



CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

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

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



SAVE THE DATE!

Saturday, May 6, 2023

Creve Coeur Park in Sailboat Cove

1-mile or 3.7-mile walk or fun run

See page 11 for more info!

WALK. RUN. INSPIRE.

See page 14 for more info or visit cancersupportstl.org/steps-for-hope-walk

What's Inside:

**ALL SERVICES OFFERED AT
NO CHARGE!**

Page 2	Family and Young Adult Programs
Page 3	Support and Monthly Groups
Pages 4-5	Workshops
Page 6	Movement Classes
Page 7	January Calendar
Page 8	February Calendar
Page 9	March Calendar
Page 10	Tributes/What Others Are Doing
Page 11	Hope After Dark Thank You
Page 12	Hope After Dark Photos
Page 13	Hope After Dark Sponsors
Page 14	Steps For Hope Save The Date
Page 15	How You Can Support CSCSTL
Back	Thank You Acuity Brands



Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

A program for the whole family when a parent, grandparent, or adult relative has cancer.
Funding for this program is provided in part by the Saigh Foundation 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, how to talk about cancer and answer common questions, and ways to support each other.

Contact Kelly O'Neal at 314-238-2000 ext. 353 or koneal@cancersupportstl.org to schedule a live or Zoom session! Adults and children welcome.

Creative Collage

RSVP for LIVE Session

Wednesday, February 1 • 6:30-8:00 PM

Join us in making a family "portrait" of sorts! Using a variety of images and writing, you will make a large collage to represent what makes your family special. Feel free to bring personal photos to include in your work! We will have all other materials needed. Dinner provided.

Teens, Tacos, and Tangle Art

RSVP for LIVE Session or Register for ZOOM

Thursday, March 30 • 6:00-8:00 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 your age!



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



Jason Brightfield Young Adult Program – RSVP for LIVE Session or Register for ZOOM

Dinner provided in-person at each program. A monthly group for adults 18-40ish to find support and community while navigating cancer-young adult caregivers and bereaved are also welcome.

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

Plant-Based Cooking with STL Veg Girl, Caryn Dugan

Wednesday, January 18 • 6:30-8:00 PM

New Year, new healthy meals! Jackfruit pulled pork sandwiches with creamy coleslaw and creamy butternut squash bisque.

Gentle Strength Training with Darby Wildschuetz, OTS

Wednesday, February 22 • 6:30-8:00 PM

Exercises can be completed at your comfort level sitting or standing, with a variety of movements, light weights, balls, and bands!

Support Group

Wednesday, March 22 • 6:30-8:00 PM

Join Kelly O'Neal, MSW, LCSW, to find support and meaningfully connect to other young adults affected by cancer (patients/survivors, caregivers, and bereaved all welcome).

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 limited to matters 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 cope 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, 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

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 be newly diagnosed to survivorship. Friends and family are welcome.

ALL CANCER MONTHLY GROUP

RSVP for LIVE Session

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

David Sindelar Cancer Care Center - Conference Room 1
10010 Kennerly Rd., 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 (Female Only)

Register for ZOOM or RSVP for LIVE Session

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

BREAST CANCER BI-MONTHLY GROUP

RSVP for LIVE Session

Feb. 22, April 26, June 28, Aug. 23, Oct. 25, Dec. 27

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



GYNECOLOGICAL CANCER MONTHLY GROUP (Female Only)

Register for ZOOM or RSVP for LIVE Session

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

(January session on 9th due to holiday)

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.

New Member Meeting

START HERE!

Register for ZOOM: Wednesdays, January 4, February 1, March 1 • 5:30–6:30 PM
or **RSVP for LIVE Session:** Fridays, January 20, February 17, March 17 • 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!



Empowered by Knowledge

EDUCATION

Coping With Cancer: Skills to Manage Emotions and Balance Uncertainty with Hope

Wednesdays, January 11–February 8 • 1:30–3:00 PM
Please commit to all five sessions.

Register for ZOOM

Join Elizabeth Cohn Stunt, LCSW, and Ronda Reitz, PhD., to learn practical tools to manage the challenges of life with cancer and beyond. This 5-week curriculum includes ways to:

- Steady yourself in the face of common cancer concerns
- Make complicated decisions under stress
- Manage emotions without overwhelm
- Navigate relationships with loved ones, colleagues and health care professionals
- Find ways to live meaningfully with cancer

Lunch and Learn: Cancer Related Fatigue and Energy Conservation Techniques

Tuesday, January 24 • NOON–1:30 PM

Register for ZOOM

Fatigue is one of the most common side effects experienced by those impacted by cancer. Through this class, learn how to track your fatigue with the Fatigue Rating Scale and develop coping strategies such as being active, eating habits and nutrition supplements, and an introduction to Bright White Light Therapy. Participants will be guided in an activity on energy conservation techniques through the “Four P’s” to improve management of your fatigue and overall quality of life.



Coping with Cancer Related Cognitive Impairment (Chemo Brain/Brain Fog)

Tuesday, February 21 • 6:00–7:30 PM

Register for ZOOM

Those in cancer survivorship often describe being in a state of mental fog, also known as “chemo brain.” Through this class, learn more about this condition and various cognitive compensatory and problem-solving strategies to utilize when tackling your day to day tasks.



Lunch and Learn: Frankly Speaking About Colon Cancer

Tuesday, March 7 • 11:30 AM–12:30 PM

Register for ZOOM

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



Managing Cancer Related Peripheral Neuropathy

Tuesday, March 14 • 6:00–7:30 PM

Register for ZOOM

This workshop aims to educate you and your loved ones on signs and symptoms of cancer related peripheral neuropathy and increasing safety awareness when experiencing this. The class will also address ways to manage it through exercise advice, dietary changes, massaging and other remedy recommendations. Educational handouts will be provided in the class as well as a hands on self-massaging activity!



Frankly Speaking About Colon Cancer

Monday, March 27 • 6:00–7:30 PM

David Sindelar Cancer Care Center - Conference Room 1
10010 Kennerly Rd., 63128

RSVP for LIVE Session

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



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.

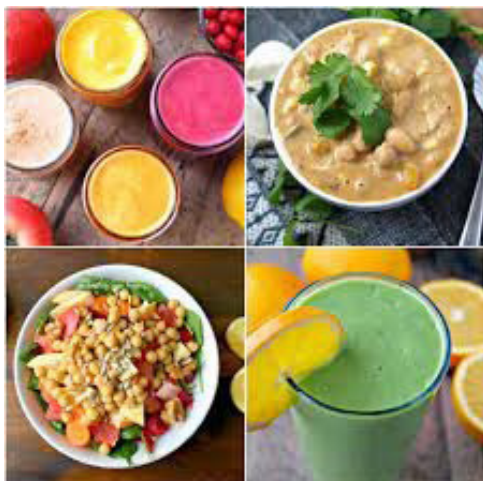
Eating Well With Head And Neck Cancer

Wednesday, March 22 • NOON–1:30 PM

David Sindelar Cancer Care Center - Conference Room 1
10010 Kennerly Rd., 63128

RSVP for LIVE Session

This program was created for Head and Neck Cancer patients in treatment, as well as longer-term survivors and their caregivers. Tyler Sousa, Clinical Dietician, will educate participants about the nutritional impact of HNC treatments and provide helpful tips to deal with nutrition related side effects and maintain nutrition during and after treatment. Cooking Instructor, Maria Ojascastro will demonstrate some simple and nutritious recipes. Be ready to sample!



Food for Life–The Power of Food For Cancer Prevention And Survival

Tuesdays, March 21-April 25 • 6:30 PM–8:00 PM

Please commit to all six sessions.

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 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. All participants will receive a copy of The Cancer Survivors Guide that includes 130 recipes.

Class One: Intro to How Foods Fight Cancer

Class Two: Fuel Up on Low Fat Foods and Favoring Fiber

Class Three: Discovering Dairy Alternatives

Class Four: Replacing Meat

Class Five: Cancer-Fighting Compounds And Immune-Boosting Foods

Class Six: Maintaining a Healthy Weight and Potluck Party



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.

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.



Sanctuary

Thursdays, January 19, February 16, March 16 • 6:00–7:30 PM

Register for ZOOM

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

Creating Your Happy Place

Monday, January 30 • 6:00–7:30 PM

RSVP for LIVE Session or Register for ZOOM

Join Jennifer Lang, Licensed Professional Counselor and EMDR Therapist, in using art and visualization to create a calm place/experience unique to you. We will use paints to create your own “happy place” and Jennifer will guide you through a sensory self-bilateral stimulation exercise to help deepen the experience and increase an overall relaxation. No art experience is required for this workshop.

Painting From Within

Monday, March 20 • 6:30–8:00 PM

RSVP for LIVE Session or Register for ZOOM

Come explore your inner self with Susie McGaughey, Art Therapist. 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.



Energy 101: Balance Your Body's Energies

Mondays, January 9, February 13, March 13 • 1:30–3:00 PM
[Register for ZOOM](#)

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.

Sustained by Community

SOCIAL CONNECTIONS

New Year New You–Vision Boards

Friday, January 6 • 11:00 AM–12:30 PM
[RSVP for LIVE Session](#)

During this session we will use guided prompts to reflect on 2022 and envision your goals for 2023. Participants will use magazine collage to create a vision board to help cultivate a positive mindset, to set intention, and to help you live your life with purpose. Materials and snacks provided.

Tacos and Tangle Art

Monday, February 27 • 6:00–8:00 PM
[RSVP for LIVE Session](#)

Join Teaching Artist and Culinary Instructor, Maria Ojascaastro 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. *Seating is limited.*



Homemade Cards to Go (formerly Craft Connections)

Wednesday, March 29 • 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. 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. 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.

Yoga Nidra

Mondays, January 9, February 6, March 6 • 6:30–7:30 PM
[Register for ZOOM](#)

Research shows practicing Yoga Nidra can increase the production of dopamine, the “feel good” hormone. 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. Have your pillows and blankets handy.

Gentle Yoga

Tuesdays • 10:00 AM–11:00 AM

Wednesdays • 9:30 AM–10:30 AM

Wednesdays • 5:15 PM–6:15 PM

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

This gentle yoga practice can be done in a chair, on the floor or using props and modifications. Benefits of gentle yoga include:

- Increased flexibility and mobility in muscles and joints
- Increased strength and stamina
- Physical and mental relaxation
- Decreased symptoms of pain, fatigue or sleep disturbance, depression and anxiety
- Connection with others

Virtual Class Needs: An open space, a chair if you prefer to practice sitting, yoga mat, blocks or straps, or improvise with household items.

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.

Fitness in Survivorship

Fridays • 9:30 AM–10:30 AM

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

Join Darby Wildschuetz, OTS, for classes that focus 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, light weights, balls, and bands! Exercises can be completed at your comfort level, sitting, or standing. **Virtual Class Needs:** A chair if you prefer to complete sitting, light weights or resistance bands, or improvise with household items.

NEW CLASS!

Salsa for the Soul

Tuesdays, January 10, February 14, March 14 • 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!

NEW CLASS!

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
1	CSC CLOSED 2	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 3	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 4	Prostate Cancer MG @ Mercy St. Louis 6:30 PM Register for LIVE Session 5	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 New Year New You- Vision Boards 11:00 AM RSVP for LIVE Session 6	7
8	Energy 101 1:30 PM Register for ZOOM InkWell 5:30 PM Register for ZOOM Yoga Nidra 6:30 PM Register for ZOOM Gynecological Cancers MG 6:30 PM Register for ZOOM or RSVP for LIVE Session 9	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 10	Gentle Yoga 9:30 AM Register for ZOOM or RSVP for LIVE Session Coping with Cancer 1:30 PM Register for ZOOM 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 11	Lung Cancer MG 6:30 PM Register for ZOOM 12	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 13	14
15	CSC CLOSED 16	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 17	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: Plant-Based Cooking 6:30 PM Register for ZOOM or RSVP for LIVE Session 18	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship MG 6:30 PM Register for ZOOM 19	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 20	21
22	Pancreatic Cancer MG NOON Register for ZOOM InkWell 5:30 PM Register for ZOOM 23	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 Lunch and Learn: Cancer Related Fatigue NOON Register for ZOOM Bereavement MG 6:30 PM RSVP for LIVE Session 24	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 25	Brain Tumor MG 6:30 PM Register for ZOOM 26	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 27	28
29	InkWell 5:30 PM Register for ZOOM Creating Your Happy Place 6:00 PM Register for ZOOM or RSVP for LIVE Session 30	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 31				



JANUARY 2023

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			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 Families Connect: Creative Collage 6:30 PM RSVP for LIVE Session	Prostate Cancer MG @ Mercy St. Louis 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	4
5	InkWell 5:30 PM Register for ZOOM Yoga Nidra 6:30 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 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	11
12	InkWell 5:30 PM Register for ZOOM Energy 101 6:30 PM Register for ZOOM	Gentle Yoga 10:00 AM Register for ZOOM or RSVP for LIVE Session All Cancer MG @ Mercy South 11:30 AM 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	Sanctuary 6:00 PM Register for ZOOM Transition to Survivorship 6:30 PM Register for ZOOM	Fitness in Survivorship 9:30 AM Register for ZOOM or RSVP for LIVE Session New Member Meeting 10:00 AM Register for ZOOM or RSVP for LIVE Session Qigong 11:00 AM Register for ZOOM or RSVP for LIVE Session	18
19	InkWell 5:30 PM Register for ZOOM Gynecological Cancer MG 6:30 PM Register for ZOOM or 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 Coping with Cancer Related Cognitive Impairment 6:00 PM Register for ZOOM	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 St. Louis 5:30 PM RSVP for LIVE Session Jason Brightfield Young Adult Program: Gentle Strength Training 6:00 PM Register for ZOOM or 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	25
26	Pancreatic Cancer MG NOON Register for ZOOM InkWell 5:30 PM Register for ZOOM Tacos and Tangle Art 6:00 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				
27						
28						



FEBRUARY 2023

■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE

For more information, call 314-238-2000 or visit www.cancersupportstl.org. 9

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 July 1, 2022 through September 30, 2022. We apologize for any omissions or errors.

IN HONOR OF:

JESSICA MILLNER

Todd Siwak and Gianna Jacobson
Wendy and Neil Jaffe
Greg and Stacy Siwak

JEAN CUPP

David and Elizabeth Riedemann

JOHN FUDEMBERG

Rick and Deby Halpern

SELENE HAMMERMANN

Betty and Mark Goran

PAM HAYES

Dorothy Browning

JOHN HOFBECK

Robert and Sheila Cohen

STUART MILLNER

Linda Hedger
Joy and Marty Satz
Greg and Stacy Siwak

MAUREEN MULVOY

Catherine Walsh

PEGGY NELSON

Eric Wichner

JOAN QUICKSILVER

Betty Goran

JERRY RITTER

Gary and Sherry Wolff

BOB SCHUTZ

Robert Geyer
Ranee Lodes
Thomas Shore
Mr. and Mrs. Stephen B. Siepmann

HARRY S. SCOTT, JR.

Marty and Merle Oberman

KENNETH STEINBACK

Gary and Sherry Wolff

SCOTT WHITEAKER

Rachel Hafner

IN MEMORY OF:

EMILY HABEL BANE

Susie Haywood

MARK HARRISON BILLY

Ruth Owens

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 photo greeting card to notify that special someone of your kind donation. Your tax-deductible contribution helps fund our programs and services, offered at no charge, to those impacted by cancer 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.

WHAT OTHERS ARE DOING



A Decade Of Support!

For the past 10 years, Waterway Carwash has supported Cancer Support Community of Greater St. Louis for Breast Cancer Awareness

Month. All 9 Waterway locations accept donations throughout the month of October in order to support those facing cancer in the St. Louis area. Since 2012, they have donated over **\$40,000** for the programs offered at CSCSTL!!

In addition to their fundraising in October, this year Waterway also chose to support CSCSTL by donating their proceeds from the Kirkwood Green Tree Festival!

Thank you, Waterway! We are so grateful for your continued generous support!

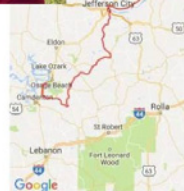


205 Miles. One Day.

A huge shoutout and thank you to **Joe Kemp** for raising funds and awareness for Cancer Support Community of Greater St. Louis.

Every year Joe takes on a 205 mile bike ride from Chesterfield to Lake of the Ozarks in honor of those facing cancer in our community.

Thank you Joe for taking on this incredible feat and for your generosity.





Cancer is a journey... from diagnosis, through treatment, and beyond. **Cancer Support Community of Greater St. Louis** offers a community where anyone impacted by cancer can find others who relate and access resources to help in making important decisions along the journey. *Helping to find a glimmer of hope during the darkest times...*

Over the past 29 years, Cancer Support Community of Greater St. Louis has been providing that HOPE to those impacted by cancer in our community. On October 6, our community joined us in raising more than **\$340,000** at our annual HOPE AFTER DARK fundraising campaign. **Y98's Julie Tristan** emceed our Night to Celebrate VIP sponsor event on October 6 at

PALM Health where we had over 220 supporters join us for an evening of inspiration. We celebrated leaders in our community who have made a difference in the lives of people impacted by cancer by presenting our 2022 Marsha Wolff and Tina Borchert Inspiration Award to honoree; **Warner L. Baxter, Executive Chairman, Ameren Corporation.**

Because of our sponsors, donors, supporters, and YOU, Cancer Support Community of Greater St. Louis can continue to provide HOPE along with emotional support, educational resources, social connections and a place of understanding to those impacted by cancer.



Peggy Scott (CSCSTL Board Chair), Warner Baxter (CSCSTL 2022 Marsha Wolff-Tina Borchert Inspiration Award Recipient), Lori Thaman (CSCSTL Executive Director)



Walter and Sharon Lampkin, Todd Taylor



Rhonda and Brad Kloepfel



Anthony and Sharon O'Driscoll



Marlene Glover and Tanisha Staniel



Charles and Jean Naslund, Jen and Greg Naslund



Gary and Sherry Wolff



Reunion Jazz Musical Entertainment



Sharon Clark and Julie Tristan



Utopia Experience



Emily Coen, Jessica Milner



Cindy and Warner Baxter



Karen and Calvin Robinson



Courtney Knierim, Alexander Baldera, Eliza Harlan, Matt Krieg



Karen Dupske, Max Berendson

hope after dark

Corporate Sponsors

Individual Sponsors

Donor of Hope

KUHN FOUNDATION

Donors of Knowledge



Ameren



LAND DYNAMICS INC.
Full Service Real Estate Solutions

marmi
AND THE WOLFF FAMILY

Donors of Action

ROTONDA
FOUNDATION



STIFEL

Donors of Community



EXPRESS SCRIPTS®

Daugherty BUSINESS SOLUTIONS

Donors of Mission



THE CRAMER INSTITUTE



WARSON
CAPITAL PARTNERS

WOODARD
Since 1946

CARROLLTON
BANK

SCOTSMAN
COIN & JEWELRY

POLSINELLI

METROPOLITAN BUILD
DESIGN RENOVATION CONSTRUCTION

Light of Hope

MERLE FOX

CHUCK AND JEAN NASLUND

KAREN AND TOM STERN

Ray of Hope

NANCY AND DICK ARNOLDY

R&G BROD FAMILY FOUNDATION

ANDY AND JESSICA MILLNER

JEFFREY AND REBECCA COOK

GLADYS K. CROWN
CHARITABLE FOUNDATION

KIM KUEHNER

THE LESTER FAMILY

MIKE NELSON

PEGGY RITTER

REBECCA AND PAUL ROMINE

CHARLIE AND JOYCE WOODARD

Spark of Hope

JOEL AND RACHAEL BRIGHTFIELD

EMILY AND MATT COEN

JAN AND JEFF DICKE

ALISON AND JOHN FERRING

BARRY AND SHARON FRIEDMAN

KATE AND DAVID HATFIELD

BRAD AND RHONDA KLOEPEL

KEN AND NANCY KRANZBERG

JOSEPH & MARY STIEVEN
CHARITABLE FAMILY FOUNDATION

TIM AND JULIE STERN

Twinkle of Hope

MITCH AND LYNDA BARIS

SAM AND SHIRLEY BLUESTEIN

ANN AND DOUG BROWN

STEVE AND CHRISTI CALLAHAN

DONNA AND BOB COHEN

JENNIFER AND JONATHAN DEUTSCH

HAZEL AND ARNOLD DONALD

CAROLYN AND MATT GOLLUB

MARK AND BETTY GORAN

RICK AND DEBI HALPERN

DEBBIE AND BARRY KOENEMANN

MICHELLE AND EPHRAIM MUFSON

HELEN NELLING

MARTY AND MERLE OBERMAN

ANN AND TIM PLUNKETT

BILL AND KELLY ROLLER

ROB AND RANDEE ROMANOFF

RUBIN FAMILY FOUNDATION

PEGGY SCOTT

SARA SINDELAR

AL AND NANCY SIWAK

STACY AND GREG SIWAK

CONNIE SMITH

STEVE AND ERIN STEINBRUGGE

MICHAEL WEISS

MARTIN WICE

Beam of Hope

LOU BOPP

MR. AND MRS. RICHARD COHEN

LYNN AND MARY CUNNINGHAM

KAREN DUPSKE

TIM FOX AND ELLEN-REED FOX

MARK AND JULIE GRIMM

JENNIE GUEST

ANDREW AND DENISE HUBER

SHERI AND RON KANTERMAN

JONELLE LOFTON

ED AND DEBBI MUSEN

TONY AND SHARON O'DRISCOLL

CALVIN AND KAREN ROBINSON

SAVE THE DATE!

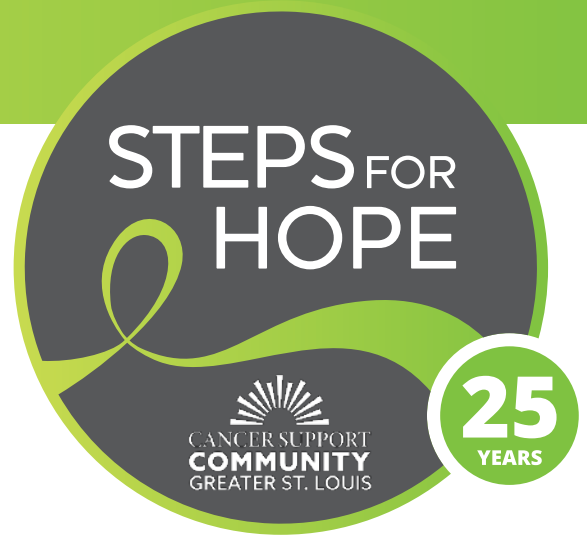
Saturday, May 6, 2023
Creve Coeur Park in Sailboat Cove
1 mile or 3.7 mile walk or fun run

Join us for our **25th Steps For Hope Walk** to celebrate survivorship, honor loved ones, and support Cancer Support Community of Greater St. Louis. Invite your family, friends, and coworkers to take their own **STEPS FOR HOPE!** Together we can make a difference in the lives of individuals and families in our community living with cancer.

Day Includes:

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

Check our website for registration to open early 2023!



WALK. RUN. INSPIRE.

HOW YOU CAN SUPPORT CSCSTL

Leave Your Lasting Legacy



Here at Cancer Support Community of Greater St. Louis, we spend a lot of time planning for a better future. You can help and make a big impact with a future gift by remembering Cancer Support Community of Greater St. Louis in your will and estate plan. It's a meaningful way to make a big difference by giving beyond your lifetime. **A couple of ways to do that are:**

Bequest

You can include the Cancer Support Community of Greater St. Louis in your will and specify an amount of money, or percentage of your estate, to benefit CSCSTL.

Insurance Policy

Gift a life insurance policy by naming the Cancer Support Community of Greater St. Louis as a beneficiary.

For more information, please contact:

Sharon Clark, sclark@cancersupportstl.org
314.238.2000, Extension 354

If you're considering a legacy gift, we recommend speaking with an accountant or financial adviser to understand all your legacy giving options, their tax implications, and other benefits. Visit our website: cancersupportstl.org/give-support/legacy-giving

Matching Gifts



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

Stock Gifts



A direct donation of stock to Cancer Support Community of Greater St. Louis is the most cost-effective method when compared with a gift of cash or the sale of securities followed by a gift of the proceeds. By directly gifting appreciated securities, you can make a more generous contribution than you might with cash. Your gift of appreciated securities to Cancer Support Community of Greater St. Louis is an easy and prudent way to make your charitable gift.

Support Our Events



Events such as our annual Steps for Hope Walk and Hope After Dark campaign provide a significant source of funding for our programs. Visit our event pages to learn about sponsorship opportunities, how you can participate and have your contribution matched, available raffle and auction items, and more.

Monthly Giving



Consider making your gift last all year long by giving monthly. This is a great way to support Cancer Support Community of Greater St. Louis and is as easy as providing pre-arranged gifts through your credit card.

- **It's Affordable:** Spread your contribution throughout the year and plan in advance how much you want to contribute to help our program participants.
- **It's Convenient:** Once you've decided how much you want to give, no further action is required. Your donation will appear on your credit card statement each month.
- **Your Gift Goes Further:** You will provide reliable and predictable revenue to help us with offering programs and services to people impacted by cancer in our community.

Celebrate Your Birthday



Celebrate your birthday with us! Let your friends and family know that instead of a traditional gift you would like them to help you take on cancer together by making a donation to Cancer Support Community of Greater St. Louis.

Schnucks eScrip



Shop to fundraise! Pick up your My Schnucks Card at your local store and register your card online with our Group ID 500821315. Use your eScrip card every time you shop for groceries and Schnucks will donate up to 3% of your purchase to CSCSTL.

Host a Fundraiser



Many individuals host Do It Yourself Fundraising Events (i.e. trivia nights, dine out nights, shop for a cause, garage sales, bake sales, etc.) throughout the year to help raise funds for our programs. Check out our website for some fun, creative fundraisers others are doing in our community.

Amazon Smiles



Give back while you shop! Select Cancer Support Community of Greater St. Louis on your Amazon account and when you shop at AmazonSmile, they will donate 0.5% of your purchase to CSCSTL.



WHAT OTHERS ARE DOING FOR CSCSTL

A **HUGE** thank you to **Acuity Brands** for donating **\$10,000** to Cancer Support Community of Greater St. Louis!

Through their EarthLIGHT in Action campaign, Acuity Brands gives back to their community and encourages others to do the same. We are so grateful CSCSTL was chosen this year to benefit from such an impactful initiative!

Also, a big shoutout and thank you to our Board Member, Matt Guest, for stewarding this amazing contribution through his employer, Saint Louis Lighting Group.

Thank you, Acuity Brands, Saint Louis Lighting Group, and Matt Guest!

Design/Layout: KA Design

STAFF

Contact Us @ 314.238.2000

EXECUTIVE DIRECTOR

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

LICENSED MENTAL HEALTH PROFESSIONALS

Karen Banks, MEd, PLPC

Jennifer Dunn, MSW, LCSW

Dannielle Hodges, MSW, LCSW

Kristen Kersting PhD, LMFT

Julie Matkin, MSW, LCSW

Haylee Nix, LMSW

Kelly O'Neal, MSW, LCSW

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

Dustin Adamo, PhD

Emily Coen, MSW

Torie Gettinger, LCSW

Hillary Hinrichs, PT, DPT, CLT, WCS

Rochelle Hobson, RN, MSN, CHPN

Rebecca Lasater, LCSW

Mary-Kate Malecek, MD

Alex P. Michael, MD

David G. Mutch, MD

Gary A. Ratkin, MD

Calvin Robinson, MSAH, RT

Jessica Taylor, PhD

Crystal Weaver, MHA, LCP, CRC, MT-BC

Anne Walerius, RN

Martin Wice, MD

BOARD MEMBERS

CHAIR OF THE BOARD

Peggy Scott

VICE-CHAIR

Michelle Mufson

TREASURER

Brad Kloeppel

SECRETARY

Rebecca Frigy Romine

BOARD OF DIRECTORS

Emily Coen

Karen Dupske

Tim Fox

Carolyn Gollub

Mark Goran

Matt Guest

Richard Halpern

Jonelle Lofton

Colin Meadows

Jessica Brod Millner

Ed Musen

Helen Nelling

Martin Oberman

Ann Plunkett

Calvin Robinson

Jay Simon

Tanisha Staniel

Douglas Thaman

Gary Wolff

EMERITUS DIRECTORS

Peggy Nelson (posthumous)