



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
for more details

What's Inside:

Page 2	Families Connect
Page 3	Support and Monthly Groups
Pages 4-5	Workshops
Page 6	Workshops and Movement Classes
Page 7	October Calendar
Page 8	November Calendar
Page 9	December Calendar
Page 10	Tributes
Page 11	Hope After Dark
Page 12	New Board Members
Page 13	Ed Musen Book
Page 14	CSCSTL Young Professionals
Page 15	How You Can Support CSCSTL
Page 16	What Others Are Doing

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

Family New Member Meeting

This personalized program focuses on building awareness about how to carry out conversations about cancer diagnosis and treatment within a family. Learn what kids know about this condition at different ages, how to talk about cancer, tips for answering common questions, ways to help your child, and additional resources. Contact Kelly O'Neal to schedule your session! Adults only or adults and children welcome. Daytime and some evening availability. ZOOM or LIVE Sessions available. 314-238-2000 ext. 353 or koneal@cancersupportstl.org.



STRESS MANAGEMENT

Healing in Music – RSVP for LIVE Session

Wednesday, November 16 • 6:30–8:00 PM

Music Therapists for Kids Rock Cancer will talk about ways music helps us feel better and will lead participants in the songwriting process!



SOCIAL ACTIVITIES

Gingerbread Circus Tent!

RSVP for LIVE Session

Wednesday, November 30 • 6:30–8:00 PM

A new spin on a classic program! Join teaching artist Maria Ojascastro in making a Gingerbread circus tent using ice cream waffle bowls, animal crackers, graham crackers, icing and candy. If you like messy, imperfect, and fun creations, this is the event for you!



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

RSVP for LIVE Session

Fourth Tuesday each month • 6:30–8:00 PM *(NO DEC GROUP)*

This is an opportunity for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer. Dinner will be provided.

BRAIN TUMOR MONTHLY GROUP

Register for ZOOM

Fourth Thursday each month • 6:30–8:00 PM *(NO NOV/DEC GROUP)*

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 or RSVP for LIVE Session

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 *(NO DEC GROUP)*

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 *(NO DEC GROUP)*

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 *(NO DEC GROUP)*

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, October 5, November 2, December 7 • 5:30–6:30 PM

or **RSVP for LIVE Session:** Fridays October 21 & November 18 (NO DEC SESSION) • 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.

Lunch and Learn: Demystifying Lymphedema



Tuesday, October 18 • NOON–1:00 PM – **Register for ZOOM**

Join us on your lunch break for a presentation by physical therapist and certified lymphedema therapist, Janice Elsenraat, to learn the risk factors of lymphedema, how to identify it, risk reduction practices, and understanding treatment options.

Frankly Speaking About Metastatic Breast Cancer



Tuesday, October 25 • 6:00–7:30 PM – **Register for ZOOM**

People living with metastatic breast cancer have unique physical, emotional, and informational needs that are often not met. This workshop aims to fill that void. This workshop is for people living with metastatic breast cancer and their loved ones to learn to manage the physical and psychological effects of the disease and its treatment.

Eating Well – For People Impacted By Cancer



Tuesday, November 15 • 6:00–7:30 PM – **Register for ZOOM**

Upon completion of this workshop delivered by Registered Dietician, Jennifer Cuddeback, participants will be able to:

- Understand why nutrition is an important part of cancer treatment and survivorship
- Understand how to manage common cancer eating problems during treatment and into survivorship
- Learn where to find additional resources for nutrition with cancer

Managing Worry and Depression When Impacted By Cancer



Wednesday, December 7 • 6:30–7:30 PM

Register for ZOOM

Cancer related worry and depression are common side effects of cancer for both patients and their loved ones. This distress can be increased due to the seasonal change and holidays. Join Jennifer Abel, Ph. D as she helps to untangle the culprits of seasonal depression: holiday related worries, shorter days, and cold weather. She will provide worry management strategies and how to help apply them specifically to holiday related concerns. Ways to manage the physiological effects of seasonal depression and “cabin fever” will also be discussed.

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

Food For Life – Nutrition Support For People Impacted By Breast Cancer

Tuesday, October 11 • 6:30–8:00 PM

RSVP for LIVE Session or Register for ZOOM

Caryn Dugan, certified Food for Life Instructor, combines education and cooking instruction in this class based on information from the Physicians Committee for Responsible Medicine. Learn how food choices impact breast cancer and how to reduce your risk of developing cancer or recurrence. You will learn to make dishes loaded with immune boosting ingredients and foods to help your body rid itself of toxins.

Simply Squash

Tuesday, November 8 • 6:00–8:00 PM

Register for ZOOM

Cooking with squash does not have to be intimidating. Learn how easy and versatile squash can be by creating simple recipes using seasonal produce and herbs. The recipes demonstrated by instructor, Artines Smith, are great for Thanksgiving or anytime this winter season. All recipes are vegan and allergen free.

InkWell

Mondays • 5:30–7:30 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, October 3, November 7, December 5 • 6:30–8:00 PM
[RSVP for LIVE Session](#) or [Register for ZOOM](#)

Discover the vibrant relationship between creative expression and well-being. 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.

- **October 3 - Exquisite Corpse:** "Exquisite corpse" is a method by which a collection of words or images is collectively assembled. Art for Well-being specialist, Maria Ojascastro, will show you a video for inspiration of St. Louis artists working in this method. Then, everyone will complete a composition with the contribution of all the other participants.
- **November 7 - Starry Night:** We'll take inspiration from Van Gogh's Starry Night and use silhouettes of favorite cities to turn your compositions into a contemporary watercolor. A relaxing evening for both novice and experienced artists.
- **December 5 - Paper Dolls of 2022:** We'll use figure drawing templates and collage materials to create contemporary paper dolls. Teaching artist, Maria Ojascastro, will encourage participants to envision an "in your wildest dreams" holiday fashion and will provide lots of inspiration. Appropriate for both beginners and experienced artists.



Stress Less

Second Tuesdays, October 11, November 8, December 13 • 1:00–2:30 PM

[RSVP for LIVE Session](#) or [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

October 17 & November 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 promote healing.

Sanctuary

Third Thursdays [Register for ZOOM:](#)

October 20 and December 15, • 6:00–7:30 PM

or [RSVP for LIVE Session:](#) November 17 • 6:00–7:30 PM

Mark Biehl, Certified Vibrational Sound Coach, hosts this blissful journey with Tibetan singing bowls, chimes, flute and voice. Elements of breathwork, guided reading, and chanting enhance and direct your experience to a higher level.

Winter Door Swag

Friday, November 18 • 11:00 AM–1:00 PM

[RSVP for LIVE Session](#)

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

JASON BRIGHTFIELD YOUNG ADULT PROGRAM

Wednesdays, October 19, November 16 and December 14 • 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 cancer-young adult caregivers and bereaved are welcome as well. Sessions include a specific activity and 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 for more information on JBYAP!

- **October 19: Dating and Relationships with sex therapist Karen Banks M.Ed., LPC**
[RSVP for LIVE Session](#)
- **November 16: Book Club-*Mexican Gothic* by Silvia Moreno-Garcia**
Kelly will have copies to check out!
[RSVP for LIVE Session](#)
- **December 14: Holiday Dinner**
[RSVP for LIVE Session](#)

Generously supported by The Staenberg Family Foundation and the Joel and Rachael Brightfield Family.

SOCIAL CONNECTIONS

Braided Rugs

Wednesday, October 26 • 6:30–8:00 PM

[RSVP for LIVE Session](#)

Join us for an eco-friendly project: a braided rug with no sewing skills required! Please bring either 2 old bed sheets (flat or fitted) or two yards of similar weight cotton or poly-cotton blend fabric. You will learn how to prepare your fabric strips and begin your project. You will not leave with a completed rug but will be well on your way after plenty of time to practice and can complete it at your leisure.



Craft Connection

Tuesday, November 1st • 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.

Holiday Paper Crafting

Friday, December 9 • 12:30–2:00 PM

[RSVP for LIVE Session](#)

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

Journey to Well-being

Learn available dates by contacting:

jeanne.carbone@mobot.org

The Journey to Well-being is an intentional walking program in the Japanese Garden at Missouri Botanical Garden. The program is designed to improve well-being through a deeper connection with nature. The program consists of 3 meetings, a guidebooks and walks completed by participants on their own schedule.

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.

Yoga Nidra

Mondays Oct. 10, Nov. 14, and Dec. 12 • 6:30–7:30 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

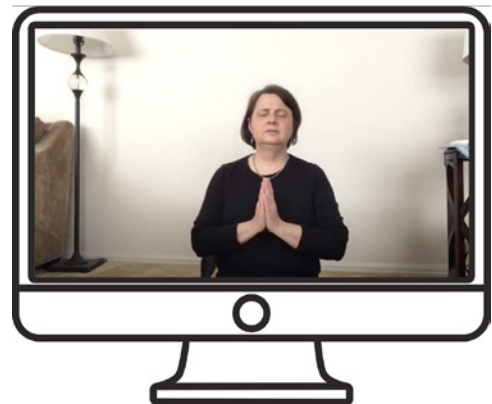
[Register for ZOOM](#) or [RSVP for LIVE Session](#)

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>  </div> </div>						
						1
2	InkWell 5:30 PM Register for ZOOM Art for Wellbeing 6:30 PM Register for ZOOM or RSVP for LIVE Session	Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session 4	Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM 5	Prostate Cancer MG 6:30 PM RSVP for LIVE Session 6	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 7	8
9	InkWell 5:30 PM Register for ZOOM Yoga Nidra 6:30 PM Register for ZOOM	Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Stress Less 1:00 PM Register for ZOOM or RSVP for LIVE Session Food for Life - Nutrition Support for People Impacted by Breast Cancer 6:30 PM Register for ZOOM or RSVP for LIVE Session 11	Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer MG 5:30 PM Register for ZOOM or RSVP for LIVE Session 12	Lung Cancer MG 6:00 PM Register for ZOOM 13	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 14	15
16	InkWell 5:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM or RSVP for LIVE Session Energy 101 6:30 PM Register for ZOOM 17	Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Lunch and Learn: Demystifying Lymphedema NOON Register for ZOOM Head and Neck Cancer MG 5:30 PM Register for ZOOM 18	Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session Jason Brightfield Young Adult Program 6:30 PM RSVP for LIVE Session 19	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship MG 6:30 PM Register for ZOOM 20	New Member Meeting 10:00 AM RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 21	22
23	Pancreatic Cancer MG NOON Register for ZOOM InkWell 5:30 PM Register for ZOOM 24	Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Frankly Speaking About Metastatic Breast Cancer 6:00 PM Register for ZOOM Bereavement MG 6:30 PM Register for ZOOM or RSVP for LIVE Session 25	Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session Braided Rugs 6:30 PM RSVP for LIVE Session 26	Brain Tumor MG 6:30 PM Register for ZOOM 27	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session 28	29
30	InkWell 5:30 PM Register for ZOOM 31					

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2022 		1 Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Craft Connection 6:30 PM Register for ZOOM or RSVP for LIVE Session	2 Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM	3 Prostate Cancer MG @ Mercy 6:30 PM Register for LIVE Session RSVP for LIVE Session	4 Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	5
6	7 InkWell 5:30 PM Register for ZOOM Art for Wellbeing 6:30 PM Register for ZOOM or RSVP for LIVE Session	8 Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Stress Less 1:00 PM Register for ZOOM or RSVP for LIVE Session Simply Squash 6:00 PM Register for ZOOM	9 Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer MG 5:30 PM Register for ZOOM or RSVP for LIVE Session	10 Lung Cancer MG 6:00 PM Register for ZOOM	11 Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	12
13	14 InkWell 5:30 PM Register for ZOOM Yoga Nidra 6:30 PM Register for ZOOM	15 Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Head and Neck Cancer MG 5:30 PM Register for ZOOM Eating Well – For People Impacted by Cancer 6:00 PM Register for ZOOM	16 Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session Jason Brightfield Young Adult Program 6:30 PM Register for LIVE Session Families Connect-Healing in Music 6:30 PM Register for LIVE Session	17 Sanctuary 6:00 PM Register for LIVE Session Transition to Survivorship 6:30 PM Register for ZOOM	18 New Member Meeting 10:00 AM Register for LIVE Session Winter Door Swag 11:00AM Register for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	19
20	21 InkWell 5:30 PM Register for ZOOM Energy 101 6:30 PM Register for ZOOM Gynecological Cancer MG 6:30 PM Register for ZOOM or RSVP for LIVE Session	22 Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Bereavement MG 6:30 PM Register for ZOOM or RSVP for LIVE Session	23 Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session	24 CSC CLOSED	25 CSC CLOSED	26
27	28 InkWell 5:30 PM Register for ZOOM Pancreatic Cancer MG NOON Register for ZOOM	29 Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session	30 Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Families Connect - Gingerbread Circus Tent! 6:30PM Register for LIVE Session	<h1>NOVEMBER</h1> <p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE</p>		

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<h1>DECEMBER 2022</h1> <p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE</p>						
4	InkWell 5:30 PM Register for ZOOM Art for Wellbeing 6:30 PM Register for ZOOM or RSVP for LIVE Session	5	Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM Managing Worry and Depression When Impacted by Cancer 6:30 PM Register for ZOOM	Prostate Cancer MG @ Mercy 6:30 PM RSVP for LIVE Session Lung Cancer MG 6:00 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session Holiday Paper Crafting 12:30 PM RSVP for LIVE Session	3
11	InkWell 5:30 PM Register for ZOOM Yoga Nidra 6:30 PM Register for ZOOM	12	Yoga with Elise 10:00 AM Register for ZOOM or RSVP for LIVE Session Stress Less 1:00 PM Register for ZOOM or RSVP for LIVE Session Yoga with Kate 9:30 AM Register for ZOOM or RSVP for LIVE Session Yoga with Donna 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer MG 5:30 PM Register for ZOOM or RSVP for LIVE Session Jason Brightfield Young Adult Program 6:30 PM RSVP for LIVE Session	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM	Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	17
18	CSC CLOSED	19	CSC CLOSED	CSC CLOSED	CSC CLOSED	 24
25	CSC CLOSED	26	CSC CLOSED	CSC CLOSED	CSC CLOSED	31
		20	21	22	23	
		27	28	29	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 April 1, 2022 through June 30, 2022. We apologize for any omissions or errors.

IN HONOR OF:

ANNA BELL

Michelle Ripperda

CHARLIE BOHANNAN

Doris Bohannan

JILL BRIGHT

Charlie and Jill Bright

LYNN CUNNINGHAM

Marcella Donovan

MARY CUNNINGHAM

Marcella Donovan

CAROLYN GOLLUB

*Jeffrey Bogard
Lisa Cohen
Elizabeth Wright*

FARILYN HALE

*Melissa Bock
Stefanie Virgin*

SHEILA HYATT

Jan Fishman

RHONDA KLOEPEL

*Nora Bocknora
Pam Curry
Cheryle Katz
Linda Tobar*

EMILY COEN

Vicki and Barry Singer

MATT COEN

Vicki and Barry Singer

JESSICA MILLNER

Andy and Denise Goldfarb

ED MUSEN

Louise and Rick Rovak

MARTY OBERMAN

Donna and Bob Cohen

MERLE OBERMAN

Donna and Bob Cohen

JULIE SANDLER

Bill and Sandra Peck

MONTE SANDLER

Bill and Sandra Peck

PEGGY SCOTT

Lisa Holley

BOBBIE TOLPEN

*Susan Proctor
Carol Stecher*

IN MEMORY OF:

TERRA BELT

Donna Siebels

MARK HARRISON BILLY

Michael Weber

JASON BRIGHTFIELD

Pete Weir

BOB BROD

Steve and Diane Weinstock

GRACIE BROD

Steve and Diane Weinstock

STANLEY FELDMAN

Rick and Deby Halpern

JOHN FUDEMBERG

Donna and Bob Cohen

SHEILA GLAZER

Carl Maloni

SUZANNE HAGAN

Joseph Hagan

MICHAEL HOLBROOK

*Dede Berg
Darren Boehlje
Commerce Bank
Michael and Denise Garavaglia
Harold Gast
Lyndsay Klein
Morri Lammert
Greg and Lisa Lauter
Lewis Rice
Jane Moul-Rogler
Bob and Ellen Nickrent
Rod and Peggy Pearlline
Randye Rosser
Donna Schutz
Iris Shepard
Michael Steinberg
Jody and Mickey Waldman
Jeffrey Winnick*

JIM IRWIN

Kathleen Irwin

LAURIE KULLMANN YOUNG

*Ruben Barajas
Jeff Binz
Carroll Family
Marilyn Haldiman
Allison Marshall
Lori Schonebaum
Giorgio Zanardi*

TONY MCDONALD

Mary Frank

GARY NELLING

*Nancy Burstein
JoAnna Edwards
David German
Barbara Hartnett
Jaypam Hellwege
Craig Kaintz
Kari Kusek
Steve Lichtenfeld
Adam Milton
Kathleen Standley
Linda Swaty
Lynn Working*

PEGGY NELSON

*Sharon Bateman
Jack and Frances Bookey
Ashley Burke
Rebecca Carr
Lynn Cline
James and Pamela Crane
Eric and Jamie Edstrom
Chris Filcoff
Lawrence and Debbie Glynn
Carolyn and Matt Gollub
Rick and Deby Halpern
Donna Jeffe
Denny King
Neal Klasing
Linda Lucas
Don and Carolee Martin
Sally Matheson
Jessica and Andy Millner
Michelle Mills
Lisa Moons
Stuart and Stacey Morse
Chuck and Jean Naslund
Carl and Jill Nelson
Shane Nelson
Marty and Merle Oberman
Tina OToole
Kay Pancheri
John Peterson
Judith A Piatcheck
Marilyn Rask
Don and Barbara Rubin
Tammy Sonn
William Sornberger
Michael Staenberg
Renee Stephan
Eric Strand
STL Style
Dana Yelen-Ladani*

PAM REZEX

*Brenda Alvarez
Nancy Anderson
Tara Blunt
Tony Edmonds
Lindsey Godar
Debbie Gray
Payne Lara
Lana Lewis
Sue and Hugh O'Brien
Jonash Parker
Regina Rezex
Doug Smith
Bob Wesling
Andrew Workman*

BOB SCHUTZ

*Karen Carothers
Kimberly Erickson
Sarah Otten
Geri Peters
Katie Schlereth
Sinclair & Rush, Inc.
Joe and Mary Kay Spencer
Cheryl and Richard Yehling*

PAT STADICK

Sue Carney

SCOTT WHITEAKER

Tammy Beidle

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
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.



Mark your calendar!

October 6, 2022

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 two **Day to Give** match days and culminates into **A Night to Celebrate** VIP sponsor event on October 6 at PALM Health.

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

Be a spark of Hope in our community and join us on September 14 and October 4 for these very important Days to Give. Every dollar you donate on September 14 and October 4 will be matched and go directly to CSCSTL to help fund critically important programs to people eager to find support, education, social connections and HOPE. Your gift stays in the St. Louis area to help fund our programs which are offered at no charge to individuals and families impacted by cancer.

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



NEW BOARD MEMBERS

Cancer Support Community of Greater St. Louis is thrilled to welcome our newest board members!



Karen Dupske

Karen, principal at Daugherty Business Solutions, joined the board after utilizing the programs and services offered by CSCSTL. Karen will be influential in helping us expand our Equity, Diversity and Inclusion task force by expanding program and partnerships to meet the needs of under-resourced and under-represented populations.



Jonelle Lofton

Jonelle, director of project management at Evernorth, brings years of development and marketing experience to CSCSTL. Jonelle will help in growing development event campaigns and avenues of fundraising as well as provide strategic insights to the marketing outreach.



Hellen Nelling

Helen, a retired compensation and benefits director, is currently the Board President of the University City Library. Helen brings to CSCSTL tremendous expertise in the areas of human resources, employment law and strategic planning. Helen will serve on the board Governance and Nomination committee and will be active in helping us develop and rollout Cancer In the Workplace, a program where employers provide CSCSTL information and services as part of their open enrollment benefits package.



Tanisha Staniel

Tanisha, assistant principal at Maple Richmond Heights School District, brings 14+ years of experience in education and will be involved with expanding our Families Connect programming and marketing outreach efforts. She will also help with our Equity, Diversity, and Inclusion task force.



Doug Thaman

Doug, executive director at North Side Community School, has served as a teacher and administrator, an adjunct professor educational consultant and was the founding executive director of St. Louis Charter School located in South St. Louis City. He will be instrumental in expanding our family programming and will also serve on the Equity, Diversity and Inclusion task force.

ED MUSEN BOOK

Ed Musen, CSCSTL board member, publishes book on Imo's marketing success, with proceeds benefitting Cancer Support Community of Greater St. Louis!

Marketing Beyond Compare

How I Built Imo's And Other Iconic Brands



By Steven E. (Ed) Musen

Portions of the proceeds of the sale of this book will be donated to
Cancer Support Community of Greater St. Louis

A big thank you to Ed for sharing his talents and donating a portion of the proceeds of the sale of the book back to Cancer Support Community of Greater St. Louis.



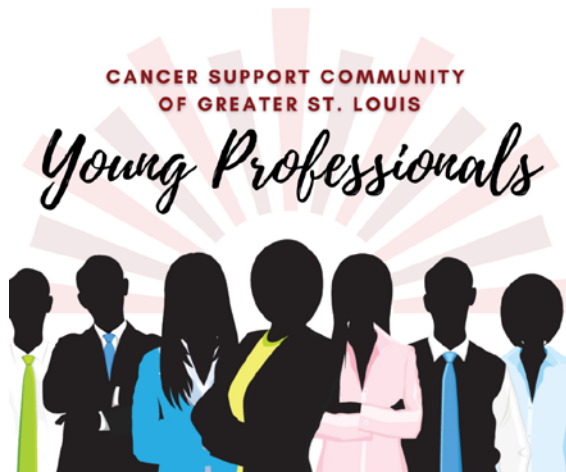
Marketing Beyond Compare explains how to create and implement local and regional advertising campaigns based upon Musen's almost five decades of experience in marketing. Musen explains how his background, education and singular focus led him to work with and help build success for some of the best-known firms in the St. Louis area and beyond. Through his creative process and practical marketing principles, he provides step by step procedures on how to develop and implement advertising campaigns. Dozens of storyboards, radio scripts and print ads help to illustrate this process and the results.

Ed Musen has more than 45 years' experience in the advertising and marketing field. He has worked in virtually every area of the business including creative, media, account service and public relations. He has worked on and serviced hundreds of types of accounts from retail to business to business, from local and regional to national accounts. He has a particular niche of experience in the fast food, cable and automotive industries.

For complete information on Marketing Beyond Compare please visit media4mediastl.com.

CSCSTL YOUNG PROFESSIONALS

Cancer Support Community of Greater St. Louis Young Professionals



Who are the CSCSTL Young Professionals?

CSCSTL Young Professionals is a dynamic group of young professionals who are dedicated to supporting people who are impacted by cancer.

Our primary focus is to support CSCSTL's mission to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community through its five pillars of support: professionally led support groups, educational workshops, healthy lifestyle and stress-management classes, social connections, and resource and referral.

We support and rally around CSCSTL because CSCSTL is unlike any other cancer support organization in St. Louis by providing a comprehensive array of no-cost support programs to people impacted by all types of cancer, and at all stages of the cancer journey. We support and rally around CSCSTL because CSCSTL truly provides a sense of community and hope to those impacted by cancer during one of the most challenging times.

CSCSTL Young Professionals meets monthly to discuss strategic initiatives ranging from expanding CSCSTL's public awareness, to fundraising, to tactical execution of events.

Some of the ways Young Professionals can make a difference at CSCSTL:

- Support the CSCSTL Board by participating in the development, planning, and execution of CSCSTL fundraising campaigns
- Help ensure that CSCSTL's programming continues to be available at no cost to participants by generating revenue through CSC Young Professional fundraisers
- Identify and promote third party fundraising opportunities
- Support the CSCSTL Board by identifying potential corporate, individual, and legacy donors
- Identify new fundraising opportunities
- Build awareness and promote CSCSTL throughout the St. Louis area

Benefits of being a CSCSTL Young Professional:

- Gain leadership experience and add meaningful community involvement to your resume
- Network with other young professionals
- Opportunity to connect with community leaders
- Your personal and professional talents are being utilized and expanded
- Satisfaction in knowing that you are helping to provide hope to those impacted by cancer

Become a CSCSTL Young Professional Today!

CSCSTL Young Professionals Board is actively seeking diverse, engaged young professionals in the St. Louis area to join us in being champions of Cancer Support Community of Greater St. Louis.

For more information on CSCSTL or CSCSTL's Young Professionals, or to submit your resume for consideration, email us at info@cancersupportstl.org.

HOW YOU CAN SUPPORT CSCSTL

Cancer Support Community of Greater St. Louis is exclusively funded by donations from individuals, family and private foundations, corporations, and special event fundraisers.

To help us keep our programs free, we need your help! Please donate or check out the other ways you can support Cancer Support Community of Greater St. Louis below.

Year End Donation



Finish the year feeling great about supporting the participants at Cancer Support Community of Greater St. Louis while giving yourself a “gift” with tax savings! Please check with your tax advisor since your charitable contributions may be tax deductible.

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.

Supporting CSCSTL is part of who I am. For that reason, I chose to give monthly so my support would become part of our monthly budget. I never have to think about writing a check, but when I get my email verification each month, I do think about all in our community struggling with cancer and I am grateful to be able to help. – Tim Fox

Retirement Assets



You can name the Cancer Support Community of Greater St. Louis as a beneficiary of your IRA, retirement or pension plan. If you are 70½ or older, you may be able to make a tax-free transfer up to \$100,000 from your IRA directly to CSC. If you take a required minimum distribution, you can

also make a tax-free transfer! Please consult with your financial advisor for details.

Leave Your Lasting Legacy



Including a charitable bequest in your will is a simple way to make a lasting gift to Cancer Support Community of Greater St. Louis and help ensure our future. You can leave a bequest to CSCSTL by adding it to an existing will, drafting a new one or simply naming Cancer Support Community of Greater St. Louis as a beneficiary of a life insurance policy or retirement assets. In doing so you leave a legacy to Cancer Support Community of Greater St. Louis to help ensure our future yet preserve and enjoy assets you might need during your lifetime. Plus, the assets distributed to CSCSTL are exempt from estate tax. *We recommend that you consult with your tax advisor or financial planning professional.*

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.

Matching Gifts



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



WHAT OTHERS ARE DOING FOR CSC



Host a Fundraiser

Thank you to the students in the Women's Health classes at **Ursuline Academy**! Students created signs for shirts, sweatshirts, stickers and rubber wrist bands to support early detection of women's cancers. We are so inspired by your creativity and commitment to bringing awareness to women's cancers and supporting the programs and participants at Cancer Support Community of Greater St. Louis!

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. Get creative or check out our website to see some of the FUNdraisers others are doing in our community.

Design/Layout: KA Design

STAFF

Contact Us @ 314.238.2000

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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

Stephanie Hepler - x. 350

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Karen Banks, MEd, PLPC

Jennifer Dunn, MSW, LCSW

Sandy Dillion, MSW, LCSW

Dannielle Hodges, MSW, LCSW

Julie Matkin, MSW, LCSW

Haylee Nix, LMSW

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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.*

PROFESSIONAL ADVISORY GROUP

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Peggy Nelson (posthumous)