



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.

*hope  
after dark*

A DAY to GIVE.  
A NIGHT to CELEBRATE.

**SAVE THE DATE!**

**Thursday, October 6, 2022**

Visit [cancersupportstl.org/hopeafterdark](https://cancersupportstl.org/hopeafterdark)  
for more details

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







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

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](mailto:koneal@cancersupportstl.org) for more information.



## SUPPORT

### Families Connect at Missouri Botanical Garden – **RSVP for LIVE Session**

Tuesday, July 19 • 6:00–7:30 PM  
4344 Shaw Blvd, St. Louis, MO 63110

Families will spend an immersive time in the sensory garden and tour special spaces within the Botanical Garden, and will create an original floral arrangement!

## STRESS MANAGEMENT

### Family Yoga – **RSVP for LIVE Session**

Wednesday, August 3 • 6:30–7:30 PM

Lisa Roberts, RYT, RCYT and author of *Breathe, Chill – A Handy Book of Games and Techniques Introducing Breathing, Relaxation and Meditation to Kids and Teens* will help children and families practice wellness in fun and interesting ways!



## HEALTHY LIFESTYLE

### Family, Food and Fun: Autumn Harvest! **RSVP for LIVE Session**

Wednesday, September 21 • 6:30–8:00 PM

We'll use the abundance of early autumn farmers markets to inspire a nutritious and delicious meal. Homesteading artist Maria Ojascastro will teach you how to prepare an easy meal high in antioxidants and full of color and texture!

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 or RSVP for LIVE Session**

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

**RSVP for LIVE Session**

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

David C Pratt Cancer Center, Suite 1440, Conference Room, Mercy Hospital, 607 S. New Ballas Rd, 63141

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

**Register for ZOOM:** Wednesdays July 6, August 3, September 7 • 5:30–6:30 PM  
or **RSVP for LIVE Session:** Fridays July 22, August 19, September 23 • 10:00–11:00 AM

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.

### Cancer In The Workplace – Navigating Employment Issues

Monday, July 25 • 6:00–7:30 PM – **Register for ZOOM**

Ann Plunkett, attorney, and President of Workplace Partners, will present information related to employment, your rights under ADA and FMLA, and short/long term disability.



### Support For Caregivers – Pushing The Pause Button

Monday, August 8 • 6:00–7:30 PM – **Register for ZOOM**

This workshop offers information on support for cancer caregivers. Karen Banks, M.Ed., LPC will discuss the common worries and concerns of caregivers, role changes, and the benefits of caregiving. Participants will have the opportunity to reflect on their experience, hear from others like them, and learn practical strategies to cope and bolster their own well-being.



### Personalize Your Relationship With Your Immune System

Monday, September 12 • 6:00–7:30 PM

**Register for ZOOM**

Kate Clearly, Somatic Movement Educator and Expressive Arts Facilitator, educates participants about the various components of the immune system and how they are in conversation with one another in your body. Participate in some interactive experiences that bring awareness to your nervous system and learn some quick and easy ways to interrupt the stress response cycle through breath and the resources found in every body.



### Frankly Speaking About Colon Cancer

Tuesday, September 27 • 6:30–7:30 PM

**Register for ZOOM**

This educational program provides support, education and hope to people affected by colorectal cancer and their loved ones. In the workshop, you will learn the most current colorectal cancer treatments, side-effect management strategies, the social and emotional challenges of the diagnosis, and survivorship issues specific to people with colorectal cancer.



### 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*

### Allergen Free Cooking

Thursday, August 11 • 6:00–8:00 PM – **Register for ZOOM**

Learn to what foods support gut health and decrease inflammation. Join instructor, Artinices Smith, Fab Vegan, as she demonstrates recipes that are gluten and allergen free, plant based and delicious.

### Food For Life- Nutrition Support For People Impacted By Prostate Cancer

Thursday, September 8 • 6:30–8:00 PM

**Register for ZOOM**

Dr. Jim Loomis, Medical Director of the Physicians Committee for Responsible Medicine and Caryn Dugan, certified Food for Life Instructor, combine education and cooking instruction in this class based on information from the Physicians Committee for Responsible Medicine. Learn how food choices impact prostate cancer and how to reduce your risk of developing cancer or recurrence.



*In Loving Memory of Bridgette Kossor. CSCSTL was honored to have Bridgette share her skills and education as a macrobiotic, plant-based cooking instructor since 2008. She will be dearly missed.*



## Worry Management Series

Tuesdays August 16, August 23, August 30 • 6:00–7:30 PM

**Register for ZOOM** (*Please commit to all three sessions*)

Join Dr. Jennifer Abel in learning the most important information about worry and how to use these facts to change your worry habits.

### Program sessions:

- **Session 1** - Worry is useless, so learn to let go and focus on problem solving instead. Learn the importance of catching anxiety and worry early when at its weakest to lessen your worry habit. Practice breathing strategies combined with imagery.
- **Session 2** - Fighting fuels anxiety. Learn strategies to manage anxiety easier including: moving toward relaxation, using process and states words, postponing worry, mindfulness, and acceptance, and practicing muscle relaxation.
- **Session 3** - Managing worry is similar regardless of the nature of it, yet we will discuss special considerations for managing anxiety related to cancer. Learn why positive thinking doesn't usually work and how to change your thoughts to help you feel better. Learn to visit emotional pain without living it.

## 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

Mondays July 11, August 1, September 12 • 6:30–8:00 PM

**RSVP for LIVE Session** or **Register for ZOOM**

Art for Well-Being instructor Maria Ojascastro will teach you how the visual arts can be used as an expressive tool that helps you adapt to life challenges, allows you to observe your world in a productive way, and enhances the brain's natural ability to form new connections, thus enabling you to grow in well-being. Participants will focus on contemplative and self-awareness artwork through painting, drawing, or collaging.

- **July 11 - Lavender Sachet and Nature Prints:** Adopters of Cottagecore like to live slowly and spend more time taking care of themselves, including their own mental health. We'll use natural dyes from the garden to create nature prints, then hand sew lavender sachets to help calm the mind.
- **August 1 - A Still Life:** Cottagecore emphasizes simplicity and escape from the stress of the modern world. You'll gather herbs and flowers from CSC's garden. Then, teaching artist Maria Ojascastro will give step by step guidance on how to arrange and create a painting using the still life.
- **September 12 - Cottage Garden Printmaking:** Cottagecore gardening is intended to be environmentally friendly, reflecting a growing push for sustainable permaculture farming practices. Art for Well-Being specialist Maria Ojascastro will teach you how to print note cards with freshly harvested flowers and herbs from CSC's garden and vegetables from Ojascastro's cottage garden. Ojascastro will also share how the cultivation of a variety of plants help attract beneficial insects, promote biodiversity and increase pollination of food-producing crops.

## Stress Less

Second Tuesdays July 12, August 9,

September 13 • 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

September 19 • 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:** July 14, August 18 • 6:00–7:30 PM

or **RSVP for LIVE Session:** September 15 • 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.

## Floral Arrangements For The Season

Friday, August 26 • 12:30–2:00 PM – **RSVP for LIVE Session**

The summer season brings us a bounty of colors, scents, textures, and everything we need to create a stunning flower arrangement. Come prepared to immerse yourself in nature.

## Walk With Purpose

Thursday, September 22 • 5:30–7:00 PM

**RSVP for LIVE Session**

Location: 4344 Shaw Blvd. St. Louis, MO 63110

Guided by Therapeutic Horticulture staff, explore various areas of the Missouri Botanical Garden, paying attention to sensory experiences. Learn to develop an awareness of natural surroundings and slow your pace by enjoying the sights, sounds, textures, and scents all around.



Wednesdays, July 13, August 10 and September 7  
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 include a specific activity and are open for discussion, questions, and community building. The JBYAP will provide a space to share feelings about loss of control, work and financial issues, fertility concerns, worry of recurrence...and everything in between. Email CSC Program Specialist Kelly O'Neal at [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) for more information on JBYAP!

- **July 13: Young Adult Yoga with Karen Banks**  
All ability and experience levels welcome!  
[RSVP for LIVE Session](#)
- **August 10: Therapeutic Dance with Brittini Collins, LPC**  
All ability and experience levels welcome!  
[RSVP for LIVE Session](#)
- **September 7: Plant-Based Cooking – Squash Season with STL Veg Girl Caryn Dugan!**  
Caramelized Onion, Squash and Kale Bruschetta, Acorn and Quinoa Soup – [RSVP for LIVE Session](#)

*Sustained by Community*

## SOCIAL CONNECTIONS

### Jewelry Making

Thursday, July 28 • 1:00–3:00 PM

[RSVP for LIVE Session](#)

Join Judy Geodeker in creating one beautiful piece of jewelry! Supplies will be provided.

### Craft Connection

Wednesday, September 14 • 6:30–8:00 PM

[RSVP for LIVE Session](#)

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.

### Paper Crafts

Thursday, September 29 • 1:00–3:00 PM

[RSVP for LIVE Session](#)

Judy Geodeker will lead participants in creating decorative paper tags, bookmarks and other fun projects. Supplies will be provided.

## 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

Mondays July 11, August 1,  
September 12 • 7:30–9:00 PM

[Register for ZOOM](#)

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)

Tuesdays • 10:00–11:00 AM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

### Yoga (with Kate)

Wednesdays • 9:30–10:30 AM

[Register for ZOOM](#) or [RSVP for LIVE Session](#)

### Yoga (with Donna)

Wednesdays • 5:15–6:15 PM

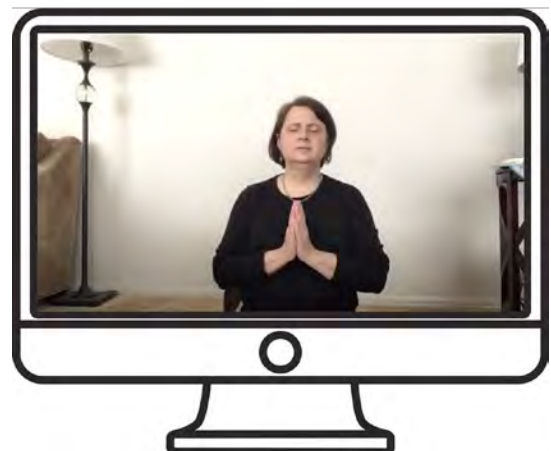
[Register for ZOOM](#) or [RSVP for LIVE Session](#)

### Qigong

Fridays • 11:00 AM–NOON


[Register for ZOOM](#) or [RSVP for LIVE Session](#)


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
<div> <div>JULY 2022</div> <div> <div>■ = REGISTER FOR ZOOM</div> <div>■ = RSVP FOR LIVE</div> </div> </div>						
3	CSC CLOSED Independence Day	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 Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM	 Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG @ Mercy 6:30 PM RSVP for LIVE Session	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	2
10	Art for Wellbeing 6:30 PM Register for ZOOM or RSVP for LIVE Session Journey To Relaxation 7:30 PM Register for ZOOM	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 Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer MG 5:30 PM Register for ZOOM Jason Brightfield Young Adult MG 6:30 PM RSVP for LIVE Session	Lung Cancer MG 6:00 PM Register for ZOOM Sanctuary 6:00 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	16
17	Gynecological Cancers MG 6:30 PM Register for ZOOM or RSVP for LIVE Session	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Head and Neck Cancer MG 5:30 PM Register for ZOOM Families Connect @ MO BOT 6:00 PM RSVP for LIVE Session	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session	Transition to Survivorship 6:30 PM Register for ZOOM	New Member Meeting 10:00 AM Register for ZOOM or RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	23
24	Pancreatic Cancer MG NOON Register for ZOOM Cancer in the Workplace - Navigating Employment Issues 6:00 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 Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session	Jewelry Making 1:00 PM RSVP for LIVE Session Brain Tumor MG 6:30 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	30
31						

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Art for Wellbeing</b> 6:30 PM Register for ZOOM or RSVP for LIVE Session  <b>Journey To</b> <b>Relaxation</b> 7:30 PM Register for ZOOM	<b>Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session  <b>Stress Less 1:00 PM</b> Register for ZOOM	<b>Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session <b>InkWell 1:30 PM</b> Register for ZOOM <b>Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session <b>New Member Meeting 5:30 PM</b> Register for ZOOM <b>Family Yoga 6:30 PM</b> RSVP for LIVE Session	<b>Bereavement MG</b> 6:30 PM Register for ZOOM <b>Prostate Cancer MG</b> @ Mercy 6:30 PM RSVP for LIVE Session	<b>Qigong 11:00 AM</b> Register for ZOOM or RSVP for LIVE Session	6
7	<b>Support for Caregivers -</b> <b>Pushing the Pause</b> Button 6:00 PM Register for ZOOM	<b>Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session <b>Stress Less 1:00 PM</b> Register for ZOOM	<b>Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session <b>InkWell 1:30 PM</b> Register for ZOOM <b>Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session <b>Breast Cancer MG 5:30 PM</b> Register for ZOOM <b>Jason Brightfield Young</b> <b>Adult MG 6:30 PM</b> RSVP for LIVE Session	<b>Lung Cancer MG 6:00 PM</b> Register for ZOOM <b>Allergen Free</b> <b>Cooking 6:00 PM</b> Register for ZOOM	<b>Qigong 11:00 AM</b> Register for ZOOM or RSVP for LIVE Session	13
14	<b>Gynecological</b> <b>Cancers MG 6:30 PM</b> Register for ZOOM or RSVP for LIVE Session	<b>Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session <b>Head and Neck</b> <b>Cancer MG 5:30 PM</b> Register for Zoom <b>Worry Management</b> <b>Series 6:00 PM</b> Register for Zoom	<b>Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session <b>InkWell 1:30 PM</b> Register for ZOOM <b>Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session	<b>Sanctuary 6:00 PM</b> Register for ZOOM <b>Transition to</b> <b>Survivorship 6:30 PM</b> Register for ZOOM	<b>New Member</b> <b>Meeting 10:00 AM</b> RSVP for LIVE Session <b>Qigong 11:00 AM</b> Register for ZOOM or RSVP for LIVE Session	20
21	<b>Pancreatic</b> <b>Cancer MG NOON</b> Register for ZOOM	<b>Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session	<b>Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session <b>InkWell 1:30 PM</b> Register for ZOOM <b>Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session	<b>Brain Tumor MG 6:30 PM</b> Register for ZOOM	<b>Qigong 11:00 AM</b> Register for ZOOM or RSVP for LIVE Session <b>Floral Arrangements</b> <b>for the Season 12:30 PM</b> RSVP for LIVE Session	27
28		<b>Yoga 10:00 AM</b> Register for ZOOM or RSVP for LIVE Session	<b>Yoga 9:30 AM</b> Register for ZOOM or RSVP for LIVE Session <b>InkWell 1:30 PM</b> Register for ZOOM <b>Yoga 5:15 PM</b> Register for ZOOM or RSVP for LIVE Session			

# AUGUST 2022

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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# SEPTEMBER 2022

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE

4	CSC CLOSED <i>Labor Day</i>	5	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session	6	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM Jason Brightfield Young Adult MG 6:30 PM RSVP for LIVE Session	7	Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG @ Mercy 6:30 PM RSVP for LIVE Session	1	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	2	3
11	Personalize Your Relationship With Your Immune System 6:00 PM Register for ZOOM Art for Wellbeing 6:30 PM Register for ZOOM or RSVP for LIVE Session Journey To Relaxation 7:30 PM Register for ZOOM	12	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Stress Less 1:00 PM Register for ZOOM	13	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer MG 5:30 PM Register for ZOOM Craft Connection 6:30 PM RSVP for LIVE Session	14	Lung Cancer MG 6:00 PM Register for ZOOM Food for Life - Nutrition Support For People Impacted By Prostate Cancer 6:30 PM Register for ZOOM	8	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	9	10
18	Gynecological Cancers MG 6:30PM Register for ZOOM or RSVP for LIVE Session Energy 101 6:30PM Register for ZOOM	19	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Head and Neck Cancer MG 5:30PM Register for ZOOM	20	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Family, Food and Fun! 6:30 PM RSVP for LIVE Session	21	Sanctuary 6:00 PM RSVP for LIVE Session Transition to Survivorship 6:30 PM Register for ZOOM	15	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	16	17
							Walk With Purpose @ MO BOT 5:30 PM RSVP for LIVE Session Brain Tumor MG 6:30 PM Register for ZOOM	22	New Member Meeting 10:00 AM Register for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	23	24
25	Pancreatic Cancer MG NOON Register for ZOOM	26	Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Frankly Speaking About Colon Cancer 6:30 PM Register for ZOOM	27	Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session InkWell 1:30 PM Register for ZOOM Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session	28	Paper Crafts 1:00 PM RSVP for LIVE Session	29	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	30	<div>  </div>

# IN LOVING MEMORY

# PEGGY NELSON



As one of the founders, Peggy was the heart of Cancer Support Community of Greater St. Louis and left a lasting imprint through her years of guidance and dedicated service. She was a founding board member of The Wellness Community of Greater St. Louis, currently Cancer Support Community of Greater St. Louis (CSCSTL) and served on the board for 29 years. She was board chair from 2000 to 2003. She was also past chair for the Marketing and Development committees and Professional Advisory Group and most recently served as a key advisor on the Professional Advisory Group. Peggy and her family were presented the Marsha Wolff and Tina Borchert Inspiration Award in 2003 and 2020 that recognized their family for their commitment, leadership and living examples of how to fight cancer with dignity, passion and hope.

Peggy was a long-time cancer survivor having battled the disease for over 50 years, but her indomitable and generous spirit provided inspiration for so many. She had a zest for living with unparalleled energy and optimism. Peggy was passionate about Cancer Support Community of Greater St. Louis and making sure that no one would have to do the cancer journey alone. Her commitment to the CSCSTL mission had no rival. It is so very hard to imagine Cancer Support Community without Peggy Nelson.

*Peggy had a profound impact on Cancer Support Community of Greater St. Louis and on each of us and she will be greatly missed.*



# 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 January 1, 2022 through March 31, 2022. We apologize for any omissions or errors.

## IN HONOR OF:

### **RICHARD ANDERSEN**

*Susan Cooper*

### **MARK GOLDSTEIN**

*Rick and Deby Halpern*

### **BETH JUNG**

*Melissa Horn*

### **KRISTEN PERKINS**

*Angela Schaffer*

### **ANN PLUNKETT**

*Alice Fleeman*

### **KAREN TOWERMAN**

*Gay Gordon*

## IN MEMORY OF:

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*Susan Cooper*

### **KATHLEEN BONIFANT**

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Robert O'Blennis*

### **STANLEY FELDMAN**

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*Eric Glazer  
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Doris Bohannon  
Ella Bolam  
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### **PEGGY THOMPSON**

*Helen Nelling*

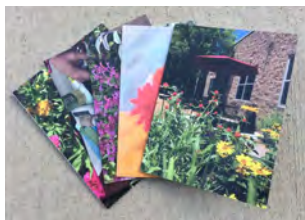
### **LINDY WHITMORE**

*Judith Shaw*

### **CATHY WICE**

*Martin Wice*

# 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 greeting card to notify that special someone of your kind donation. Your contribution helps fund our programs and services, offered at no charge, to those facing a cancer diagnosis in our community.

## Here's how:

1. Direct Payment: Online at [www.cancersupportstl.org](http://www.cancersupportstl.org)
2. Make checks payable to Cancer Support Community of Greater St. Louis and mail with relevant information to Cancer Support Community of Greater St. Louis, 1058 Old Des Peres Road, Saint Louis, MO 63131.
3. You may also call 314-238-2000 and make a tribute gift using a credit card.

*Gifts of \$25 or more are published in Cancer Support Community of Greater St. Louis' quarterly newsletter. Due to administrative costs, a minimum donation of \$10 per tribute is requested.*





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

Thank you to all of you who supported and took your own **STEPS FOR HOPE!**

We appreciate the generosity of our **49** sponsors, many in-kind donors, and over **600** people who joined us in-person to celebrate those in our community impacted by cancer.

Together we succeeded in raising almost **\$195,000** 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!

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!**

# WALK. RUN. INSPIRE.



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





# STEPS FOR HOPE - 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:

**AIMEE WILLEMS DE LA FUENTE**  
Sandra Willems

**ANN PLUNKETT**  
Jane Klamer

**CAROLE BALLARD**  
Dan Weinstein

**CSC'S YOGA WITH ELISE**  
Sandy Kline

**ELAINE G.**  
Cheryl Houston

**ERIC GLAZER**  
Craig Varusa

**LORI THAMAN**  
Dan Kelley

**MARY CUNNINGHAM**  
Lori Thaman

**PAM TEETER**  
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**RHONDA BANFORD**  
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**RUTH HAM**  
Joe Brockling

**SARAH WAHL**  
Sarah Wahl

**SHELLY RIEDEMANN**  
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**STEPHANIE KIRBERG**  
Monika Hill

**SUSAN ARENBERG**  
Steve Arenberg

**TIM PLUNKETT**  
Jane Klamer

## IN MEMORY OF:

**ALLAN EMERY**  
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**ANN AND PAUL ARENBERG**  
Susan Arenberg

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Rosalind Jones

**DONALD P GALLOP**  
Emily Coen

**DORIS MEGL**  
Margaret Pennington

**ERIN LIVELY**  
Rebecca and Paul Romine

**FR. JACK COSTELLO**  
Harry Scott

**GAIL BOPP**  
Jessica and Andy Millner

**GARY NELLING**  
Laura Hesse  
Helen Nelling

**GREG TUCKER**  
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**HILLARD YOUNG**  
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Patrick Casey  
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**KAREN RHODES PTACEK**  
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**KATIE DICKE**  
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**LAURIE KULLMANN YOUNG**  
Carrie and Jeff Kullmann

**LINDA O'KEEFE LAMKIN**  
Walter and Sharon Lamkin

**LISA NEWMAN**  
Marty and Merle Oberman

**LYNNE PALAN**  
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**MAE FRANCES HORTON WILKINS**  
Rosalind Jones

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**TOM AND JUNE BYERS**  
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**ZDENEK JARY**  
Ann and Tim Plunkett





# STEPS FOR HOPE - PRESENTING SPONSOR



We want to give the biggest heartfelt thank you to this year's Steps for Hope Presenting Sponsor:

## STAENBERG FAMILY FOUNDATION

Your belief in our mission and continued support in our community is a true inspiration.



# THANK YOU!

# THANKS

## 2022 CORPORATE SPONSORS

### PRESENTING SPONSOR



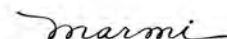
### REGISTRATION AREA



### TRAIL SPONSORS



### REST STOP SPONSORS





# THANKS

## 2022 INDIVIDUAL SPONSORS

### VILLAGE SPONSOR

CHUCK AND JEAN NASLUND

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CAROLYN AND MATT GOLLUB  
KATE AND DAVID HATFIELD  
MARTY AND MERLE OBERMAN  
ANN AND TIM PLUNKETT  
PAUL AND PATRICIA RICHARD

SPECIAL THANK YOU TO OUR MATCH DAY SPONSOR:

Ann and Paul Arenberg Family





# SAVE THE DATE...

## hope after dark

A DAY to GIVE.  
A NIGHT to CELEBRATE.

**OCTOBER 6, 2022**

[cancersupportstl.org/hopeafterdark](https://cancersupportstl.org/hopeafterdark)

Cancer Support Community of Greater St. Louis' fall campaign celebrates HOPE after the darkness of a cancer diagnosis. **Hope after dark – A DAY TO GIVE, A NIGHT TO CELEBRATE** features A Day to Give and culminates into A Night to Celebrate VIP sponsor event on October 6, where our campaign sponsors enjoy an evening of inspiration and celebration.

**A Night to Celebrate will be held at PALM Health.**



Each year Cancer Support Community of Greater St. Louis honors an individual or community partner at A Night to Celebrate with the presentation of the **Marsha Wolff and Tina Borchert Inspiration Award**. Honorees are selected for their connection to cancer and significant philanthropic commitment to St. Louis.

Be a spark of Hope in our community and join us for this very important Day to Give. Every dollar you donate will be matched and go directly to Cancer Support Community of Greater 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 and helps fund our programs which are offered at no charge to individuals and families impacted by cancer in our community.

**Please visit our website for more information on our Day to Give.**

Questions? Please contact Sharon Clark at [sclark@cancersupportstl.org](mailto:sclark@cancersupportstl.org) or 314.238.2000.

# HOW YOU CAN SUPPORT CSCSTL

## Leave Your 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:

### Retirement Assets

You can name the Cancer Support Community of Greater St. Louis as a beneficiary of your IRA, retirement or pension plan.

### Gifts of Stocks and Bonds

Donating appreciated securities, including stocks or bonds, is an easy and tax-effective way for you to make a gift to our organization.

For more information, please contact:

Sharon Clark, [sclark@cancersupportstl.org](mailto:sclark@cancersupportstl.org)

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:*

[cancersupportstl.org/give-support/legacy-giving](http://cancersupportstl.org/give-support/legacy-giving)

## 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.

## 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 Steps for Hope Walk and 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.

## 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 of Greater St. Louis.

## 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 CSCSTL.

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

## 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 CSCSTL.



# WHAT OTHERS ARE DOING FOR CSC



The biggest shoutout and thank you to **Harper and Quinn** for honoring Peggy Nelson's legacy. The girls ran a lemonade stand and raised \$125 for Cancer Support Community of Greater St. Louis' Steps for Hope walk in honor of their grandmother, Peggy Nelson.



**Waterway Gas & Wash** continues to support Cancer Support Community of Greater St. Louis by participating in our 24th annual Steps for Hope walk! We were thrilled to include the Waterway area managers in our **day of community**.



A big thank you to **Daniel and Henry Co.** for their continuous support in our mission and for being a loyal sponsor of our Steps for Hope walk.

Design/Layout: KA Design

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Contact Us @ 314.238.2000

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### DEVELOPMENT AND COMMUNICATIONS MANAGER

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Taiya Wright - x. 350

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Valentina Penalba, PhD, LMFT



**CANCER SUPPORT  
COMMUNITY  
GREATER ST. LOUIS**



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

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