



# CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

*Supporting Our Community for* **30** *Years*

STEPS FOR  
HOPE

25  
YEARS

**Saturday, May 6, 2023**  
See page 10 for more info!

**Celebrate CSCSTL's  
30<sup>th</sup> Birthday**  
See page 11 for more info!

**JUNE  
8**

## What's Inside:

ALL SERVICES OFFERED AT  
**NO CHARGE!**

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# Families CONNECT

## THE WHOLE FAMILY, THE WHOLE TIME

A program for the whole family when a parent, grandparent, or adult relative has cancer, as well as families experiencing the loss of a loved one to cancer.

Funding for this program is provided in part by the *Saigh Foundation* and *St. Louis Blues For Kids*.

### Family New Member Meeting

This meeting focuses on your specific needs as a family. Learn what kids understand about cancer at different developmental stages, answer common questions, navigate grief, and ways to support each other. Contact Kelly O'Neal at 314-238-2000 ext. 353 or [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) to schedule a live or Zoom session! Adults and children welcome.

### Cut, Collage, Create

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

Thursday, April 13 • 6:00–8:00 PM

(Dinner provided 6:00–6:30 PM to in-person participants)

In this workshop, families will turn textures, colors, words and images into a work of art. Both novice and experienced artists will enjoy stretching their creativity with teaching artist Maria Ojascastro. We'll supply all the materials—just bring your creativity!

### Families Connect Tent at Steps for Hope!

Saturday, May 6 • 9:00 AM

Join us for games, activities, and giveaways that give you a taste of the fun and support you will find at our Families Connect programs! **Stay tuned for special guests!**

### Family Yoga and Art with Heart

**RSVP for LIVE Session**

Wednesday, May 17 • 6:00–8:00 PM

(Dinner provided 6:00–6:30 PM)

Join us for an evening of meals, movement, and meaning! 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. We will also provide a session of making therapeutic art for families to take home or donate to other members of CSC and making birthday cards for CSC STL's 30th Birthday in June!

**Families and Young Adults: Interested in 1:1 support/counseling? Check out Page 3!** 

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



*A group for adults 18-40ish to find support and community while navigating cancer-young adult caregivers and bereaved are also welcome.*

### Missouri Botanical Garden Visit

**RSVP for LIVE Session**

Thursday, April 13 • 5:00–7:00 PM

(Dinner provided 5:00–5:30 PM)

4344 Shaw Blvd, St. Louis, MO 63110

Enjoy an intentional walk designed to slow your pace and draw attention to details in nature. We will conclude with an introduction to nature journaling and time to practice.

### Jason Brightfield Young Adult Tent at Steps for Hope!

Saturday, May 6 • 9:00 AM

More information coming soon!

### Writing Workshop

**RSVP for LIVE Session**

Wednesdays • 6:30–8:00 PM

Attend all or any! Supplies will be provided.

May 24 • Self Grief and Growth

May 31 • Turning Toxic Positivity into Radical Acceptance

June 7 • Putting the “Flow” in Wildflower

### Mangoes and Mandalas with Maria Ojascastro

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

Thursday, June 1 • 6:30–8:00 PM

Participants will make mango smoothies and mango salsa and enjoy this healthy snack while designing and painting their own mandalas!

## INDIVIDUAL SUPPORT

Call 314-238-2000 to schedule any individual support service



### 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.

### Short Term Individual Counseling

Up to 6 support sessions specifically related to a person's experience with cancer. This service is offered on a case by case basis.

### Mini Mindfulness Sessions

Individually designed sessions using mindfulness and relaxation techniques ranging from 5-20 minutes.

*Any individual services can be accommodated in-person or virtually.*

## SUPPORT GROUPS

Call 314-238-2000 for a support group preparation and placement meeting

### Weekly Support for People Living with Cancer

Professionally led groups for people in active treatment or who are living with cancer.

### Twice Monthly Support for Cancer Survivors

Professionally led groups for people in maintenance treatment or who are living with long term side effects or concerned with recurrence.

### Twice Monthly Support for Family and Friends

Professionally led groups for those supporting a person with cancer to discuss common issues of caregiving and coping with their own stress.

### Twice Monthly Support Cancer Bereavement

Professionally led groups for those who have lost a loved one to cancer in the past several years.

*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, The Foundation for Barnes-Jewish Hospital 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

Professionally led groups designed for attendees with similar diagnosis or life situations to meaningfully connect with others and find support. Participants will share resources and discuss important topics such as treatment options, quality of life, intimacy concerns, and fear of recurrence. Participants can range anywhere from newly diagnosed to survivorship. Friends and family are welcome, unless indicated otherwise.

### ALL CANCER MONTHLY GROUP

**RSVP for LIVE Session**

Third Tuesday each month • 11:00 AM-12:30 PM

David M. Sindelar Cancer Center - 1st Floor Conference Room  
10050 Kennerly Road, St. Louis, MO, 63128



### BEREAVEMENT MONTHLY GROUP

**RSVP for LIVE Session**

Fourth Tuesday each month • 6:30-8:00 PM

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

### BREAST CANCER MONTHLY GROUP

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

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

April 12 • Dinner provided to in-person participants

### BREAST CANCER BI-MONTHLY GROUP

**RSVP for LIVE Session**

April 26, June 28, Aug. 23, Oct. 25, Dec. 27 • 5:30-7:00 PM

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



### GYNECOLOGICAL CANCER MONTHLY GROUP

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

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

April 17 • Dinner provided to in-person participants

We ask that this group is limited to only those with or who have had a history of gynecological cancer.

### LUNG CANCER MONTHLY GROUP

**Register for ZOOM**

Second Thursday each month • 6:30-8:00 PM

### ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

**Register for ZOOM**

Fourth Monday each month • NOON-1:30 PM

### 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



### 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 Meeting



**Register for ZOOM:** Wednesdays, April 5, May 3, June 7 • 5:30–6:30 PM  
or **RSVP for LIVE Session:** Fridays, April 21, May 19, June 23 • 10:00–11:00 AM

Are you curious about what CSC has to offer and what programs may be beneficial to you? Join us for one of these 1-hour sessions! This introduction session allows people with cancer, their family, friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others. We will discuss how you get involved, where to register for programs, and answer any questions you may have regarding our support services. We look forward to seeing you there!



### Cancer Transitions: Moving Beyond Treatment®



Wednesdays beginning May 3–24 • 1:00–2:30 PM  
*Please commit to all four sessions.*

**Register for ZOOM**

It is common to feel a wide range of emotions once treatment ends. The Cancer Transitions: Moving Beyond Treatment® program is a four-week workshop that addresses many of the physical, social, and practical issues survivors may face as they transition into post-treatment cancer survivorship. This program is designed for people who have finished active treatment within 24 months.

Each of the 4 sessions in the Cancer Transitions program focuses on one survivorship skill set:

- Session 1: Get Back to Wellness: Taking Control of Your Survivorship
- Session 2: Emotional Health: Addressing the Barriers to a Positive Life
- Session 3: Eating Well and Staying Active
- Session 4: Managing Your Medical Story Beyond Cancer: What you Need to Know

### Coping With Cancer Treatment and Side Effects



Wednesday, April 19 • 6:00–7:30 PM

**Register for ZOOM**

Learn about the management of side effects of treatment as presenter Ashley Morton RN, MSN, ANP-BC discusses strategies to manage issues such as fatigue, hair loss, anemia, infection, and pain.

### Cancer and Bone Health



Wednesday, May 10 • 7:00–8:30 PM

**Register for ZOOM**

Join **Sharsheret Supports STL**, a program of the St. Louis JCC, and **Cancer Support Community** as we host a discussion on how to keep bones healthy and strong before and after cancer treatment. In addition to discussing overall bone health, we will share ways you can boost bone health through nutrition and protect your bones through exercise and fitness. The evening will feature a panel of experts and will conclude with a Q&A.

### Coping With the Cost of Care



Wednesday, May 31 • 6:00–7:30 PM

**Register for ZOOM**

People with cancer and their loved ones are invited to this workshop presented by oncology social worker, Jennifer Dunn, LCSW. You can expect a practical guide to navigating the numerous and complex challenges of managing the cost of cancer care. Topics include issues such as employment, insurance, and the psychological impact of incurring debt while coping with cancer.

### Support For Caregivers – Pushing The Pause Button



Wednesday, June 7 • 6:00–7:30 PM

David M. Sindelar Cancer Center - 1st Floor Conference Room  
10050 Kennerly Road, St. Louis, MO, 63128

**RSVP for LIVE Session**

This workshop offers information on support for cancer caregivers. Jessica Taylor, PhD, 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 strengthen their own well-being.

### Frankly Speaking About Gynecologic Cancers



Monday, June 12 • 6:30–8:00 PM

**Register for ZOOM**

This program is created for people diagnosed with gynecologic cancers. Patients gain knowledge on the types of gynecological cancers, potential treatments and side effects, clinical trials, and the emotional concerns of a gynecologic cancer diagnosis.

*Strengthened by Action*

## HEALTHY LIFESTYLE & STRESS MANAGEMENT

*Healthy Lifestyle & Stress Management program provided in part by Bayer Fund and The Foundation for Barnes-Jewish Hospital.*

### Simple Swaps for HealthiER

Tuesday, May 23 • 11:30 AM–1:00 PM

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

Learn to make simple swaps for healthiER as you turn a meal that's ho-hum nutritionally into one that can help you feel energized. See how easy it can be with Health Coach Gayle Rose as she turns an ordinary Italian dinner into a protein and veggie-centric nutrition packed meal. This will be followed by a simple healthiER slow cooker all-American dessert that will leave you satisfied and not feeling sluggish.



### Healthy Can Be Tasty – Indulgent Treats

Tuesdays, June 13 • 11:00 AM–12:30 PM

David M. Sindelar Cancer Center - 1st Floor Conference Room  
10050 Kennerly Road, St. Louis, MO, 63128

**RSVP for LIVE Session**

Learn how using plant protein sources and minimizing added sugar in our diets can benefit our health. Imagine making and enjoying cookies that are actually good for you! Health Coach Gayle Rose will show how to create an easy no-bake cookie with 'magical' high-protein ingredients.



### 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. Your writing can take any form you want, from journaling to poetry to storytelling.

### Acrylic Pour

Monday, May 22 • 6:00–7:30 PM

**RSVP for LIVE Session**

Join Licensed Professional Counselor and EMDR Therapist, Jennifer Lang, in the healing, therapeutic expression of colors and layers through an acrylic pour. We'll supply all the materials – just bring your creativity!

### Weekly Wellness

Tuesdays • 11:30 AM–NOON

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

Stop by each week to learn strategies to enhance your wellness routine and cope with stress or negative emotions in your life. This brief opportunity allows you to check in with others and participate in activities such as breath work, progressive muscle relaxation, mindful meditation, guided imagery, or creative journaling exercises.

### Energy 101: Balance Your Body's Energies

**Register for ZOOM** Mondays, April 10 • 1:30–3:00 PM

or **RSVP for LIVE Session** May 15, June 12 • 1:30–3:00 PM

May session will be in the garden!

Learn to balance your body's energies for optimal health with Healing Touch concepts and modalities such as Emotional Freedom technique (tapping), meditation for the immune system, and Eden Energy Medicine to name a few. Practice these strategies to decrease tension and stress and promote healing.

### Sensory Garden

Wednesday, June 7 • 6:30–8:00 PM

**RSVP for LIVE Session**

Explore the sensory aspects of a variety of plants, all of which are best for a sensory garden. A facilitator with the Missouri Botanical Garden will discuss how to grow, harvest, and use the plants beyond their visual appeal. Learn the benefits of sensory focused gardening. Class includes potting a plant for your very own sensory garden.

### Sanctuary

**Register for ZOOM** Thursdays, April 20, May 18 • 6:00–7:30 PM

or **RSVP for LIVE Session** June 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.





*Sustained by Community*

## SOCIAL CONNECTIONS

### Book Club – *Radical Hope*

Friday, May 19 • 11:00AM–1:00 PM

[RSVP for LIVE Session](#)

OR

Friday, June 16 • 11:00AM–1:00 PM

[RSVP for LIVE Session](#)

Join us for a discussion about *Radical Hope* and the 10 research-based key healing factors from Dr. Kelly Turner's 15+ years of research. Discover what these 10 factors have in common and how you can utilize Cancer Support Community programs to help you implement them in your own life. This book club discussion is led by Cheryl Houston, CSC participant, Certified Health Education Specialist, and Certified Coach for Radical Remission/Radical Hope Project.

Free copy of the book will be made available to registrants 6 weeks in advance of the book club meeting. Participation is limited. Snacks provided.

### Sushi & Sumi-e

Thursday, May 25 • 6:30–8:00 PM

[RSVP for LIVE Session](#)

You'll learn how to roll veggie and California sushi rolls, then snack on this healthy Japanese dish before creating your own sumi-e painting. Japanese ink painting, or sumi-e, uses simple black ink and carefully curated white space, which captures timeless beauty. Supplies will be provided.

### CSC STL 30th Birthday Party!

Thursday, June 8

[RSVP for LIVE Session](#)

Join us in celebrating CSC's 30 th Birthday in St. Louis! Be on the lookout for more details-we cannot wait to see you!



### Journey to Well-Being

Learn available dates by contacting:

[jeanne.carbone@mobot.org](mailto: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. The original Journey to Well-Being has been expanded to include experiences of known benefit to the mind-body connections.

## MOVEMENT

All movement classes are designed for participants at any level of performance or physical condition. If you are joining us virtually, you may bring your own equipment, improvise with household items, or make modifications to accommodate no equipment.

### Gentle Yoga

Tuesdays • 10:00–11:00 AM

Wednesdays • 9:30–10:30 AM

Wednesdays • 5:15–6:15 PM

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

Gentle yoga is a time to center yourself, move your body, and enjoy lasting benefits. Gentle yoga practice can increase flexibility, mobility, and strength. It can also bring a sense of physical and mental relaxation, all while decreasing symptoms of pain, fatigue, depression, and anxiety. This gentle yoga practice can be done in a chair, on the floor, or using props and modifications.

### Fitness Fundamentals

1st and 3rd Thursdays • 10:30–11:30 AM

David M. Sindelar Cancer Center - 1st Floor Conference Room  
10050 Kennerly Road, St. Louis, MO, 63128

No RSVP Needed

Whether impacted by cancer or just wanting to incorporate gentle exercise into your life, this class is for you! Participants will learn and practice gentle movements targeted to improve posture and balance, increase strength and flexibility, increase circulation, and help combat pain and fatigue. All activities can be modified for your comfort level, sitting or standing. No equipment needed- just come in comfortable clothing. Everyone is welcome!

### Qigong

Fridays • 11:00 AM–NOON

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

Through this mind-body exercise, learn how to use meditation, breathing, and movement to reduce stress, increase vitality, and expand your sense of well-being. Learn to balance and strengthen the energy connections to heal your body's own energy flow. No experience necessary.

### Fitness in Survivorship

Fridays • 9:30–10:30 AM

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

This class focusses on gentle strengthening to promote movement in a safe and successful way. Target cancer related fatigue and strengthen your physical and mental health through these classes with a variety of movements using light weights, balls, bands, or simply your body!

### Salsa for the Soul

Tuesdays, April 11, May 9, June 13 • 6:30–7:30 PM


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


Join Karen Banks, lifelong dancer, in learning gentle ways to move your body and increase your heart rate using different styles of Latin dance, including salsa, cha cha, and rumba. No dance training is needed. All abilities are welcome, and modifications can be made for you to enjoy this hour of dance!



# 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
 <b>APRIL 2023</b>						
■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE						
2	InkWell 5:30 PM Register for ZOOM	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session New Member Meeting 5:30 PM Register for ZOOM	Fitness Fundamentals @ Mercy South 10:30 AM Prostate Cancer MG @ Mercy STL 6:30 PM RSVP for LIVE Session	Fitness in Survivorship 9:30 AM Register for ZOOM or RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	1
9	InkWell 5:30 PM Register for ZOOM Energy 101 1:30 PM Register for ZOOM	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Salsa for the Soul 6:30 PM Register for ZOOM or RSVP for LIVE Session	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 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 @ Missouri Botanical 5:00 PM RSVP for LIVE Session Families Connect: Cut, Collage, Create 6:00 PM Register for ZOOM or RSVP for LIVE Session Lung Cancer MG 6:30 PM Register for ZOOM	Fitness in Survivorship 9:30 AM Register for ZOOM or RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	8
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23	Pancreatic Cancer MG NOON Register for ZOOM InkWell 5:30 PM Register for ZOOM	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Bereavement Monthly Group 6:30 PM RSVP for LIVE Session	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Breast Cancer Bi-Monthly Group @ Mercy STL St. Louis 5:30 PM RSVP for LIVE Session	Brain Tumor MG 6:30 PM Register for ZOOM	Fitness in Survivorship 9:30 AM Register for ZOOM or RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	22
30						29

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	<b>CSC CLOSED</b>	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Salsa for the Soul 6:30 PM Register for ZOOM or RSVP for LIVE Session	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 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 Cancer and Bone Health 7:00 PM Register for ZOOM	Lung Cancer MG 6:30 PM Register for ZOOM	Fitness in Survivorship 9:30 AM Register for ZOOM or RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
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21	22	23	24	25	26	
28	29	30	31			



# MAY 2023

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE







# WALK. RUN. INSPIRE.

## Saturday, May 6, 2023

Creve Coeur Park in Sailboat Cove

13725 Marine Ave, St. Louis, MO 63146

25  
YEARS

1 mile or 3.7 miles walk or fun run

Emceed by  
**JULIE TRISTAN**

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

Join us for our 25th annual STEPS FOR HOPE, and **INSPIRE** others to celebrate hope, honor loved ones and join in community!

## Registration: March 1 - May 3

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

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

*(Register by April 10, 2023 to guarantee a shirt)*

### Start Times:

**9:00 AM** - On site registration opens

**10:00 AM** - Event kick-off

### Add a donation to your registration!

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

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



### Day includes:

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

### Path of Hope Signs:

A special way to celebrate a survivor, honor someone special or remember a friend or loved one. Path of Hope Signs are displayed on the walking path at Creve Coeur Park on May 6th.

### Signs are \$75 each

Available online only

*(limit one name per sign)*

*(Deadline to order is  
April 19, 2023)*



*Register here*

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



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

1058 Old Des Peres Road, St. Louis, MO 63131 • 314-238-2000 • [cancersupportstl.org](https://cancersupportstl.org)



# CANCER SUPPORT **COMMUNITY** GREATER ST. LOUIS

Supporting Our Community for **30** Years

## **CSCSTL 30<sup>th</sup> Birthday Party!**

**Thursday, June 8**

For 30 years Cancer Support Community of Greater St. Louis has been bringing people together to be empowered by knowledge, strengthened by action and supported with community. Join us for some sips and sweets in celebration of this special anniversary occasion.

Join us for our 30<sup>th</sup> anniversary birthday celebration to get a “taste” of what CSCSTL has been offering to our community for the past 30 years!

30 years of free services and programs for anyone impacted by cancer.  
***So no one faces cancer alone.***

Visit our website at [cancersupportstl.org/events/30th-birthday](http://cancersupportstl.org/events/30th-birthday) for more information and to RSVP!





# TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from October 1, 2022 through December 31, 2022. We apologize for any omissions or errors.

## IN HONOR OF:

### JANET SCHOEDINGER

Ann and Tim Plunkett

### LISA ANIC

Kristen Cully

### RONNA CROFT

Stephanie Rogers

### MR. & MRS. DAN HOCHMAN

Lorin Dunn

### ROBIN KEMP

Shanfeld Electric, LLC

### RHONDA KLOEPPPEL

Eureka High School

### JOE MANNO

Teresa Tighe

### ROZ MARX

Julie Germanese-Clark

### MIDWEST HEMATOLOGY- ONCOLOGY CONSULTANTS

Julie Matkin

### MIDWEST RADIATION ONCOLOGY ASSOCIATES

Julie Matkin

### JESSICA MILLNER

Gregg and Alyson Garland  
Laurie Garland  
Heather Johnson

### ANN AND TIM PLUNKETT

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