicole Shelton

JIM MILLS

Joel and Rachael Brightfield
Dave and Laurie Brown
Judy Glik
Gary and Sherry Wolff

LEONA NASLUND

Marty and Merle Oberman

MAXINE NASLUND

Greg and Joan Guest
Bob and Joyce Lewis
Ann and Tim Plunkett

LOIS PFEIFFER

Thomas and Rosemary Wiltsch

GINNY ROSENBERG

Roxanne Frank

MICHAEL STEINBAUM

Sharon and Barry Friedman

BARB TILL

Tiffany Hoeckelman

MARY WITT

Donna Wood

ELAINE WOLFF

Audrey and Leonard Adreon
David and Martha Aronson
Mitch and Lynda Baris
Doug and Ann Brown
Richard Cohen
Robert and Sheila Cohen
Margaret Crane
Gail Fischmann
Irene Fowle
Roxanne Frank
Joanie and Mark Goldstein
Rick and Deby Halpern
Tom and Jennifer Hillman
Lewis and Leslee Levey
Marylen Mann and Frank Jacobs
Philip and Shelley Moll
Peggy and Mike Nelson
Marty and Merle Oberman
Ann and Tim Plunkett
Sally and Dick Rosenthal
Marianne and Thomas Rosenthal
Susie Schulte
Nancy Schwartz
Laurie and Bert Schweizer
Tom and Sheri Schweizer
David and Barbara Smith
Irvin Snider
Lee Wagman
Michael and Diane Weiss
Robin Wilson

RICHARD YALEN

Sharon and Barry Friedman



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.



**We salute our landlord and partner, Land Dynamics.
Thank you for your continued partnership and support!**