

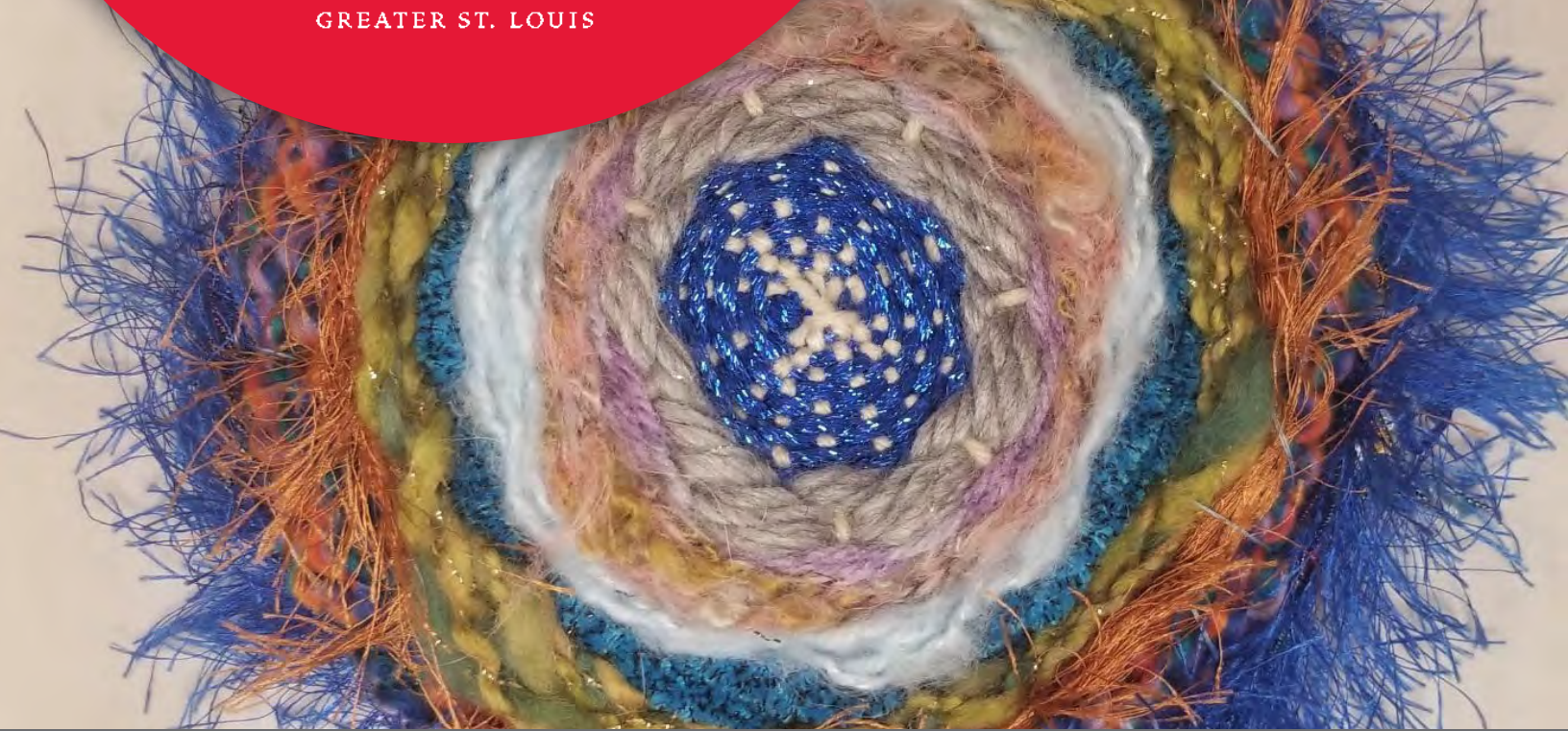


CANCER SUPPORT COMMUNITY

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.*

What's Inside:

Page 2	Families Connect
Page 3	Support and Monthly Groups
Page 4-5	Workshops
Pages 6	Movement Classes and July Calendar
Page 7	August Calendar
Page 7	September Calendar
Page 8	Tributes
Page 9	Steps for Hope Thank You
Page 10	Steps For Hope Sponsors
Page 11	Steps For Hope Path of Hope
Page 12	Board Spotlight



*hope
after dark*

A DAY to GIVE.
A NIGHT to CELEBRATE.

Save The Date • October 6-7, 2021
Visit cancersupportstl.org/hopeafterdark for more details

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 and the Trio Foundation.

Families Connect Monthly Group - Register for ZOOM

First Tuesdays July 6, August 3, September 7 • 6:30 – 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!

SUPPORT

Parent Support Network/Time for Ourselves - Register for ZOOM

Tuesday, July 6 • 6:30 – 8:00 PM

This is a supportive place for parents to connect, ask questions, and share information.

STRESS MANAGEMENT



Kids Rock Cancer: Therapeutic Songwriting For The Family - RSVP for LIVE PROGRAM

Tuesday August 3 • 6:30-8:00 PM

Join music therapists Tracie Sandheinrich and Jaime Kennington for an evening of creating music together. *This program is live in the garden at Cancer Support Community.*

healthy lifestyle



Cooking with Maria: Family, Food and Fun! - Register for ZOOM

Tuesday September 7 • 6:30-8:00 PM

Join multi-media instructor Maria Ojascastro for an evening of family cooking fun. Maria will instruct families in cooking a meal that is child friendly, delicious, but also nutritious. An ingredient list will be sent prior to class. People in attendance will receive a gift card following the class to offset some of the cost.



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.

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.

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.

All Support and Networking Groups are free, led by licensed mental health professionals, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Gertrude & William A. Bernoudy Foundation, St. Louis Service Bureau, Missouri Baptist Healthcare Foundation, St. Louis 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.

JASON BRIGHTFIELD YOUNG ADULT MONTHLY GROUP

Register for ZOOM

Fourth Wednesdays • 6:30 – 8:00 PM

This is a monthly group for adults between the ages of 18 and 40ish to find support and community as you navigate through a cancer diagnosis and survivorship. Sessions are open for discussion, questions, and community building.

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.



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.



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 July 9 and September 10 • 10:00 – 11:00 AM

Tuesday, Aug 10 • 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.

Moving Beyond Cancer: Moving Toward Wellness Workshop Series



Sexual Health and Wellness- Getting My Mojo Back - Register for ZOOM

Tuesday, July 20 • 6:30 – 8:00 PM

Dr. Becky Lynn, MD, and Karen Banks, M.Ed., LPC, will lead a discussion on common sexual side effects of cancer treatment and self-image concerns patients may face through their cancer journey. This interesting and engaging session will give the opportunity for women to understand why sex is different after cancer-but can still be enjoyable.

Nutritional Wellness-Customize a Plan That is Right for You - Register for ZOOM

Tuesday, August 31 • 6:30 – 8:00 PM

This workshop will focus on building awareness about nutrition during and after treatment. How to set goals, foster an open dialogue with your health care team and make healthy choices. Participants will learn some simple healthy recipes. This session is facilitated by Karen Banks, M. Ed., LPC and a Mercy Pratt Dietician.

Living with Uncertainty - Register for ZOOM

Wednesday, September 15 • 6:30 – 8:00 PM

Being impacted by cancer brings about uncertainty whether as a patient or caregiver. Living with Uncertainty is an education session facilitated by Jennifer Dunn, MSW, LCSW. Learn the universal challenges of a cancer diagnosis while discussing their impact on your physical, emotional, and spiritual self. Resources and strategies to help cope with feelings of distress will be shared.



Open to Options™ will help you identify and organize your questions for your doctor, communicate in an organized manner with your medical team, and make decisions that best fit your personal desires and goals.

Call (314-238-2000) for an appointment.



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

Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Healthy Lifestyle programs supported in part with generous donations from Ameren and Bayer

What to Eat During Cancer Treatment - Register for ZOOM

Tuesday, July 27 • 6:00 – 8:00 PM

Join instructor, Maria Ojascastrro, as she demonstrates recipes from the book *What to Eat During Cancer Treatment-100 Great-Tasting, Family Friendly Recipes to Help You Cope*. The first twelve people to sign up are eligible to pick up a free copy of the cookbook.

STL Veg Girl - RSVP class size limited - LIVE AUDIENCE

with Caryn Dugan, STL VEG GIRL

Monday, September 13 • 4:00 – 6:00 PM

Certain diet patterns seem to have an effect in helping people diagnosed with cancer live longer, healthier lives. In this class you will learn about healthy food choices to reduce cancer risk and be as healthy as possible during and after a cancer diagnosis. This class contains education and a brief cooking demonstration of Aztec Bean Salad, Easy Black Bean Dip with Baked Chips and Veggies in a Blanket. This program will take place in person at CSC.

Mastering Your Energy with Food - Register for ZOOM

with Bridgette Kossor, macrobiotic cooking teacher/energy guide

Fridays, September 3, 10, 17 and 24 • 11:30 AM – 1:30 PM

Please commit to all four sessions

This four-class series builds upon each other, offering a plant-based, energetic approach to food, as well as a space to explore loving self-care, living and how to nourish the whole self by connecting within, creating an inner system of nourishment and awareness.

Topics covered in this program: (every class includes cooking instruction)

- Cooking instruction, including techniques and their energetic effects on food and mood.
- Learning how to balance moods and choices with the energy in our food and thoughts.
- Explore how to create an inner-based system for health and well-being by learning how to manage and master our own personal energy.
- The scale of food energy, how to navigate and use it daily.

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.

Art for Recovery - Register for ZOOM

Second Mondays, July 12, August 9

RSVP for LIVE session

Monday, September 13 • 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. This program will take place in person at CSC.

Stress Less - Register for ZOOM

Second Tuesdays, July 13, August 10, September 14 • 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, July 19, August 16, September 20 • 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, July 15, August 19, September 16 • 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.

Autumn Porch Pots - Register for ZOOM

Thursday, September 30 • 1:00 – 3:00 PM

The colors of fall remind us of the change of season and offer a wonderful palette. Enjoy this hands-on session creating a pot for your porch or deck. Using edible greens, fall flowers and special additions of seed heads and branches, we will enjoy a special connection with nature. This class is facilitated by Jeanne Carbone with the Missouri Botanical Garden.

Sustained by Community SOCIAL CONNECTIONS

Book Club: *Finding Freedom: A Cook's Story Remaking a Life From Scratch*, by Erin French - Register for ZOOM

Wednesday, August 18 • 6:30 – 8:00 PM

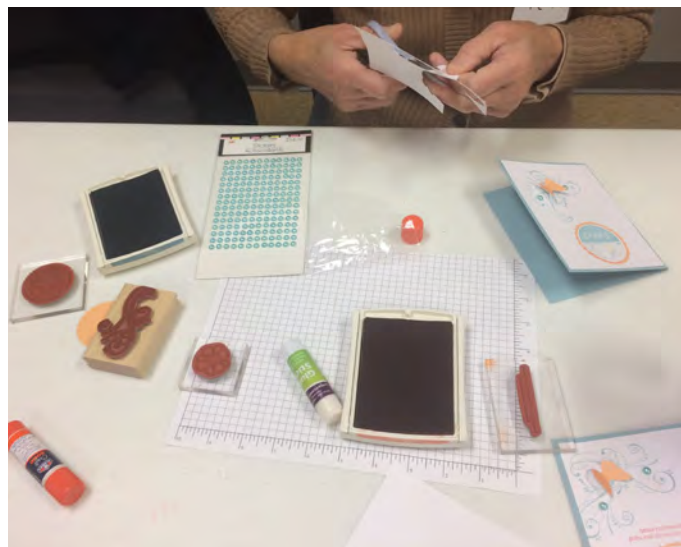
Set against the backdrop of rural Maine and its lushly intense, bountiful seasons, Erin reveals the passion and courage needed to invent oneself anew, and the poignant, timeless connections between food and generosity, renewal and freedom. Join us for a lively discussion. Please secure your own copy of the book.

Craft Connection -

RSVP for live session- space is limited

Thursday, September 23 • 6:30 – 7:30 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. This program will take place in person at CSC.



JASON BRIGHTFIELD YOUNG ADULT PROGRAM

This is a monthly group for adults between the ages of 18 and 40ish to find support and community as you navigate through a cancer diagnosis and survivorship. Sessions are open for discussion, questions, and community building.

Register for ZOOM

Fourth Thursdays, July 28, Aug. 25, September 22 • 6:30 – 8:00 PM

Join other young adults for an evening of conversation in a supportive space to network, question, support and share.

A special opportunity for members of the Jason Brightfield Young Adult Program - Journey to Well-Being at the Missouri Botanical Garden - RSVP for LIVE session by August 20, 2021

Wednesday, August 25 • 6:30 – 8:00 PM

This is an intentional walking program created by the Therapeutic Horticulture team of the Missouri Botanical Garden and funded for CSC members by a grant from the Bayer Fund. This is a LIVE session-participants will receive a guidebook for their individual experience and 7 admission tickets to complete the walks on their own. Tour of the garden includes suggested pauses to increase awareness, reflection and perspective. This session is for young adults between 18-40ish. Space is limited.

Jason Brightfield Young Adult Program supported in part with a generous donation from the Staenberg Family Foundation

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.

Journey to Relaxation - Register for ZOOM

First Monday of each month • 7:30 PM

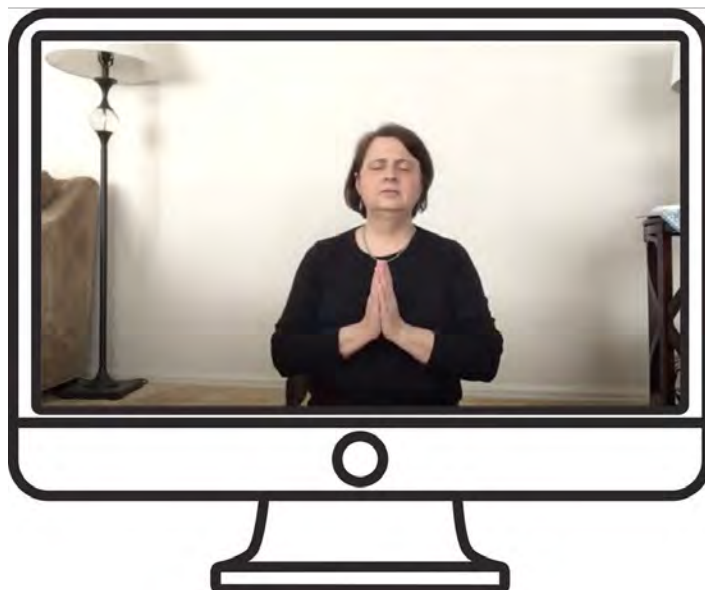
Calm the anxious mind by using gentle movement and stretches to achieve constructive rest. This practice can be done on a cushioned floor or in bed! Have your pillows and blankets handy.

Yoga (with Elise) - Register for ZOOM

Tuesdays • 10:00 AM

Yoga (with Kate) - Register for ZOOM

Wednesdays • 9:30 AM



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
JULY 2021 ■ = 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.				Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM 1	2	3
4	CSC CLOSED 5	Yoga 10:00 AM Register for ZOOM Families Connect MG: 6:30 PM Register for ZOOM 6	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM 7	Lung MG 6:00 PM Register for ZOOM 8	New Member Meeting 10:00 AM Register for ZOOM 9	10
11	Art for Recovery 6:30 PM Register for ZOOM 12	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM 13	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM 14	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM 15	16	17
18	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM 19	Yoga 10:00 AM Register for ZOOM ALL Cancer MG 1:00 PM Register for ZOOM Sexual Health and Wellness - Getting My Mojo Back 6:30 PM Register for ZOOM 20	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM 21	Brain Tumor MG 6:30 PM Register for ZOOM 22	23	24
25	Pancreatic Cancer MG NOON Register for ZOOM 26	Yoga 10:00 AM Cooking Demo 6:00 PM Register for ZOOM 27	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Jason Brightfield Young Adult MG 6:30 PM Register for ZOOM 28	29	30	31

Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	Journey to Relaxation 7:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Families Connect MG 6:30 PM Register for ZOOM Kids Rock Cancer: Therapeutic Songwriting for the Family 6:30 PM RSVP LIVE SESSION	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM		7
8	Art for Recovery 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM New Member Orientation 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM	Lung MG 6:00 PM Register for ZOOM		14
15	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM All Cancer MG 1:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Book Club 6:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM		21
22	Pancreatic Cancer MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Jason Brightfield Young Adult MG: Journey to Wellbeing at Missouri Botanical Garden 6:30 PM RSVP LIVE SESSION	Brain Tumor MG 6:30 PM Register for ZOOM		28
29		Yoga 10:00 AM Register for ZOOM Nutritional Wellness- Customize a Plan That is Right for You 6:30 PM Register for ZOOM	<h1>AUGUST 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
<h1>SEPTEMBER 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>			Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM	Mastering Your Energy with Food 11:30 AM Register for Zoom	4
5	OFFICE CLOSED	Yoga 10:00 AM Register for ZOOM Families Connect MG 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM	Lung MG 6:00 PM Register for ZOOM	New Member Orientation 10:00 AM Register for ZOOM	11
12	Cooking Demo 4:00 PM RSVP LIVE SESSION Art for Recovery 6:30 PM RSVP LIVE SESSION	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Living With Uncertainty 6:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM		18
19	Energy 101 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM ALL Cancer MG 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Jason Brightfield Young Adult MG 6:30 PM Register for ZOOM	Brain Tumor MG 6:30 PM Register for ZOOM Craft Connection 6:30 PM RSVP LIVE SESSION		25
26	Pancreatic Cancer MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	Autumn Porch Pets 1:00 PM Register for ZOOM		

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, 2021 through March 31, 2021. We apologize for any omissions or errors.

IN HONOR OF:

CHARLES and ARLENE BEASON
Ellsworth Bailey

CHARLIE BOHANNAN
Doris Bohannan

RICK HALPERN
Lenny and Sandy Komen

MARK HOLLENKAMP
Beth Haselhorst

RACHEL and JEFF KANTERMAN
Gerry and Chuck Halpern

LENNY KOMEN
Harvey and Nancy Lehrer

MARTY OBERMAN
Donna and Bob Cohen
Steve and Karla Rosenblum

LAURIE and RUTH PINCKARD
Sally Pinckard and Michael Roach

JOANN RASKAS
Carly and Jordan Black

STUART and JOANN RASKAS
Julie Eisenberg

ERIC SLENTZ
Andrew Slentz

EVAN TUREK
Helaine Turek

MARY WILKINS
Paula Wilkins

IN MEMORY OF:

TOM BAJARDI
Karen Evans

JASON BRIGHTFIELD
Ann and Tim Plunkett
Bradley and Rhonda Kloeppel
Brightfield Household
Christine Schmiz
Dale Schreiber
Diane and David Katzman
Drew Brightfield
Gavriel Adler
Hannah and Will Kendall
Houchins Household
Jake Liberman
James Fernandez
Jennie and Matt Guest
Jennifer Dickey
Joel and Rachael Brightfield
Judy Katsin
Ken Pantell
Kristy McCloskey
Laurel Feigenbaum
Lauren and Karl Schutte
Leah Staenberg
Leslie Tarantola
Lindsey Stokes
Lori and Mike Thaman
Marc and Dorothy Weiner
Marsha Marsh
Marty and Merle Oberman
Mary Wolf
Michael and Carol Staenberg
Michael Hamburg
Peggy and Mike Nelson
Peggy Scott
Pete Weir
Rachael Tobener
Rachel Berland
Sam Katsin
Sarah Weiner
Sharon Clark
Yale Wolff
Zach and Emily Goldkamp

SUZANNE HAGAN
Joseph Hagan

DON NORRIS
Rick and Deby Halpern

BUTCH and LINDA OLAUGHLIN
Karen O'Laughlin

JOHN POLLARD
Marty and Merle Oberman

ELANIE SAMSON
Cynthia D Seltzer

JANICE SEIGEL
Michelle Honerkamp

JAWAHAR LAL VERMA
Nisha Verma



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.

Thank you to all who supported and took their own STEPS FOR HOPE!

We appreciate the generosity of our **44** sponsors, **countless** in-kind donors, and over **650** people who joined us in-person or virtually to celebrate those in our community impacted by cancer. Together we succeeded in raising over **\$160,000** for Cancer Support Community of Greater St. Louis and the individuals and families that come here in search of HOPE and support. Thank you for being a part in our most successful year yet!

Because of **YOU**, and the incredible support from **all our sponsors and donors**, we are able to continue offering over **10,000** hours of support groups, educational workshops, stress management classes and more to the estimated **1,800** individuals that walk through our doors each year.

As a supporter of Cancer Support Community, you've ensured we can continue to provide **HOPE** along with emotional support, educational resources, social connections and a place of understanding to those impacted by cancer. Whether we offer programs in-person or virtually, your belief in our mission has ensured that all people impacted by cancer are empowered by knowledge, strengthened by action and sustained by community. Thank you for being a part of **OUR** community!



A heartfelt **THANK YOU** to the Arenberg Family who has provided our match day funding year after year!

And a **BIG THANKS** to our Board of Directors who lead this campaign to new heights.

Congratulations and thank you to our top teams: Team Esperanza who raised over **\$23,000** and Team Fairway who holds the title for our largest team yet with **75** attendees! We are so grateful for your support and leadership.

We could never have done it without you. Thank you for giving the gift of HOPE!

THANKS

2021 SPONSORS

PRESENTING SPONSOR

HUBBARD RADIO



REGISTRATION AREA



TRAIL SPONSOR



REST STOP SPONSOR



INDIVIDUAL SPONSORS

Jessica and Andy Millner, R and G Brod Family Foundation • Nathan and Gina Nelson
 Jan and Jeff Dicke • Peggy Scott • Ann and Tim Plunkett • Peggy and Mike Nelson
 Chuck and Jean Naslund • Gary and Marilyn Ratkin • The Mufson Family
 Joyce and Charlie Woodard • Rebecca and Paul Romine • Carolyn and Matt Gollub
 Jay and Jan Simon • Gary and Sherry Wolff • Paul and Patricia Richard
 Marty and Merle Oberman • Gershman Investment Corp
 Calvin and Karen Robinson • Jasen and Anne Gilley



SPECIAL THANK YOU TO OUR MATCH DAY SPONSOR:
Ann and Paul Arenberg Family



WALK. RUN. INSPIRE.

PATH OF HOPE

In honor of those who purchased a Path of Hope sign for our Steps For Hope walk. We celebrate those you have given tribute to in this special way.



IN HONOR OF:

ALEX INGRAM
Dan Kelley

ALL THOSE FIGHTING the FIGHT
Michelle Mufson

ALLIE MCGUIRE
Kelly Skaggs

AMMIE HOUSTON
Cheryl Houston

ANN and PAUL ARENBERG FAMILY
Cancer Support Community Staff

ANN PLUNKETT
Jane Klamer

BOB WINSTON
Lori and Mike Thaman

CAROL BELLOLI
Joyce and Charlie Woodard

CAROLE BALLARD
Dan Weinstein

CSC STAFF
Ann Plunkett

DEAN and JANICE LARSON
Scott and Katrina Larson
Bill and Sallie Rivera

DR. MILTON FUJITA
Virginia and John Howell

JENNY O'REILLY
Nancy O'Reilly

JOHN SIMON
Jay and Jan Simon

JULIE RHODES
Judy Lauth Casey

KURT NEUSITZ
Ernie Meyers

LISA NEWMAN
Marty and Merle Oberman

MAE FRANCES HORTON WILKINS
Rosalind Jones

MARY MCCOY
Carolyn Gollub

MILDRED POLETSKY
Craig Varusa

PAM REZEX
Cancer Support Community Staff

PEGGY NELSON
Chuck and Jean Naslund
Nathan and Gina Nelson
Renee Stephan
Teri Griego

PEGGY SCOTT
Ann Plunkett

PHYLLIS CITOW
Marty and Merle Oberman

REX RUST
Virginia and John Howell

RHONDA BANFORD
Craig Varusa

RONNA CROFT
Patrick Cochrun
Laurie and Bob Rogers

SHELLY RIEDEMANN
David and Liz Riedemann

SUSAN ARENBERG
Steven Arenberg

TINA MEYERS
Ernie Meyers

IN MEMORY OF:

ALLAN EMERY
Sharon Clark

ANN and PAUL ARENBERG
Susan Arenberg

BARBARA COEN
Emily Coen

BARBARA KUTLER PECK
Bill and Sandra Peck

BEA YOUNG
Bill and Sandra Peck

BEAU AND JOHN
Nathan and Gina Nelson

BOB and GRACIE BROD
Bren Millner
Jessica and Andy Millner

BRENDA YANNELLA
Paul and Patricia Richard

BRYAN MILLER
Jane M Gilbert

CHERYL GIBSON
Courtney Delaney

CHRISTINE STARK
Pat and Mary Ann Stark

DAVID SINDELAR
Kelly Wetzler

DONALD P GALLOP
Emily Coen

DOROTHEA KERLEY
Terri and Jim Kerley

DOROTHY NADOLNY
Julie Nadolny

ERIN LIVELY
Rebecca and Paul Romine

FAYE SIEGEL
Bette Welch

GAIL BOPP
Jessica and Andy Millner

GRACE BROD
Peggy Nelson

HILLARD YOUNG
Bill and Sandra Peck

JACK PIMMEL
Kelly Pimmel

JANICE LARSON
Peggy Nelson

JERRY ROCK
Lucille Rock

JIM KING
Peggy Nelson

JIM SCOTT
Angela Bay
Peggy Scott

JOE PIATCHEK
Peggy Nelson

KAREN RHODES PTACEK
Steven Pracek

KATIE MANINGER
Sarah Forneris

LAURIE KULLMANN YOUNG
Carrie and Jeff Kullmann
Edward Mullins

LEWIS "BOO" KELLEY
Tony and Bobbi Ambrosino

LINDA O'KEEFE LAMKIN
Walter and Sharon Lamkin

LYNNE PALAN
Jessica and Andy Millner

MARCIA HALPERN LERNER
Marty and Merle Oberman

MARGARET FOX
Tim Fox

MARIE GALLAGHER
Jan and Jeff Dicke

MICHAEL MATLOF
Sue Matlof

MIKE "MICKY" BUCK
Gary Buck

MY SISTERS
Sharon Clark

NANCY HIBBLER
Robin Wilkins

PATRICK, BETSY, SAL, MARSHA,
GARY, MIKE, AND LORI
Narendran Govindarajan

PHILL ROCK
Lucille Rock

ROBERT "CULLY" CULLISON
Melissa Cullison

RON STRUTHERS
Monika Hill

ROSE BOKERMANN
Gary Bokermann

ROSEMARY SCHILLINGER
Christine Schillinger

RYAN MCBRIDE
Peggy Nelson

SANDY WILICK
Lynda Baris
Steve Litzman

SARAH BRYAN MILLER
Cancer Support Community Staff

SHAWN CROCKER
Joan Guest

SHEILA GLAZER
Craig Varusa

SID (SUDHIR) PATEL
Peggy Scott

SR. MARILYN FOOTE
Tim Fox

SUE GALLOP
Emily Coen

SUSAN FREEMAN
Renee Stephan

TARA AND WALLY BASSI
Peggy Nelson

TEENUH FOSTER
Susan Arenberg

TOM and JUNE BYERS
Jan and Jeff Dicke
Peggy Nelson

TONYA GLYNN
Peggy Nelson

VIRGINIA CONWAY
Terri and Jim Kerley

VIRGINIA SCOTT
Peggy Scott

BOARD SPOTLIGHT



We want to give a BIG shoutout to one of our newer board members, Ed Musen! Ed joined the board in 2020 and is sharing more than 40 years of marketing and advertising experience with us. Ed has won dozens of awards for his creative work while helping companies succeed with their marketing plans. We are grateful for his unique skill set!

Ed was instrumental to the 2021 Steps For Hope's huge success with organizing his team The Indian Givers (pictured here), as well as soliciting some new sponsors: Imo's Pizza, Dobbs Tire & Auto Center, and Gershman Investment Corp. Ed also secured Steps For Hope presenting sponsor, Hubbard Radio and arranged promotional spots on Show Me STL. Ed, we are thrilled to have you as part of our board—thank you for all you do for CSC!



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

ADMINISTRATIVE ASSISTANT

Emma Winston, ext. 240

CLINICAL STAFF

Karen Banks, MEd, PLPC
Kathy Bearman, MA, LCSW
Jennifer Dunn, MSW, LCSW
Dannielle Hodges, MSW, LCSW

PROFESSIONAL ADVISORY COMMITTEE

Dustin Adamo PhD
Maya Assaf MSW
Emily Coen MSW
Torie Gettinger LCSW
Rochelle Hobson RN, MSN, CHPN
Rebecca Lasseter LCSW
David G. Mutch MD

Susie McGaughey, LPC, ATR
Julie Matkin, MSW, LCSW
Valentina Penalba, PhD, LMFT
Pam Wilson, MSW, LMSW

Peggy Nelson LPC
Gary A. Ratkin MD
Calvin Robinson MSAH, RT
Crystal Weaver MHA, LCP, CRC, MT-BC
Jessica Taylor PhD
Cokeisha Vanhook RN
Anne Walerius RN
Martin Wice MD

BOARD MEMBERS

CHAIR OF THE BOARD

Peggy Scott

VICE-CHAIR

Michelle Mufson

TREASURER

Joel Brightfield

SECRETARY

Rebecca Frigy Romine

BOARD OF DIRECTORS

Emily Coen
Tim Fox
Carolyn Gollub
Mark Goran
Matt Guest

Richard Halpern
Brad Kloeppel
Colin Meadows
Jessica Brod Millner
Ed Musen
Peggy Nelson
Martin Oberman
Ann Plunkett
Pam Rezex
Calvin Robinson
Jay Simon
Jeff Till
Gary Wolff