



# CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

Supporting Our Community for **30** Years

*hope  
after dark*  
A DAY to GIVE.  
A NIGHT to CELEBRATE.

**SAVE THE DATE!**  
**Thursday, October 12, 2023**

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

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ALL SERVICES OFFERED AT  
**NO CHARGE!**

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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 and teens understand about cancer at different developmental stages, how to talk about cancer and answer common questions, and ways to support each other.

### Families Connect Counseling

Looking for extra 1:1 support for you or your child? We are excited to offer short-term counseling to our families-whether it is with one child, a group of siblings, or the entire family, we are here for you.

Contact Kelly O'Neal at 314-238-2000 ext. 353 or [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) to schedule your Family New Member Meeting or Counseling Consult! Available for Live or Zoom sessions.

### Ukelele and Songwriting Workshop

#### RSVP for LIVE Session

Tuesday, July 25 • 10:00 AM–2:00 PM  
(Lunch will be provided)



This workshop will include introduction to the ukulele, fun learning and music-making, collaborative songwriting and recording with the help of The Song Society music therapist team. At the end of the program, each participant will have a general understanding of how to play the ukulele and participate in the creation of a group song and recording. All supplies will be provided. No experience necessary!



### Movie Day & Night!

#### RSVP for LIVE Session

*Inside Out* – Wednesday, July 26 • 2:30–4:30 PM  
*Spider-Man: Homecoming* – Thursday, Aug 10 • 6:00–8:00 PM  
Come cozy and ready to relax-we will provide drinks, snacks, and popcorn!

### Tacos and Tangle Art

#### Register for ZOOM or RSVP for LIVE Session

Thursday, July 27 • 6:30–8:00 PM  
Join Teaching Artist and Culinary Instructor, Maria Ojascastro, in a fun-filled evening of food and artistic play. Watch Maria demonstrate some healthy taco options, then enjoy your meal as you create and color your own zentangle, a meditative and relaxing art form, and connect with others!

Generously supported by 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.*

### Mangoes and Mandalas

#### Register for ZOOM or RSVP for LIVE Session

Tuesday, July 25 • 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!

### Summertime Menu with STL Veg Girl

#### RSVP for LIVE Session

Wednesday, July 26 • 6:30–8:00 PM

Center for Plant-Based Living  
131 W. Jefferson Ave., Kirkwood, MO 63122

Join Caryn Dugan at her local kitchen for a delicious, nutritious dinner of Watermelon Feta Salad with Balsamic Reduction, Broccoli Sprout and Walnut Pesto, and Cheesy Kale Chips.

### Painting From Within

#### Register for ZOOM or RSVP for LIVE Session

Thursday, August 3 • 6:30–8:00 PM

(Dinner Provided to in-person participants)

Come explore your inner self with art therapist, Susie McGaughey. Start with some quiet meditation, no pre-planned ideas, and using only one brush stroke at a time you will create paintings that come from places deep inside, using your intuition as your guide. No art experience necessary.

### Young Adult Yoga

#### Register for ZOOM or RSVP for LIVE Session

Wednesday, August 30 • 6:30–8:00 PM

(Dinner provided to in-person participants)

Join Karen Banks for a one-hour session to help unwind, destress, and relax with your peers. Please dress comfortably; all supplies will be provided.

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

## 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, 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

July 12 • Dinner provided to in-person participants

### BREAST CANCER BI-MONTHLY GROUP

**RSVP for LIVE Session**

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

July 17 • Dinner provided to in-person participants

This group welcomes anyone with gynecologic cancer or has a history of gynecologic cancers.

### 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 or RSVP for LIVE Session**

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.*

## EDUCATION

### New Member Meeting

**Register for ZOOM:** Tuesday July 18, Wednesday August 16, Monday September 18 • 5:30–6:30 PM  
or **RSVP for LIVE Session:** Fridays July 7, August 4, September 8 • 10:00–11:00 AM

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!



### Walk Me Through It

#### Soft Tissue Sarcoma:

Tuesday, July 11 • NOON–1:00 PM  
or

#### Gynecologic Cancers:

Tuesday, September 12 • NOON–1:00 PM

#### Register for ZOOM

Join us for a conversation with a ReVital Certified cancer rehabilitation physical therapist to discuss the role of physical, occupational, and speech therapy to support your healing through cancer. We will walk you through what evaluations and treatments would look like for individuals with a specific diagnosis to focus on the unique needs of that population. A CSC clinician will be available to discuss ways to support you and your loved ones in mind, body, and spirit through a variety of services. Cancer survivors (before, during and after treatment), family members, and health care providers are welcome!



### Grief and Loss During the Cancer Journey

Tuesday, July 18 • 5:30–7:00 PM

#### Register for ZOOM

This presentation will discuss the ways in which losses may be experienced and grieved by individuals both during and after cancer treatment. A biopsychosocial-spiritual lens will be used for understanding a variety of losses that individuals living with cancer may grieve while living a life that has been affected.

### Tools for Managing Worry

Tuesday, August 8 • 6:00–7:30 PM

#### Register for ZOOM

Worry and anxiety are of the most common concerns for people with cancer and their loved ones. Worrying about treatment, recurrence, symptom management, and balancing practical matters can compound to create high levels of distress and emotional exhaustion. This workshop led by Jennifer L. Abel, Ph.D., teaches participants about worry, how it impacts your body, and different strategies to manage worries that are out of our control.

### Frankly Speaking About Prostate Cancer

Tuesday, September 19 • 6:30–8:00 PM

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

#### RSVP for LIVE Session

This program is created for people diagnosed with prostate cancer and their loved ones. This workshop educates participants about symptoms and screenings for prostate cancer as well as treatment options and side effect management. Anyone is welcome.



### Couples and Cancer

Wednesdays • 6:30–8:00 PM

September 6 • The Story of Us

September 20 • Conflict and Communication

September 27 • Relax and Reflect

#### Register for ZOOM

Many couples experience changes in their relationship when one person has cancer, including a shift in roles and responsibilities, decreased sexual health and intimacy, and changes in communication. Join Kelly O'Neal, MSW, LCSW for this series on reconnecting as a couple through discussion and communication exercises based on education received through Gottman Method Couples Therapy Level 1 Training. Both partners need to be present to attend this interactive workshop. Couples may attend any or all of these sessions.

### Mind-Body Connection: Chemo Brain

Thursday, September 7 • 1:00–2:30 PM

#### RSVP for LIVE Session

Brain fog experienced by cancer survivors can make even simple everyday tasks seem much more challenging. In this presentation, Jill Jonas, an Occupational Therapist at Washington University, will discuss multiple factors that contribute to brain fog and provide strategies to help optimize your cognitive function.



# HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

## Eat the Rainbow

Tuesday, July 11 • 5:30–7:00 PM

**Register for ZOOM**

Focusing on eating a variety of colors can increase your intake of different nutrients to benefit various areas of your health. Join instructor, Artines Smith, in making nutrient dense recipes packed with the daily macro, micro, and phytonutrients your body needs.

## Decoding Food Labels for Healthier Eating

Monday, August 7 • 4:00–5:30 PM

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

**RSVP for LIVE Session**

Our daily food choices are the most powerful tools we have to impact our health, so it's important to understand how we can fuel our bodies well every day. Decoding food labels can be complicated, but Certified Health Coach Gayle Rose will help you understand what to look for (and what to look past), so you can take charge. Class includes an interactive food demonstration.



Nutrition Typical values (rounded as per instructions)	per 100g	per 1/4 pack	% adult GD. 1/4 pack
Energy kJ	1007	2014	
Energy kcal	241	482	
Protein	8.4g	16.8g	24.1%
Carbohydrate	20.6g	41.2g	37.3%
of which sugars	1.8g		
of which starch	18.8g		

## Lunch Served with Love

Wednesday, September 27 • 11:30AM–1:00 PM

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

Learn how to make a nutritional lunch to serve to friends and family! Vicki Bensinger will present a menu of Southwest Chicken and Quinoa Salad on Sprouted Whole Wheat Bread, followed by Dark Chocolate Covered Fresh Fruit Bars.

## InkWell

Mondays • 7:00–8:30 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.

## Weekly Wellness

Tuesdays • 11:30 AM–NOON

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

## Monthly Mindfulness

Wednesdays, July 5, August 2 • 6:30–7:00 PM

**Register for ZOOM**

Stop by 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

Second Monday of each month • 1:30–3:00 PM

**RSVP for LIVE Session**

Learn to balance your body's energies for optimal health with Healing Touch concepts and modalities. Practice these strategies to decrease tension and stress, increase overall well-being, and promote healing.

**July 10:** Experiencing Your Own Energy

**August 14:** Learning Your Own Energy-Healing Chakra Connection

**September 11:** Exploring the Chakra Connection and Our Own Energy Centers

## Sanctuary

**RSVP for LIVE Session** August 17 • 6:00–7:30 PM

**or Register for ZOOM** September 21 • 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.

## The Art of Wellbeing

Thursdays, September 7, 14, and 21 • 5:30–7:30 PM

*Please commit to all three classes. Space is limited.*

Missouri Botanical Garden 4344 Shaw Blvd.,  
St. Louis, MO. 63110

**RSVP for LIVE Session**

The term 'wellbeing' describes a holistic sense of feeling good. The art of well-being includes taking time to nurture your body, mind, and spirit, to be as fulfilled as you can be in any given situation. In this program series, we will explore different methods of developing our well-being in the beautiful surroundings of the Missouri Botanical Garden. Calm your mind as we explore an intentional walk through one of the special areas of the Garden, relax your body as we move through restorative gentle movements and stretches, and free your spirit as we engage in a nature-based art activity, all in the beautiful, serene surroundings of the Garden.

# SOCIAL CONNECTIONS

## Cut, Collage, Create

Wednesday, July 19 • 1:00–2:30 PM

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

In this workshop, you 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!

## Book Club – *Radical Hope*

Wednesday, August 9 • 5:00–7:00 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.*

## Homemade Cards to Go

Monday, September 25 • 6:30–8:00pm

**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. Supplies will be provided.

## Journey to Well-Being

Missouri Botanical Garden 4344 Shaw Blvd., St. Louis, 63110

Learn available dates by contacting:

[jeanne.carbone@mobot.org](mailto:jeanne.carbone@mobot.org)

This 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, and consists of 3 meetings, a guidebook 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 + Mantras with intenSati

Thursday, July 20 • 10:00 AM

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

intenSati is a healing practice meant to shift your mindset using mindfulness, movement, and positive language. Participants will leave feeling empowered with awareness of their thoughts and attitudes to consciously choose powerful, positive ones that will help with healing and emotional regulation. This practice is suitable for all ability levels.

# MOVEMENT

All movement classes are designed for participants at any ability level or physical condition, and can be modified for your comfort, sitting or standing. If you are joining us virtually, you may use your own equipment, improvise with household items, or accommodate for 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.

## 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.

## 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.

## Fitness in Survivorship

Fridays • 9:30–10:30 AM

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

This class focuses 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, July 11, August 8, September 12 • 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 experience needed.

## Yoga Nidra

Mondays, July 17, August 21, September 18 • 6:30–7:30 PM


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

Participants calm the anxious mind by using gentle movement and stretches to achieve constructive rest. This practice can be done in a chair, on a cushioned floor, or in bed.



# 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>JULY 2023</b> ■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE						
		CSC CLOSED	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 Monthly Mindfulness 6:30 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 New Member Meeting 10:00 AM RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	1
2	3	4	5	6	7	8
9	10	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 Walk Me Through It NOON Register for ZOOM Eat the Rainbow 5:30 PM Register for ZOOM 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	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	15
16	17	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session All Cancer MG @ Mercy South 11:00 AM RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Grief and Loss During the Cancer Journey 5:30 PM Register for ZOOM New Member Meeting 5:30 PM Register for ZOOM	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Cut, Collage, Create 1:00 PM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session	Movement + Mantras with IntenSati 10:00 AM Register for ZOOM or RSVP for LIVE Session Fitness Fundamentals @ Mercy South 10:30 AM Transition to Survivorship MG 6:30 PM Register for ZOOM or 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	22
23	24	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session Families Connect Ukulele and Songwriting Workshop 10:00 AM RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Bereavement Monthly Group 6:30 PM Register for ZOOM	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Families Connect Movie Inside Out 2:30 PM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Jason Brightfield Young Adult Program @ Center for Plant-Based Living 6:30 PM Register for ZOOM or RSVP for LIVE Session	Brain Tumor MG 6:30 PM Register for ZOOM Families Connect Tacos and Tangle Art 6:30 PM Register for ZOOM or 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	29
30	31	Pancreatic Cancer MG NOON Register for ZOOM InkWell 7:00 PM Register for ZOOM InkWell 7:00 PM Register for ZOOM	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Families Connect Movie Inside Out 2:30 PM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Jason Brightfield Young Adult Program @ Center for Plant-Based Living 6:30 PM Register for ZOOM or RSVP for LIVE Session	Brain Tumor MG 6:30 PM Register for ZOOM Families Connect Tacos and Tangle Art 6:30 PM Register for ZOOM or 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	28

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20	Gynecological Cancer MG 6:30 PM Register for ZOOM or RSVP for LIVE Session Yoga Nidra 6:30 PM Register for ZOOM or RSVP for LIVE Session InkWell 7:00 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 MG 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 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	26
27	Pancreatic Cancer MG NOON Register for ZOOM InkWell 7:00 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 Jason Brightfield Young Adult Program Yoga 6:30 PM Register for ZOOM or RSVP for LIVE Session	31	<div> <div> <div></div> <div>CANCER SUPPORT COMMUNITY GREATER ST. LOUIS</div> </div> <div>2023</div> </div>	



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <h1>SEPTEMBER 2023</h1> <p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE</p>						
3	CSC CLOSED	4	5	6	7	8
10	Energy 101 1:30 PM RSVP for LIVE Session InkWell 7:00 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 Couples and Cancer 6:30 PM Register for ZOOM	Fitness Fundamentals @ Mercy South 10:30 AM Mind-Body Connection: Chemo Brain 1:00 PM Register for LIVE Session The Art of Wellbeing @ Missouri Botanical 5:30 PM RSVP for LIVE Session 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	2
17	New Member Meeting 5:30 PM Register for ZOOM Gynecological Cancer MG 6:30 PM Register for ZOOM or RSVP for LIVE Session Yoga Nidra 6:30 PM Register for ZOOM or RSVP for LIVE Session InkWell 7:00 PM Register for ZOOM	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session All Cancer MG @ Mercy South 11:00 AM RSVP for LIVE Session Weekly Wellness 11:30 AM Register for ZOOM or RSVP for LIVE Session Frankly Speaking About Prostate Cancer @ Mercy South 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 Couples and Cancer 6:30 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	16
24	Pancreatic Cancer MG NOON Register for ZOOM InkWell 7:00 PM Register for ZOOM Homemade Cards to Go 6:30 PM RSVP for LIVE Session	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 MG 6:30 PM RSVP for LIVE Session	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Lunch Served with Love 11:30 AM Register for ZOOM or RSVP for LIVE Session Gentle Yoga 5:15 PM Register for ZOOM or RSVP for LIVE Session Couples and Cancer 6:30 PM Register for ZOOM	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	30
17	18	19	20	21	22	23
10	11	12	13	14	15	16
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



**25**  
YEARS

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

We appreciate the generosity of our **42 SPONSORS**, numerous in-kind partners, and more than **500 PARTICIPANTS** who joined us to celebrate those in our community impacted by cancer. Together we raised almost **\$180,000** to support our mission and the individuals and families that come here in search of HOPE and support.

As a supporter of Cancer Support Community of Greater St. Louis, you've ensured we can continue to provide HOPE along with emotional support, educational resources, social connections and a place of understanding.

**Thank you for being a part of OUR community!**

# WALK. RUN. INSPIRE.



**A BIG thank you to our Presenting Sponsor: Staenberg Family Foundation!**



**A shout out and thanks to Sugarfire for providing lunch!**



**Thank you to Jimmy Johns for providing a vegetarian option for lunch!**



**Thank you to Firehouse Subs for providing cookies!**



**A huge thank you to Hubbard Radio for being our Steps for Hope media sponsor**



**Congratulations to our inaugural Peggy Nelson Esperanza Award Recipient: Ann Plunkett!**



# THANK YOU





# THANKS

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# THANKS

## 2023 INDIVIDUAL SPONSORS

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GARY AND MARILYN RATKIN  
REBECCA AND PAUL ROMINE  
JOYCE AND CHARLIE WOODARD

### POWER WALKERS

CAROLYN AND MATT GOLLUB  
ANNE MILLER  
MARTY AND MERLE OBERMAN

### A SPECIAL THANK YOU TO OUR MATCH DAY SPONSORS:

ANN AND PAUL ARENBERG FAMILY



# STEPS FOR HOPE - PATH OF HOPE

In honor of those who purchased a Path of Hope sign for our Steps For Hope walk. We celebrate those you have given tribute to in this special way.

## IN HONOR OF:

**AIMEE WILLEMS DE LA FUENTE**  
Sandra Willems

**ALLIE MCGUIRE**  
Katie Rehmeier

**ANN PLUNKETT**  
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**ALLAN EMERY**  
Sharon Clark

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**ZDENEK JARY**  
Marie Jary





# SAVE THE DATE...



## OCTOBER 12, 2023

Cancer Support Community of Greater St. Louis' fall campaign celebrates **HOPE** after the darkness of a cancer diagnosis. Hope after dark—**A DAY TO GIVE, A NIGHT TO CELEBRATE** features A Day to Give and culminates into A Night to Celebrate VIP sponsor event on October 12, where our campaign sponsors enjoy an evening of inspiration and celebration.

### **A Night to Celebrate will be held at The World's Fair Pavilion in Forest Park.**

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

Be a spark of Hope in our community and join us for this very important Day to Give. Every dollar you donate will be matched and go directly to Cancer Support Community of Greater St. Louis to help fund critically important programs to people eager to find support, education, social connections and HOPE. Your gift stays in the St. Louis area and helps fund our programs which are offered at no charge to individuals and families impacted by cancer in our community.

Please visit our website for more information on our Day to Give.  
[cancersupportstl.org/hopeafterdark](https://cancersupportstl.org/hopeafterdark)

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



# TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from January 1, 2023 through March 31, 2023. We apologize for any omissions or errors.

## IN HONOR OF:

### LORI AND VICTOR COHEN

Jamie Reeves

### SASHA KEMP

John Kemp

### CADEN SZAKALY

Marty and Merle Oberman

### JESSICA TAYLOR

David and Rhonda Banford

## IN MEMORY OF:

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Michelle Clinton

### JOANN BIERMAN BLACK

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### JILL FISHER

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### PEGGY NELSON

John Mike and Marcia Cohen

Lenny and Sandy Komen

Jason and Janet Popelka

### INA SACHER

Judith Shaw

### LINDY WILHELM

Judith Shaw

# GIVE GIFTS WITH MEANING



Design/Layout: KA Design

Tribute donations to Cancer Support Community of Greater St. Louis are a thoughtful way to honor or memorialize someone or to celebrate a special occasion in the life of a friend, family member or colleague while supporting cancer patients, survivors and their families. We will send a greeting card to notify that special someone of your kind donation. Your contribution helps fund our programs and services, offered at no charge, to those facing a cancer diagnosis in our community.

## Here's how:

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

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

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**CANCER SUPPORT  
COMMUNITY  
GREATER ST. LOUIS**



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

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