



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
Pages 4-5	Workshops
Page 6	Movement Classes and October Calendar
Page 7	November Calendar
Page 7	December Calendar
Page 8	Tributes/Legacy
Page 9	Hope After Dark
Page 10	What Others are Doing For CSC
Page 11	How You can Support CSC
Page 12	In Sympathy



**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.

Families Connect Monthly Group -

Register for ZOOM

First Tuesdays October 5, November 2, December 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, October 5 • 6:30-8:00 PM

A time for parents to connect, ask questions and support one another.

STRESS MANAGEMENT

Activity for the Entire Family/Giving Thanks -

Register for ZOOM

Tuesday November 2 • 6:30-8:00 PM

Both novice and experienced artists will enjoy a virtual art for well-being experience with teaching artist Maria Ojascastrro. She'll give you step-by-step instructions, inspiration, and lots of encouragement. We'll send you a simple art supply list 1 week prior. Get ready to stretch your creativity as you enjoy the company of other CSC families.



healthy lifestyle



Gingerbread House Project with Family, Food and Fun! - Register for ZOOM

Tuesday December 7 • 6:30-8:00 PM

Edible architecture! Children and parents create their fantasy house using gingerbread, icing, and assorted candy embellishments. Chef Vicki Bensinger leads this culinary adventure, which provides families the opportunity to get messy and build memories.

Participation is limited: Homemade gingerbread houses, icing and candy will be provided for pick up prior to ZOOM class.

Thank you to Vicki for this gift to the Cancer Support Community!



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 (unless 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

No Group in November and December due to holidays

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

No group in December due to holidays

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

Due to holiday, dates are:

October 27, November 17 and December 15 • 6:30 – 8:00 PM

This is a monthly group for adults between the ages of 18 and 40ish to find support and community when navigating 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

No group in December due to holidays

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, October 8 and December 10 • 10:00–11:00 AM
or **RSVP for LIVE Session** - Wednesday, November 3 • 5:30–6:30 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 Immunotherapy - Register for ZOOM

Wednesday, October 6 • 6:30 – 7:30 PM

This watch party program was designed for individuals considering immunotherapy treatments. It will cover immunotherapy today, the immune system and cancer, the different types of cancer immunotherapy, the importance of immunotherapy, as well as the eligibility requirements for immunotherapy treatment, the side effects of treatment, and resources for support. Watch parties are a new online, discussion-based educational offering from the Cancer Support Community. Participants will have an opportunity to watch different Frankly Speaking About Cancer Quick Guides, and then take part in a facilitated discussion by Jennifer Dunn, MSW, LSCW and Keely Walerius, RN, BSN, OCN about the content of the videos and different psychosocial or practical living concerns.

Moving Beyond Cancer: Moving Toward Wellness Workshop Series



Managing Side Effects of Cancer - Strategies for Coping - Register for ZOOM

Thursday, October 28 • 6:00 – 7:30 PM

Mercy's Laura Hooper, PT, and Karen Banks, M.Ed, LPC, will provide education about common physical and emotional side effects of cancer treatment. Learn to prevent, recognize, and manage these side effects with medicine, mind, and body. Participants will gain the knowledge to advocate for themselves and make the right decisions for their care. This is an interactive session, so bring your questions.

Managing Distress in Survivorship - Enhancing Emotional Wellbeing - Register for ZOOM

Tuesday, November 16 • 6:00 – 7:30 PM

Do you know that distress is the most underreported and common side effect of cancer? Distress can manifest as depression, anxiety, worry, anger, or fear. Our cancer experience affects the way we think, feel, and act moving forward in life. We invite people impacted by cancer and their families to this workshop that discusses the feelings many cancer survivors experience during and after treatment. Learn how emotions affect our health and how to recognize when we need support. Facilitator Karen Banks, M. Ed., LPC, shares personal coping strategies and explains how to find professional support when needed.

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



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.

Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

Nourishing Cooking Demo - Register for ZOOM

Tuesday October 5 • 4:00–6:00 PM

Join instructor Vicki Bensinger as she demonstrates recipes from the book *Nourish: Vibrant Healthy Recipes for Cancer Treatment and Recovery*. Attendees are eligible to pick up a free copy of the 160-page cookbook.

Healthy Holiday Shareables - Register for ZOOM

Tuesday, November 16 • 6:00–8:00 PM

Join Caryn Dugan, STL VEG GIRL, as she demonstrates healthy, plant-based holiday dishes that are sure to be a hit. Menu items include: Sweet Potato Bisque, Radicchio Salad with Cranberry Orange Dressing, Pumpkin Parfait with Vanilla Cashew Crème.

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 participants' lives.

Art for Recovery

Register for ZOOM - October 11 and December 13 • 6:30–8:00 PM
or **RSVP for LIVE** - November 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, October 12, November 9, December 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, October 18, November 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, October 21, November 18, December 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.

Winter Door Swag - RSVP for LIVE session

Friday, December 3 • 11:00 AM – 1:00 PM

With a combination of winter greenery, berries, branches, and decorations, create a swag to enhance your outdoor entrance. Some supplies offered; feel free to bring decorations from home. *This class is facilitated by Jeanne Carbone with the Missouri Botanical Garden.*

Sustained by Community **SOCIAL CONNECTIONS**

Craft Connection - RSVP for LIVE session

Thursday, November 2 • 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.

Holiday Party - Register for ZOOM

Thursday December 2 • 6:30 – 8:00 PM

We're having a party!! Join us for an evening of companionship, games, surprises, music and sharing with all of our CSC friends. Join Talent Dan Duffy, Monica Orban and Annie Gottsman and kick off the holiday celebrations!

JASON BRIGHTFIELD YOUNG ADULT PROGRAM

Register for ZOOM

Fourth Wednesday, October 27, & Third Wednesdays, November 17, December 15 • 6:30–8:00 PM

This is a monthly group for adults between the ages of 18 and 40ish to find support and community while navigating through a cancer diagnosis and survivorship. Sessions are open for discussion, questions, and community building. The Jason Brightfield Young Adult Program will provide a space to share feelings about loss of control, work and financial issues, fertility concerns, worry of recurrence, and finding social support to help deal with diagnosis and treatment. The Jason Brightfield Young Adult Program addresses new roles, definition and transitions, healthy family, and social relationships, and maintaining a sense of independence and autonomy.

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
OCTOBER 2021 ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY Please note that if fewer than 5 people are registered 24 hours in advance, the workshop will be cancelled.						
3	4 Journey to Relaxation 7:30 PM Register for ZOOM	5 Yoga 10:00 AM Register for ZOOM Families Connect MG 6:30 PM Register for ZOOM Cooking Demo 4:00 PM Register for ZOOM	6 Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Frankly Speaking About Immunotherapy 6:30 PM Register for ZOOM	7 Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 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 Lung MG 6:00 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	20 Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM	21 Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM	22	23
24	25 Pancreatic Cancer MG NOON Register for ZOOM	26 Yoga 10:00 AM 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 Brain Tumor MG 6:30 PM Register for ZOOM Managing Side Effects of Cancer - Strategies for Coping 6:00 PM Register for ZOOM	29	30
31						

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	Journey to Relaxation 7:30 PM Register for ZOOM 1	Yoga 10:00 AM Register for ZOOM Families Connect: MG 6:30 PM RSVP for ZOOM Craft Connection 6:30 PM RSVP for LIVE session 2	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM New Member Orientation 5:30 PM Register for LIVE program 3	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM 4	5	6
7	Art for Recovery 6:30 PM Register for LIVE session 8	Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM 9	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM 10	Lung MG 6:00 PM Register for ZOOM 11	12	13
14	Energy 1016:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM 15	Yoga 10:00 AM Register for ZOOM All Cancer MG 1:00 PM Register for ZOOM Managing Distress in Survivorship - Enhancing Emotional Wellbeing 6:00 PM Register for ZOOM Cooking Demo 6:00 PM Register for ZOOM 16	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 17	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM 18	19	20
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28	29	Yoga 10:00 AM Register for ZOOM 30	<h1>NOVEMBER 2021</h1> <p> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY </p> <p>Please note that if fewer than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p> 			

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>DECEMBER 2021</h1> <p> ■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED ■ = NO RSVP, HELD AT CANCER SUPPORT COMMUNITY </p> <p>Please note that if fewer 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 1	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM Holiday Celebration 6:30 PM Register for ZOOM 2	Winter Door Swag 11:00 AM Register for LIVE session 3	4
5	Journey to Relaxation 7:30 PM Register for ZOOM 6	Yoga 10:00 AM Register for ZOOM Families Connect MG 6:30 PM Register for ZOOM 7	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM 8	Lung MG 6:00 PM Register for ZOOM 9	New Member Meeting 10:00 AM Register for ZOOM 10	11
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19	CSC CLOSED 20	CSC CLOSED 21	CSC CLOSED 22	CSC CLOSED 23	CSC CLOSED 24	25
26	CSC CLOSED 27	CSC CLOSED 28	CSC CLOSED 29	CSC CLOSED 30	CSC CLOSED Happy New Year! 31	

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, 2021 through June 30, 2021. We apologize for any omissions or errors.

IN HONOR OF:

GLORIA EPSTEIN
Nancy and Ken Kranzberg

JILL KOLKER
Ruthy Kolker

JUDY LIPSITZ
Rick and Deby Halpern

PEGGY and MIKE NELSON
Marty and Merle Oberman

SUE MONDELLO
Lynne Telfair

IN MEMORY OF:

JASON BRIGHTFIELD
Pete Weir

HARVEY COTLAR
Sharon and Barry Friedman

JANET KAY DAVIS
Michael Spradling

MARSHALL GREENMAN
Richard Levey and Susie Knopf

PHIL ISSERMAN
Richard Levey and Susie Knopf

AL JACOBSON
Jeanne Pass

MARCIA PASS
Jeanne Pass

KENNETH SCHWEIN JR.
Karen Green



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.



**Leaving
a gift of
legacy**

We are grateful to Barbara Kremer and family for their generous hearts.

We are honored that Barbara continued her legacy with a bequest to Cancer Support Community of Greater St. Louis. Generous gifts like these represent CSC's future and help assure that CSC will continue to offer programs and services that Barbara benefitted from and wanted others to as well. Our Cancer Support Community family has been enriched by Barbara's thoughtful and enduring gift.



Mark your calendar!

October 6-7, 2021

cancersupportstl.org/hopeafterdark

Cancer Support Community of Greater St. Louis' fall campaign will be a 24-hour **Day to Give** beginning October 6 and culminate into **A Night to Celebrate** VIP sponsor event on October 7 at PALM Health.

CSC St. Louis has offered hope since 1993. Today our team continues supporting people impacted by cancer through psychosocial programs and personal outreach.

Be a spark of Hope in our community and join us virtually on October 6 for this very important Day to Give. Every dollar you donate on October 6 and 7 will be matched and go directly to CSC St. Louis to help fund critically important programs to people eager to find support, education, social connections and HOPE. Your gift stays in the St. Louis area to help fund our programs which are offered at no charge to individuals and families impacted by cancer.

For more information please contact
Sharon Clark at sclark@cancersupportstl.org
or 314.238.2000 ext. 235



WHAT OTHERS ARE DOING FOR CSC

210 Miles. One Day.

On July 24, 2021, Joe Kemp rode his bike from Saint Louis to the Lake of the Ozarks. That's 210 miles - in ONE day! Joe has been honoring those at CSC on their cancer journey with this incredible bike ride for the past 7 years! This year the ride was not only in honor of the members at CSC but also for Sasha Kemp who was recently diagnosed with cancer.

"We are motivated by our family and friends who have battled cancer and we are motivated by our family and friends who supported us but are no longer here. They are with us on the ride." - Joe Kemp

A huge thank you to Joe for his belief in our mission and for riding and raising funds for Cancer Support Community.



KENDRA SCOTT

Kendra Gives Back

Thank you to **Kendra Scott** and those who participated in the Kendra Gives Back campaign for our 28th birthday! We are so grateful for your continued support in our CSC mission.

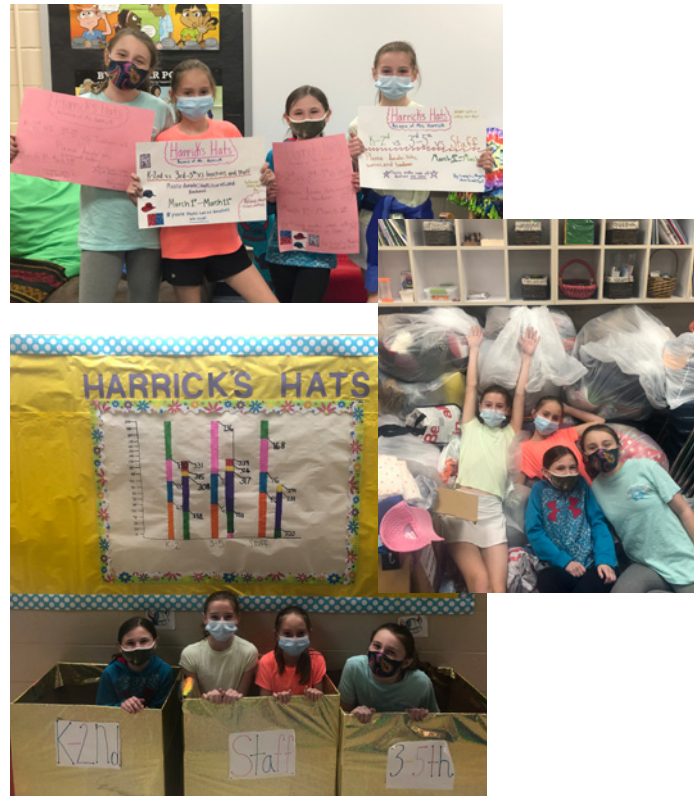


Knights of Columbus®

A big thank you to the **Knights of Columbus in the Christ Prince of Peace parish** for their recent support in Cancer Support Community. The parish had a beer tent at their community event and raised funds for CSC! We are so grateful for your support in our mission.

Hats Off to You!

A big shout out to the **5th grade kids at Uthoff Valley Elementary** who held a hat and scarf drive in memory of their former assistant principal. We are so honored you chose to remember your assistant principal in this special way! Thank you to all of the students and staff who participated and donated hundreds of hats and scarves to CSC!



Legacy Gifts

We are beyond grateful to **Barbara Kremer and family** for their generous hearts. We are honored that Barbara continued her legacy with a bequest to Cancer Support Community of Greater St. Louis. Generous gifts like these represent CSC's future and help assure that CSC will continue to offer programs and services that Barbara benefitted from and wanted others to benefit from as well. Our Cancer Support Community family has been enriched by Barbara's thoughtful and enduring gift.

You, too, can remember Cancer Support Community of Greater St. Louis, and make a legacy gift. For more information, contact Sharon Clark at sclark@cancersupportstl.org and see page 11 for more detail on ways to give.



**Leaving
a gift of
legacy**

HOW YOU CAN SUPPORT CSC

Leave Your Lasting Legacy



Help ensure our future. Including a charitable bequest in your will is a simple way to make a lasting gift to Cancer Support Community of Greater St. Louis. You can make a bequest to CSC STL by adding to your will or simply naming CSC as a beneficiary of your IRA, life insurance, or other assets. In doing so, your kindness lives on and helps ensure CSC's future, yet preserves your ability to enjoy assets you may need during your lifetime. For more information about how you can make an enduring gift benefitting CSC, please contact Sharon Clark at sclark@cancersupportstl.org or call 314-238-2000. We also recommend that you consult with your tax advisor or financial planning professional.

Matching Gifts



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

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.

Stock Gifts



A direct donation of stock to Cancer Support Community of Greater St. Louis is the most cost-effective method when compared with a gift of cash or the sale of securities followed by a gift of the proceeds. By directly gifting appreciated securities, you can make a more generous contribution than you might with cash. Your gift of appreciated securities to Cancer Support Community of Greater St. Louis is an easy and prudent way to make your charitable gift.

Support Our Events



Events such as our annual Hope After Dark campaign provide a significant source of funding for our programs. Visit our event pages to learn about sponsorship opportunities, how you can participate and have your contribution matched, available raffle and auction items, and more.

Monthly Giving



Consider making your gift last all year long by giving monthly. This is a great way to support Cancer Support Community of Greater St. Louis and is as easy as providing pre-arranged gifts through your credit card.

- **It's Affordable:** Spread your contribution throughout the year and plan in advance how much you want to contribute to help our program participants.
- **It's Convenient:** 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.
- **Your Gift Goes Further:** You will provide reliable and predictable revenue to help us with offering programs and services to people impacted by cancer in our community.

"I donate monthly to CSC because I know as a survivor and board member, CSC is meeting the needs of someone on the cancer journey every single day. I hope my consistent giving will sustain the community so that no matter what that day happens to be, no one will face cancer alone." – Peggy Nelson

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.

Schnucks eScrip



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

Host a Fundraiser



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 10 for some fun, creative fundraisers others are doing in our community.

IN SYMPATHY - Pam Rezex



Our heartfelt sympathy goes out to Pam Rezex's family and friends. Pam, an inspirational beacon on our Board of Directors, passed away from cancer in July. She was the consummate business professional, a devoted wife and mother and such an inspiration to many. She will be remembered for her caring and outgoing personality and her ability to always make any situation a positive one. Pam was a fighter and a bright light who is dearly loved and will be missed by all who knew her.

“When you die, it does not mean you lose to cancer. You beat cancer by how you live, why you live and in the manner in which you live.” – Scott Stuart

“I can't think of a single person who lived fuller than my Mom did. Especially while battling this disease. She fought hard for us. She fought hard for the person reading this.” – Rezex Family



MISSION:

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

STAFF

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