



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 11 for more info!

WALK. RUN. INSPIRE.

What's Inside:

Page 2	Families Connect
Page 3	Support and Monthly Networking Groups
Pages 4-5	Workshops
Page 6	Movement Classes and January Calendar
Page 7	February & March Calendars
Page 8	Tributes
Page 9	Hope After Dark Thank You
Page 10	Hope After Dark Sponsors
Page 11	Steps for Hope Save the Date
Page 12	What Others are Doing for CSC

FAMILIES CONNECT

Cancer Support Community of Greater St. Louis is proud to provide Families Connect: A program for the whole family when a parent, grandparent, or adult relative has cancer. *Funding for this program is provided in part by the Saigh Foundation.*

SUPPORT

Parent Support Network/Time for Ourselves Register for ZOOM

Tuesday, January 4 • 6:30–8:00 PM

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



HEALTHY LIFESTYLE

Activity for entire family/KIDS Cooking: Family, Food and Fun! - Register for Zoom

Tuesday, February 1 • 6:30–8:00 PM

Show family members love with a Valentine's Day nutritious and delicious meal. Join teaching artist and foodie Maria Ojascastro to learn how to make a colorful salad, tender chicken strips, and a scrumptious chocolate dessert.



STRESS MANAGEMENT

Guided Imagery with Vicki Atlas Israel Register for Zoom

Tuesday, March 1 • 6:30 – 8:00 PM

Feel calmer, happier, healthier, and more empowered by building strength and resilience. Join Vicki Atlas Israel, a Mindset and Meditation Coach, speaker, and the Author of “Inner Power NOW” for an evening of guided meditation and imagery. She is also a consultant on holistic healing at a leading pediatric hospital and leads families through guided imagery and meditation. She is the creator of a NEW soothing app for families called “Inner Peace Time.” Her mission is to help relieve stress and pain, helping families thrive.



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, 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 information helpful on the cancer journey. 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

A caring environment to learn about and discuss issues associated with brain cancer: memory, cognitive losses and challenges, communication, and the impact on family. Family and friends welcome.

BREAST CANCER MONTHLY GROUP

Register for ZOOM

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

An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed and survivors, female family and friends.



GYNECOLOGICAL CANCER MONTHLY GROUP

Register for ZOOM

Third Monday each month • 6:30–8:00 PM

An active, nurturing support group that shares information and discusses pertinent issues such as nutrition, coping skills, fear of recurrence, intimacy challenges, and genetic concerns. For women newly diagnosed and survivors, and female family and friends.

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 members the opportunity to share resources, ideas to manage side effects and an opportunity to give and receive support. Frequent educational opportunities are provided here.



JASON BRIGHTFIELD YOUNG ADULT MONTHLY GROUP

Register for ZOOM

Wednesdays, January 26, February 16, March 23 • 6:30–8:00 PM

This is a monthly group for adults between the ages of 18 and 40-ish 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

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

Empowered by Knowledge

EDUCATION

New Member Meetings

Register for ZOOM Fridays, January 7 and March 4 • 10:00 – 11:00 AM
or RSVP for LIVE session Tuesday, February 8 • 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.

From A to Zzzz

Thursday, January 27 • 6:00–7:30 PM Register for ZOOM
Join CSC Facilitator, Jennifer Dunn, MSW, LCSW, for a discussion about how cancer impacts sleep, the importance of sleep and optimizing your sleep practices.

De la A a la Zzzz

Lunes el 31 de enero • 6:00–7:30 PM Inscribes por ZOOM
Cancer Support Community-STL les invita a las personas interesadas en entender cómo el cáncer afecta el sueño que discute la importancia del sueño y la optimización de sus prácticas de sueño. En un taller gratuito e informativo dictado por la facilitadora de CSC, doctora Valentina Penalba, Ph.D, LMFT.

Frankly Speaking about Head and Neck Cancer

Tuesday, January 18 • 5:30–7:00 PM Register for ZOOM
This program kicks off a monthly networking opportunity for anyone impacted by head/neck cancer. This educational presentation was created for head & neck cancer patients in treatment as well as longer-term survivors and their caregivers. This program will cover how to cope with head & neck cancer-related challenges during treatment and during survivorship. Karen Banks M.Ed, LPC, facilitates this group. Presentation by Clinical Dietician, Kris Jeulfs, MS, RD, LD.



Cancer Risk in African Americans

Wednesday, February 23 • 6:30–7:30 PM
Register for ZOOM
Cancer Risk in African Americans Program is for patients, caregivers, survivors, and health care professionals. It focuses on understanding cancer risk among African Americans. Presenter Dr. Lanis Hall, MD, MPH, and CSC facilitator, Karen Banks, M.Ed., LPC, explain risk, screening tips, causes of risk, and prevention measures.

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

Coping with Emotional and Physical Pain with Mindfulness

Wednesday, March 9 • 6:00–7:30 PM Register for ZOOM
Coping with pain is a leading concern for people impacted by cancer. Pain can be rooted in the emotional or physical body as a result of cancer, treatment regimens and traumatic experiences. There are ways to cope with or alleviate pain by using mindfulness techniques and relaxation therapy. Join Jan Munro, LPC, in this informative and experiential presentation about pain and learn strategies to lessen the effects and cope. Be prepared to feel relaxed and comfortable.



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

Soup's On, Baby!

Tuesday, January 18 • Noon–2:00 PM
RSVP for LIVE session – Maximum 12 live participants
LOCATION: 131 W. Jefferson Avenue, Kirkwood Mo. 63122
Join, Caryn Dugan, STL VEG GIRL, as she demonstrates healthy plant-based soup options perfect for the winter season: White Bean and Sage Soup, Hearty Miso Soup and Chunky and Creamy Tomato Soup.

Cozy Cooking

Tuesday February 8 • 6:00–8:00 PM Register for ZOOM
Join instructor, Vicki Bensinger, as she demonstrates recipes sure to have you snuggled up on a cold winter evening. Healthy recipes for those in cancer treatment and recovery.

Mastering Your Energy with Food

Fridays, March 4, 11, 18 and 25 • 11:30 AM–1:30 PM

Register for ZOOM - Please commit to all four sessions

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

Topics covered in this program:

(every class includes cooking instruction)

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

Remember Your Hidden Love Notes

February 7 • 6:30–8:00 PM

RSVP for LIVE session – Maximum 12 participants

Join Amy Camie, therapeutic harpist and 2-time breast cancer thriver, on a playful journey of self-discovery. Come relax to healing harp music, travel inside with gentle meditations, and remember those hidden love notes only you can express. Suggested materials: journal, colored pencils, markers, or crayons, any type of paper you feel comfortable drawing on.

Art for Recovery **NEW DAY!**

Register for ZOOM – Monday, January 3 • 6:30–8:00 PM or

RSVP for LIVE session – Monday, February 7, and

Monday, March 7 • 6:30–8:00 PM –

Maximum 8 live participants

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

Second Tuesdays, January 11, February 8,
March 8 • 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

Mondays, February 21 and March 21 • 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 to promote healing.

Sanctuary

Third Thursdays, January 20, February 17,
March 17 • 6:00–7:30 PM **Register for ZOOM**

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.

Fun with Flower Confetti

Friday, March 18 • 11:00 AM–1:00 PM

RSVP for LIVE session – Maximum 10 participants

Create flower confetti while enjoying the textures and scents of dried flowers and herbs. Use this confetti to decorate objects and create art. This class is facilitated by Jeanne Carbone with the Missouri Botanical Garden.

JASON BRIGHTFIELD YOUNG ADULT PROGRAM

Wednesday, January 26, February 16 and
March 23 • 6:30–8:00 PM **Register for ZOOM**

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 JBYAP 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. This monthly group content addresses new roles, definition and transitions, healthy family and social relationships, and maintaining a sense of independence and autonomy.

Sustained by Community

SOCIAL CONNECTIONS

Craft Connection

Tuesday, January 25 • 6:30–7:30 PM

RSVP for LIVE session – Maximum 8 participants

Join us to learn card making techniques with volunteers Rhonda Travers and Linda Schreier. Participants will create 3–4 unique cards each time. Both beginners and experienced crafters welcome. Supplies provided. Limited space, so register early!



Whimsical Garden Sculptures

Monday, March 28 •
10:00AM–NOON

**RSVP for LIVE session –
Maximum 10 participants**

Join Jody Chassin to create colorful, whimsical sculptures made of wire, beads, and buttons. Use them in your potted plants, garden, or the CSC Inspiration Garden.

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

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



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			
<h1>JANUARY 2021</h1>														HAPPY NEW YEAR!	
<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>															
2		3		4		5		6		7		8			
Journey to Relaxation 7:30 PM Register for ZOOM		Art for Recovery 6:30 PM Register for ZOOM		Yoga 10:00AM Register for ZOOM Families Connect MG 6:30PM Register for ZOOM		Yoga 9:30 AM Register for ZOOM		Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG 6:30 PM Register for ZOOM		New Member Meeting 10:00 AM Register for ZOOM					
9		10		11		12		13		14		15			
				Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM		Yoga 9:30 AM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM		Lung Cancer MG 6:00 PM Register for ZOOM							
16		17		18		19		20		21		22			
CSC CLOSED				Yoga 10:00 AM Register for ZOOM Cooking Demo NOON RSVP for LIVE session 131 W. Jefferson Ave, Kirkwood Mo. 63122 Head/Neck Cancer MG and Frankly Speaking 5:30 PM Register for ZOOM		Yoga 9:30 AM Register for ZOOM		Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM							
23		24		25		26		27		28		29			
Pancreatic Cancer MG NOON Register for ZOOM				Yoga 10:00 AM Register for ZOOM Craft Connection 6:30 PM RSVP for LIVE session		Yoga 9:30 AM Register for ZOOM Jason Brightfield Young Adult MG 6:30 PM Register for ZOOM		Brain Tumor MG 6:30 PM Register for ZOOM From A to Zzzz 6:00 PM Register for ZOOM							
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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6	Journey to Relaxation 7:30 PM Register for ZOOM Art for Recovery 6:30 PM RSVP for LIVE session Remember Your Hidden Love Notes 6:30 PM RSVP for LIVE session	7	8	9	10	11
		Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM Cooking Demo 6:00 PM Register for ZOOM New Member Meeting 5:30 PM RSVP for LIVE session	Yoga 9:30 AM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM	Lung Cancer MG 6:00 PM Register for ZOOM		12
13	14	15	16	17	18	19
		Yoga 10:00 AM Register for ZOOM Head/Neck Cancer MG 5:30 PM Register for Zoom	Yoga 9:30 AM Register for ZOOM Jason Brightfield Young Adult MG 6:30 PM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM		
20	21	18	23	24	25	26
		Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Cancer Risk in African Americans 6:30 PM Register for ZOOM	Brain Tumor MG 6:30 PM Register for ZOOM		
27	28	<h1>FEBRUARY 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
MARCH 2021		Yoga 10:00 AM Register for ZOOM Families Connect MG 6:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM	Bereavement MG 6:30 PM Register for ZOOM Prostate Cancer MG 6:30 PM Register for ZOOM	New Member Meeting 10:00 AM Register for ZOOM Mastering Your Energy with Food 11:30 AM Register for ZOOM	
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6	Journey to Relaxation 7:30 PM Register for ZOOM Art for Recovery 6:30 PM RSVP for LIVE session	7	8	9	10	11
		Yoga 10:00 AM Register for ZOOM Stress Less 1:00 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Breast Cancer MG 5:30 PM Register for ZOOM Coping With Emotional and Physical Pain with Mindfulness 6:00 PM Register for ZOOM	Lung Cancer MG 6:00 PM Register for ZOOM		12
13	14	15	16	17	18	19
		Yoga 10:00 AM Register for ZOOM Head/Neck Cancer MG 5:30 PM Register for ZOOM	Yoga 9:30 AM Register for ZOOM	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM	Fun with Flower Confetti 11:00 AM RSVP for LIVE session	
20	21	22	23	24	25	26
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		Yoga 10:00 AM Register for ZOOM	Yoga 9:30 AM Register for ZOOM Writing Workshop 1:30 PM Register for ZOOM			

TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSC change the lives of cancer patients and their families. The following reflects tribute gifts received from July 1, 2021 through September 30, 2021. We apologize for any omissions or errors.

IN HONOR OF:

RICHARD AND SHARON COHEN
Robert and Sheila Cohen

RICK HALPERN
Judy and Gil Grand

SASHA KEMP
*Joseph Kemp
Michael Moore*

GARY MORRIS
Cynthia Seltzer

ED AND DEBBIE MUSEN
Joe Goldberg

IN MEMORY OF:

CHARLES GILLESPIE
Beth Frohlichstein

MARTY KRESS
Marty and Merle Oberman

JOSEPH MANNO
Teresa Tighe

DOROTHY SCHNEIDER
Tom and Sheri Schweizer

SANDY WILICK
Steve Litzman

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:

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.



We are grateful to Christine Huffman for her generous heart.

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



Our evening Emcee Y98's Julie Tristan and Raising Paddles Auctioneer Shannon Mays.

At Cancer Support Community of Greater St. Louis, we recognize that HOPE is critically important to cancer patients, their families and their caregivers. Over the past 28 years, Cancer Support Community of Greater St. Louis has been providing that HOPE to those impacted by cancer in our community. On October 6 and 7, our community joined us in raising more than **\$320,000** at our annual **HOPE AFTER DARK—A Day to Give. A Night to Celebrate** fundraising campaign. A Night to Celebrate VIP sponsor event culminated on October 7 at **PALM Health**. Y98's **Julie Tristan** emceed the night as we celebrated leaders in our community who have made a difference in the lives of people impacted by cancer by presenting our **2021 Marsha Wolff and Tina Borchert Inspiration Award to Cancer Support Community Honorees the Smith Family & Waterway Carwash.**

Because of our tremendous sponsors and donors who provided a spark of hope, Cancer Support Community of Greater St. Louis can continue to keep its virtual and physical doors open to provide the vitally important psychosocial programs to those eager to find emotional support, educational resources, friendships and understanding from those who share in their journey.



Congratulations to our 2021 Marsha Wolff & Tina Borchert Inspiration Award Recipients: The Smith Family and Waterway Carwash!



Andy and Jessica Millner



Charlie and Joyce Woodard



Paul West, Emily Coen, Matt Coen



Peggy Scott, Todd Smith, Lori Thaman



Sherry, Todd, Kim and Gary Wolff

HOPE AFTER DARK SPONSORS

hope after dark

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KUHN FOUNDATION

Donors of Knowledge



LAND DYNAMICS INC.
Full Service Real Estate Solutions

Donors of Action



ROTONDA FOUNDATION



Edward Jones



EXPRESS SCRIPTS



SITEMAN CANCER CENTER



SAM AND MARILYN FOX FOUNDATION

Donors of Community



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WISDOM. FAITHFULNESS. SERVICE.



J.P. Morgan



POLSINELLI



SAINT LOUIS UNIVERSITY CANCER CENTER

Donors of Mission



The O'Connor Group
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SCOTSMAN COIN & JEWELRY



Alliant



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DESIGN RENOVATION CONSTRUCTION

Beacon of Hope

GARY AND SHERRY WOLFF
TODD AND KIM WOLFF

Light of Hope

EMILY AND MATT COEN
MERLE FOX
PAM AND KENNY LESTER
TOM AND KAREN STERN

Ray of Hope

NANCY AND DICK ARNOLDY
RANDY AND NANCY GREEN
KIM KUEHNER
JESSICA AND ANDY MILLNER
CHUCK AND JEAN NASLUND
PEGGY AND MIKE NELSON
PEGGY AND JERRY RITTER
NANCY PARKER TICE AND PAUL TICE
CHARLIE AND JOYCE WOODARD

Spark of Hope

STEVE AND CHRISTI CALLAHAN
JAN AND JEFF DICKE
ALISON AND JOHN FERRING
BARRY AND SHARON FRIEDMAN
RICK AND DEBY HALPERN
BRAD AND RHONDA KLOEPPPEL
BARRY AND DEBBIE KOENEMANN
KEN AND NANCY KRANZBERG
MICHELLE AND EPHRAIM MUFSON
REBECCA AND PAUL ROMINE
TIMOTHY AND JULIE STERN

Twinkle of Hope

EROL AND SALLY AMON
MITCH AND LYNDIA BARIS
SAM AND SHIRLEY BLUESTEIN
DOUG AND ANN BROWN
DONNA AND BOB COHEN
LYNN AND MARY CUNNINGHAM
JENNIFER AND JONATHAN DEUTSCH
TIM AND ELLEN FOX
CAROLYN AND MATT GOLLUB
MARK AND JULIE GRIMM
JENNIE AND MATT GUEST
KAREN HANDELMAN AND MARC HIRSHMAN
WENDY AND NEIL JAFFE
JIM AND AMY KALISHMAN
NANCY KRAMER
MICHAEL LOWENBAUM
SUE MATLOF
COLIN AND MEGAN MEADOWS
ROB AND JOY MILLNER
ED AND DEBBI MUSEN
MARTY AND MERLE OBERMAN
ANN AND TIM PLUNKETT
TERRY AND GINA ROGERS
BILL AND KELLY ROLLER
ROB AND RANDEE ROMANOFF
THE RUBIN FAMILY
PEGGY SCOTT
SARA SINDELAR
STACY AND GREG SIWAK
TODD SIWAK AND GIANNA JACOBSON
KEN AND MARILYN STEINBACK
STEVE AND ERIN STEINBRUEGGE
SCOTT AND NICOLA STERN
JEFF AND KARI TILL
CRAIG AND PAM TODER
MARTIN WICE
JUSTIN AND JULIA WOODARD

RADIO SPOTLIGHT

KEZK, KFTK, KMOX, KYKY,
WFUN and WHHL





SAVE THE DATE!

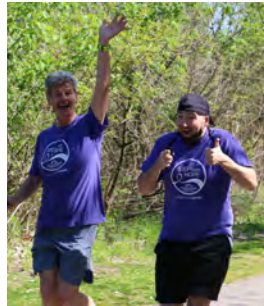
Saturday, May 7, 2022
Creve Coeur Park in Sailboat Cove
1 mile or 3.7 mile walk or fun run

Join us for our 24th Steps For Hope Walk to celebrate survivorship, honor loved ones, and support Cancer Support Community of Greater St. Louis. Invite your family, friends, and coworkers to take their own STEPS FOR HOPE! Together we can make a difference in the lives of people in our community living with cancer.

Day Includes:

Community, Kids Activities, Entertainment, Food, Raffle, Tribute Signs to honor loved ones, and more!

**Check out our website for
registration to open early 2022!**



WALK. RUN. INSPIRE.

WHAT OTHERS ARE DOING FOR CSC



Waterway Carwash

Waterway Carwash has raised awareness and funds for Cancer Support Community of Greater St. Louis for the past 9 years during Breast Cancer Awareness Month. They accept donations at any of their 7 St. Louis full-service locations during the month of October in order to support those facing cancer.

Thank you, Waterway staff and customers! Because of your support, Waterway Carwash has donated over \$20,000 since 2012!

Lasalle Springs Middle School

Lasalle Springs Middle School held an "October Do Good Challenge" fundraiser during breast cancer awareness month to support those on the journey to beat cancer! **Thank you staff and students who bought Breast Cancer shirts, ribbons, and wore pink throughout October!**

"It is amazing to see all the kids wearing pink and participating in spirit week this week. At the beginning of the week my students told me it is weird to dress up and it isn't cool, and today those same kids are rocking either pink or western! We make a difference!"
– Nicole, teacher

Eureka High School



A big thank you to Eureka High School for donating \$1,600 to Cancer Support Community of Greater St. Louis! We are so grateful for everyone that ordered pink

sweatshirts during the month of October to support people impacted by cancer in our community.



Marmi

Marmi supported Cancer Support Community in honor of breast cancer awareness during the month of October. They dedicated the QUIETO shoe, a classic white sneaker with light pink faux-fur trim and donated 10% of all online purchases back to Cancer Support Community. **Thank you Marmi for your support!**

STAFF

Contact Us @ 314.238.2000

EXECUTIVE DIRECTOR

Lori Thaman, ext. 223

PROGRAM DIRECTOR

Dannielle Hodges, MSW, LCSW, ext. 228

DEVELOPMENT DIRECTOR

Sharon K. Clark, ext. 235

DEVELOPMENT AND COMMUNICATIONS MANAGER

Amanda Corcoran, ext. 231

ADMINISTRATIVE ASSISTANT

Emma Winston, ext. 240

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Karen Banks, MEd, PLPC

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Jennifer Dunn, MSW, LCSW

Dannielle Hodges, MSW, LCSW

Susie McGaughey, LPC, ATR

Julie Matkin, 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.*

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Emily Coen, MSW

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