



**CANCER SUPPORT
COMMUNITY
GREATER ST. LOUIS**

A Place for People Impacted by Cancer

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



SAVE THE DATE!
Saturday, May 7, 2022
Creve Coeur Park in Sailboat Cove

1-mile or 3.7-mile walk or fun run
See page 9 for more info!

WALK. RUN. INSPIRE.

What's Inside:

Page 2	Families Connect
Page 3	Support and Monthly Groups
Pages 4-5	Workshops
Page 6	Movement Classes and April Calendar
Page 7	May / June Calendars
Page 8	Tributes
Page 9	Steps for Hope
Page 10	What Others Are Doing
Page 11	2021 In Review
Page 12	Welcome New Program Staff



**SCAN HERE FOR MORE INFO ON
CANCER SUPPORT COMMUNITY
of GREATER SAINT LOUIS**

Families Connect Monthly Group

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! Contact Kelly O'Neal, Program Specialist, at koneal@cancersupportstl.org for more information.



SUPPORT

"Paws" For Connection – RSVP for LIVE session

Tuesday, April 5 • 6:00–8:00 PM

Duo Dogs will join us in the CSC Inspiration Garden for an evening of socializing, support, and learning new coping skills! Boxed dinner will be provided 6:00–6:30.



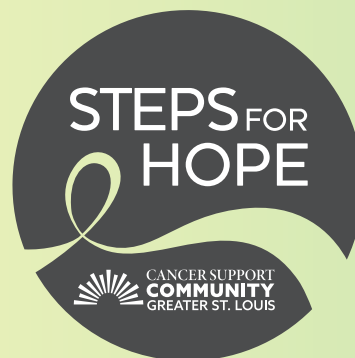
HEALTHY LIFESTYLE

Family, Food and Fun! Cottagecore Meal – RSVP for LIVE session

Tuesday, June 7 • 6:30–8:00 PM

Magenta Door Art Studio
720 Cherry St. Kirkwood, MO 63122

Join teaching artist and foodie Maria Ojascastro to gather eggs, vegetables, and edible flowers to make a cozy meal.



SOCIAL CONNECTION

Families Connect at Steps for Hope

Saturday May 7 • 9:00 AM

Join us at the Kids Corner Tent for games and activities that give you a taste of the fun and support you will find at our monthly Families Connect program.



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

offer support to any caregiver who has lost a loved one to cancer in the past 24 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, Staenberg Family Foundation, Emerson, Sign of the Arrow 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 helpful information. Family and friends are welcome to attend where indicated.

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

This group is for people impacted by brain cancer at any stage of the journey, from diagnosis to survivorship. Friends and family are welcome. Find an opportunity to learn about and discuss issues associated with brain cancer: memory, cognitive losses and challenges, communication, and the impact on family.

BREAST CANCER MONTHLY GROUP

Register for ZOOM

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

This group is for women impacted by breast cancer at any stage of the journey, from diagnosis to survivorship. Female friends and family are also welcome. Find an opportunity to share resources, ideas to manage side effects, and give and receive support.

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 as well as survivors. Female family and friends welcome.

HEAD AND NECK CANCER MONTHLY GROUP

Register for ZOOM

Third Tuesday each month 5:30–7:00 PM

This group gives people with head/neck cancer or their friends/family the opportunity to share resources, get ideas to manage side effects and an opportunity to give and receive support. Frequent educational opportunities are provided here.



LUNG CANCER MONTHLY GROUP

Register for ZOOM

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

This group is for people impacted by lung cancer at any stage of the journey from diagnosis to survivorship. Family and friends are also welcome. 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 gives men with prostate cancer, and their friends/family members the opportunity to find support. Participants share resources, discuss 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

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

Empowered by Knowledge

EDUCATION

New Member Meetings

RSVP for LIVE session: Fridays April 22, May 20, June 17 • 10:00–11:00 AM

or Register for ZOOM: Wednesdays, April 6, May 4, June 1 • 5:30–6:30 PM

This introduction to CSC allows people with cancer, their family, 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.

Why Efforts to Stop Worry and Anxiety Fail

Register for ZOOM

Wednesday, April 27 • 6:00–7:30 PM

Join International speaker Dr. Jennifer L. Abel for a discussion about worry. Understand how fighting anxiety fuels it and that learning to catch worry spirals early is a key to being relaxed. Learn several effective coping strategies that can significantly improve your mental and physical health.

Healthy Romantic Relationships through Cancer and Beyond

RSVP for LIVE session (Maximum 10 participants)

Wednesday, May 18 • 6:00–7:30 PM

Join relationship and sex therapist Karen Banks, M.Ed., LPC, for this informative program about how to maintain a healthy relationship through all stages of cancer from diagnosis to survivor. Learn about how to support your partner, gain healthy communication skills, and keep things spicy in your relationship. Open to partners of all orientations and relationship statuses.

Frankly Speaking about Lung Cancer



Wednesday, June 22 • 6:30–7:30 PM **Register for ZOOM**

You are invited to a presentation about lung cancer. This workshop will educate patients and their caregivers on the types of lung cancer, potential treatments and side effects, clinical trials, and the emotional concerns of a lung cancer diagnosis.

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

Under Wraps

Tuesday, April 19 • NOON–2:00 PM – Register for ZOOM

Join instructor, Vicki Bensinger, as she demonstrates recipes for foods that are full of flavor and easily transported for when you need a healthy snack on the go! Learn to make homemade lentil tortillas filled with simple tasty ingredients, summer rolls, and carrot cake energy bites.

Multiple Meals/Same Ingredients

RSVP for LIVE session (Maximum 8 participants)

Or Register for ZOOM

Tuesday, May 10 • 11:00 AM–1:00 PM

Learn to get the most use out of the fresh ingredients in your home. Join new CSC instructor, Artinices Smith, Fab Vegan, as she demonstrates recipes for healthy and flavorful meals that are prepared using similar ingredients.

Food For Life – 3 Part Series

RSVP for LIVE session (Maximum 8 participants)

Or Register for ZOOM

Tuesdays, May 24, May 31, June 7 • 5:00–7:00 PM

Please commit to all three sessions

Caryn Dugan, certified Food for Life Instructor, combines education and cooking instruction for this 3-part series based on information from the Physicians Committee for Responsible Medicine.

Program sessions:

- **Session 1** - Learn about the right food choices that can help reduce the risk of developing cancer as well as help your body after a diagnosis.
- **Session 2** - Learn how low fat, high fiber foods help your body rid itself of toxins. You will learn how to prepare delicious, low-fat dishes made from whole grains, legumes, vegetables, and fruits.
- **Session 3** - Learn how healthy weight may improve cancer outcomes. You will learn to make healthy dishes loaded with immune-boosting nutrients and how to maintain a healthy weight and cancer fighting nutritional regime.

InkWell

Wednesdays • 1:30–3:30 PM – Register for ZOOM

InkWell is a drop-in workshop focused on providing a supportive space where we use the written word to help process our experiences with cancer and what it means to live well. Every session involves a prompt, and writing can take any form you want, from journaling to poetry to storytelling.

Art for Well-Being

RSVP for LIVE session (Maximum 8 participants)
Or Register for ZOOM

Mondays, April 4, May 9, June 6 • 6:30–8:00 PM

Art for Well-Being instructor Maria Ojascastro will teach you how the visual arts can be used as an expressive tool to process life challenges.

- **April Session - Resiliency, Perseverance and Hope:** Exercise your creativity by creating symbols of resiliency, perseverance and hope with watercolor and bamboo brushes.
- **May Session - Mandalas in May:** In modern day, mandalas have become a popular symbol of meditation. Participants will design and paint their own mandala.
- **June Session - Draw, Cut and Collage:** Participants will turn colors, words, and images into a work of art that gives a glimpse of the creator's life.

Stress Less

Second Tuesdays,
April 12, May 10, June 14 • 1:00–2:30 PM
Register for ZOOM

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

Third Mondays, April 18, May 16, June 20 • 6:30–8:00 PM
Register for ZOOM

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

Sanctuary

Register for ZOOM: Third Thursdays April 21,
May 19 • 6:00–7:30 PM
or RSVP for LIVE session (Maximum 6 participants):
June 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.

Create Your Own Spa with Botanical Ingredients

Friday, June 3 • 11:00 AM–1:00 PM
RSVP for LIVE session (Maximum 12 participants)

Learn to create body care items using botanical ingredients. Supplies will be offered for participants to make their own unique lip balms, bath bombs, and lotion bars. This class is facilitated by Sammie Ruzicka and Jeanne Carbone with the Missouri Botanical Garden.

JASON BRIGHTFIELD YOUNG ADULT PROGRAM

Wednesdays, April 20, May 18 and
June 29 • 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 include a specific activity and are open for discussion, questions, and community building. Email CSC Program Specialist Kelly O'Neal at koneal@cancersupportstl.org for more information on JBYAP.

- **April 20: Collage and Compose: What's Your Self-Love Language?**
Collaging and writing materials will be provided - [Register for ZOOM](#)
- **May 18: Mindfulness in the Park**
Location: Sugar Creek Park 435 Des Peres Rd. Des Peres, MO 63131 – [RSVP for LIVE session](#)
- **June 29: Plant-Based Cooking with STL Veg Girl Caryn Dugan!**
Location: Center for Plant-Based Living 131 W. Jefferson Ave. Kirkwood, MO 63122 – [RSVP for LIVE session](#)

Sustained by Community

SOCIAL CONNECTIONS

Craft Connection

Wednesday, May 11 • 6:30–7:30 PM
RSVP for LIVE session (Maximum 10 participants)

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.

A Working Garden Party

Friday, May 13 • 10:00AM–NOON
RSVP for LIVE session

Join Jeanne Carbone with Missouri Botanical Garden and help us give our CSC Inspiration Garden some love. Clean the beds, plant some perennials, and spread some seeds. Of course, even a working party needs some celebration, so plan to stay for socializing in our beautiful space and enjoying some nature-inspired snacks!

Book Club: *Little Bee* by Chris Cleave

Tuesday, June 21 • 10:00–11:30 AM
RSVP for LIVE session

Have a relaxing discussion in CSC's Inspiration Garden (weather permitting)! Books will be available to check out beginning in April-Kelly O'Neal will be reaching out to the first 9 participants with details.

MOVEMENT

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

Mondays, April 4, May 2 • 7:30 PM (No June Class)

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)

RSVP for LIVE Session

(Maximum live participants 6)

Or Register for ZOOM

Tuesdays • 10:00–11:00 AM

Yoga (with Kate)

RSVP for LIVE Session

(Maximum live participants 6)

Or Register for ZOOM

Wednesdays • 9:30–10:30 AM

Qigong

RSVP for LIVE Session

(Maximum live participants 6)

Or Register for ZOOM

Fridays • 11:00 AM–NOON

Through gentle movements, learn to reduce stress, increase vitality, and develop a sense of well-being. No experience necessary.

EVENT CALENDARS

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
APRIL 2022 ■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE					 Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 1	2
3	Art for Wellbeing 6:30PM Register for ZOOM or RSVP for LIVE Session Journey to Relaxation 7:30 PM Register for ZOOM 4	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Families Connect MG 6:00PM RSVP for LIVE Session 5	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM New Member Meeting 5:30PM Register for ZOOM 6	Bereavement MG 6:30 PM Register for ZOOM Prostate MG 6:30 PM Register for ZOOM 7	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 8	9
10	11	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Stress Less 1:00 PM Register for ZOOM 12	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM 13	Lung Cancer MG 6:00 PM Register for ZOOM 14	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 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 Register for ZOOM or RSVP for LIVE session Under Wraps NOON Register for ZOOM Head and Neck Cancer MG 5:30 PM Register for ZOOM 19	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Jason Brightfield Young Adult MG 6:30PM Register for ZOOM 20	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM 21	New Member Meeting 10:00 AM RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 22	23
24	Pancreatic Cancer MG NOON Register for ZOOM 25	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE session 26	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE session InkWell 1:30 PM Register for ZOOM Efforts to Stop Worry and Anxiety 6:00 PM Register for ZOOM 27	Brain Tumor MG 6:30 PM Register for ZOOM 28	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 29	30

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 1	Journey to Relaxation 7:30 PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE session	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM New Member Meeting 5:30PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG 6:30 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	 Families Connect at Steps for Hope
8	CSC CLOSED Art for Wellbeing 6:30 PM Register for ZOOM or RSVP for LIVE Session	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Multiple Meals/Same Ingredients 11:00 AM Register for ZOOM or RSVP for LIVE Session Stress Less 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM Craft Connection 6:30 PM RSVP for LIVE Session	Lung Cancer MG 6:00 PM Register for ZOOM	A Working Garden Party 10:00 AM RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	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 or RSVP for LIVE Session Head and Neck Cancer MG 5:30 PM Register for Zoom	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Healthy Romantic Relationships 6:00 PM RSVP for LIVE Session Jason Brightfield Young Adult MG 6:30 PM RSVP for LIVE Session	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM	New Member Meeting 10:00 AM RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	21
22	Pancreatic Cancer MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Food For Life 5:00 PM Register for ZOOM or RSVP for LIVE Session	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM	Brain Tumor MG 6:30 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	28
29	CSC CLOSED	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Food for Life 5:00 PM Register for ZOOM or RSVP for LIVE Session	<h1>MAY 2022</h1> <p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE</p>			
	30	31				

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>JUNE 2022</h1> <p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE</p>			Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM New Member Meeting 5:30PM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG 6:30 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session Create Your Own Spa 11:00 AM RSVP for LIVE Session	4
5	Art for Wellbeing 6:30 PM Register for ZOOM or RSVP for LIVE Session	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Food for Life 5:00 PM Register for ZOOM or RSVP for LIVE Session Families Connect MG 6:30 PM RSVP for LIVE Session	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM	Lung Cancer MG 6:00 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	11
12		Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Stress Less 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM	Sanctuary 6:00 PM RSVP for LIVE session Transition to Survivorship 6:30 PM Register for ZOOM	New Member Meeting 10:00 AM RSVP for LIVE session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	18
19	Gynecological Cancers MG 6:30PM Register for ZOOM Energy 101 6:30PM Register for ZOOM	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Book Club 10:00 AM RSVP for LIVE Session Head and Neck Cancer MG 5:30PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Frankly Speaking About Lung Cancer 6:30 PM Register for ZOOM	Brain Tumor MG 6:30 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	25
26	Pancreatic Cancer MG NOON Register for ZOOM	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Jason Brightfield Young Adult MG 6:30 PM RSVP for LIVE Session	30		

TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from October 1, 2021 through December 31, 2021. We apologize for any omissions or errors.

IN HONOR OF:

CAROLE BALLARD

Carol Bell

LINDA COOK

Lynn Goode

GIL GRAND

Rick and Deby Halpern

MR. & MRS. DAN HOCHMAN

Lorin and Debra Dunn

DANNIELLE HODGES

Renata Sledge

JUDITH ISAACS

Warner and Helene Isaacs

CHERI JACKSON

Joseph Niemeyer

LENNY KOMEN

Dottie Koch

CHERYL MARIEN

Beverly Marien

JOHN MCDANIEL

Greg and Joan Guest

PEGGY NELSON

Carrie and Harold Burroughs
Lisa Hamilton
Gloria Martin

MARTY OBERMAN

Lynn Wittels

ANN PLUNKETT

Sharon Bateman
Linda and Robert Jones
Mark and Jane Klamer
Mary Ottoson

PEGGY SCOTT

Dave Holley

THE NOVELLO SISTERS

Cheryl Houston

IN MEMORY OF:

ANN ARENBERG

Steven Arenberg

ANN AND PAUL ARENBERG

Susan Arenberg

GRACE AND BOB BROD

Carol Goldsmith

GRACE BROD

Jason and Janet Popelka

CLARICE BRODY

Donna Greenberg

MICHAEL FRANCIS FULLER

Juanita Huie Fuller

NANCY HOBSON

Diann King

KATHY KIM

Renfang Hwang

LINDA KWESKIN

Mia Kweskin

ANNA LUDWIG

Cornelius Jost

ELIZABETH MEEKS

Gail Meeks

GARY NELLING

Helen Nelling

FRANCES NIEMEYER-MURPHY

Pat Murphy

MARK OBERMAN

Marty and Merle Oberman

STEVEN PAPPAS

Stephanie Delong

TESS PARDINI

Cheryl and Richard Yehling

DEBBIE POSLOSKY

Marty and Merle Oberman

DAVID REINI

Jennifer Reini

GINA TAYLOR

Bradley and Rhonda Kloeppel

LISA TERCHA

Robyn Helmer

LOIS WHITESITT

Sandy Kline

GIVE GIFTS WITH MEANING



Tribute donations to Cancer Support Community of Greater St. Louis 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:

1. Direct Payment: Online at www.cancersupportstl.org
2. 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.
3. 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 Lasting Legacy

Make a big impact with a future gift by remembering Cancer Support Community of Greater St. Louis in your will and estate plan. It's a meaningful way to make a big difference by giving beyond your lifetime. A couple of ways to do that are:

Bequest

You can include the Cancer Support Community of Greater St. Louis in your will and specify an amount of money, or percentage of your estate, to benefit CSCSTL.

Insurance Policy

Gift a life insurance policy by naming the Cancer Support Community of Greater St. Louis as a beneficiary.

Your future gift ensures that your generosity will continue to fund the important work of Cancer Support Community of Greater St. Louis, and helps CSCSTL fulfill its mission for many years to come.

For more information, please contact:
Sharon Clark, sclark@cancersupportstl.org
or call 314.238.2000, Extension 354

If you're considering a legacy gift, we recommend speaking with an accountant or financial adviser to understand all your legacy giving options, their tax implications, and other benefits. Visit our website:
<http://www.cancersupportstl.org/give-support/legacy-giving>



WALK. RUN. INSPIRE.

Saturday, May 7, 2022

Creve Coeur Park in Sailboat Cove

13725 Marine Ave, St. Louis, MO 63146

1 mile or 3.7 miles walk or fun run

Emceed by
PAUL COOK

Start a team, join a team, register as an individual!

Join us for our 24th annual STEPS FOR HOPE, and **INSPIRE** others to celebrate hope, honor loved ones and join in community!

Registration: March 1 - May 4

\$25 - Minimum Registration (*t-shirt not provided*)

\$45 - Registration includes STEPS FOR HOPE T-Shirt

(Register by April 12, 2022 to guarantee a shirt)

On-site registration available Saturday, May 7th beginning at 9:00 AM at Creve Coeur Park for \$45 (no t-shirt).

Start Times:

Staggered start times will be in place at the walk starting at 9:00 AM at Creve Coeur Park.

Add a donation to your registration!

- Add \$100 donation to your registration for a chance to win a \$250 Visa gift card!
- Add \$50 donation to your registration for a chance to win a \$100 Visa gift card!

(Donation must be made at time of registration and is applicable to online registration only)



All donations stay in the St. Louis Community to help fund essential programs and services at Cancer Support Community of Greater St. Louis.

Day includes:

Community, Kids Activities, Entertainment, Food, Raffle, Path of Hope Signs, and more

Path of Hope Signs:

A special way to celebrate a survivor, honor someone special or remember a friend or loved one. Path of Hope Signs are displayed on the walking path at Creve Coeur Park on May 7th.

Signs are \$75 each

Available online only
(limit one name per sign)
(Deadline to order is April 21, 2022)



Register here



REGISTER OR DONATE NOW > [CancerSupportStl.org](https://www.cancersupportstl.org)

WHAT OTHERS ARE DOING FOR CSC



TruFusion

On Saturday morning, November 13, about two dozen cyclists participated in a fundraiser at the multi-modality fitness studio, **TruFusion**, in downtown Clayton. The event raised **\$800** for Cancer Support Community of Greater St. Louis. The cyclist teacher for the event is Kira Anderson, whose husband Kyle was recently diagnosed with kidney and liver cancer.

Kira stated: *"I just wanted to maintain a positive attitude and help the organization that I believe helps those suffering from cancer in so many ways, including helping cancer families to keep a positive attitude."*



Eureka High School

Between Thanksgiving and Christmas break, staff members at **Eureka High School** participated in **Dress Down for Dollars days!** For just \$1 a day you could wear your most comfortable clothes. Thank you, Eureka High School staff, for choosing Cancer Support Community of Greater St. Louis to receive over **\$1,200** from this incredible fundraiser!



Kendra Scott

We are so grateful for the continued support of **Kendra Scott!** In honor of Valentine's Day, we held a Kendra Gives Back event both in-person and virtually, with proceeds benefitting Cancer Support Community of Greater St. Louis. **Thank you to everyone who participated.**



CELEBRATE WITH CSC!



Alyssa Banford Birthday

A huge shout out and happy birthday to **Alyssa Banford!** Thank you so much for sharing your special day with us by requesting donations to CSCSTL in honor of your day. **We are so grateful for your thoughtfulness and support.**



Saint Louis Closet Co.

Thank you **Saint Louis Closet Co.** for choosing us as the **Closets for a Cause** February spotlight! **We are so grateful for your support in our mission and your giveback to the community.**

HAPPY 29th BIRTHDAY



Happy Birthday CSCSTL! We are celebrating 29 years of providing hope and support to individuals and families impacted by cancer in our community. Celebrate with us on June 8 and all month long!

2021 IN REVIEW

THE NEED IS STILL HERE

In 2021 CSCSTL held a **multitude of support programs** via Zoom as well as some socially distanced, masked in-person programs at the Cancer Support Community of Greater St. Louis facility. In total there were **1,384 PROGRAM SESSIONS** held at CSCSTL.

We served **more people** in 2021 through support groups and healthy lifestyle programs than the previous year. In addition, we increased the number of individuals served using the Cancer Support Source™, a questionnaire designed to help participants identify key areas of concern and create a personal support care plan tailored to provide additional information and match them with the appropriate resources at CSCSTL.

Last year we had **an increase in first time visits**, meaning individuals in the community who utilized our programming for the first time. Programming that has been developed through years of evidence-based, peer reviewed research and is practiced throughout our 175 network partners world-wide.

Because of YOU we were able to provide over **5,000 HOURS OF SUPPORT**.

AVAILABLE WHEN YOU NEED IT MOST

Through generous community supporters we expanded our online resource library and created 20 healthy cooking videos, in December alone. This online resource library makes it possible for people to **get the education they need, when they need it.**

OPEN TO OPTIONS

With more diagnoses and at a later stage, CSCSTL has served more people through their unique Open to Options™ Decision Support Counseling sessions. Whether you are newly diagnosed or facing a second cancer diagnosis, there are questions to be answered and knowledge to be gained. Through Open to Options, a thorough list of questions and priorities related to side effect management and quality of life is developed and given to the family to use in upcoming appointments with their medical team.



CSCSTL WELCOMES NEW STAFF



Haylee Nix, LMSW

Welcome Haylee Nix, LMSW and Kelly O'Neal, MSW, LCSW

We are excited to welcome **Program Manager, Haylee Nix, LMSW**, to the team. Haylee completed her Master's level concentration practicum as a CSCSTL intern in 2018 and is excited to join the team in leading programming efforts.

In addition, we would like to welcome **Program Specialist, Kelly O'Neal, MSW, LCSW**, back to the team. Kelly is thrilled to expand our programming reach and focus on our specialty programs; Families Connect and the Jason Brightfield Young Adult Program.



Kelly O'Neal, MSW, LCSW

The new year is well under way and the new program staff at Cancer Support Community of Greater St. Louis are already working on some exciting things for 2022. In addition to the 10 cancer-specific monthly networking groups, CSCSTL has added a brand-new Head and Neck Cancer Monthly Group for individuals and their families to give and receive support specific to this diagnosis. In addition, to better serve the community, CSCSTL will begin offering select programs in both English and Spanish. Stay tuned for more exciting things to come.

Design/Layout: KA Design

STAFF

Contact Us @ 314.238.2000

EXECUTIVE DIRECTOR

Lori Thaman

PROGRAM DIRECTOR

Dannielle Hodges, MSW, LCSW - x. 351

PROGRAM MANAGER

Haylee Nix, LMSW - x. 352

PROGRAM SPECIALIST

Kelly O'Neal, MSW, LCSW - x. 353

DEVELOPMENT DIRECTOR

Sharon K. Clark - x. 354

DEVELOPMENT AND COMMUNICATIONS MANAGER

Amanda Corcoran - x. 355

PROGRAM AND DEVELOPMENT ASSISTANT

Taiya Wright - x. 350

CLINICAL STAFF

Karen Banks, MEd, PLPC

Kathy Bearman, MA, LCSW

Jennifer Dunn, MSW, LCSW

Dannielle Hodges, MSW, LCSW

Julie Matkin, MSW, LCSW

Susie McGaughey, LPC, ATR

Haylee Nix, LMSW

Kelly O'Neal, MSW, LCSW

Valentina Penalba, PhD, LMFT



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

PROFESSIONAL ADVISORY GROUP

Dustin Adamo, PhD

Maya Assaf, MSW

Emily Coen, MSW

Torie Gettinger, LCSW

Rochelle Hobson, RN, MSN, CHPN

Rebecca Lasseter, LCSW

Mary-Kate Malecek, MD

Alex P. Michael, MD

David G. Mutch, MD

Gary A. Ratkin, MD

Calvin Robinson, MSAH, RT

Jessica Taylor, PhD

Crystal Weaver, MHA, LCP, CRC, MT-BC

Anne Walerius, RN

Martin Wice, MD

BOARD MEMBERS

CHAIR OF THE BOARD

Peggy Scott

VICE-CHAIR

Michelle Mufson

TREASURER

Brad Kloeppel

SECRETARY

Rebecca Frigy Romine

BOARD OF DIRECTORS

Emily Coen

Tim Fox

Carolyn Gollub

Mark Goran

Matt Guest

Richard Halpern

Colin Meadows

Jessica Brod Millner

Ed Musen

Helen Nelling

Peggy Nelson

Martin Oberman

Ann Plunkett

Calvin Robinson

Jay Simon

Gary Wolff