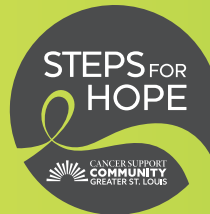




# CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



**SAVE THE DATE!**

**Saturday, May 3, 2025**

**Sailboat Cove in Creve Coeur Park**

**1-mile or 3.7-mile walk or fun run**

**WALK. RUN. INSPIRE.**

See page 10 for more info or visit [cancersupportstl.org/events/steps-for-hope-walk](https://cancersupportstl.org/events/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
- Page 4 **New Participant Welcome Meeting**
- Pages 4-5 Workshops
- Page 6 Social and Movement Opportunities
- Page 7 April Calendar

- Page 8 May Calendar
- Page 9 June Calendar
- Page 10 Steps for Hope
- Pages 10 Tributes
- Page 11 CSCSTL News
- Page 12 Give STL Day



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.

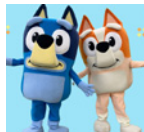
**Families Connect at St. Louis Battlehawks!**

Friday, May 2 • Kickoff at 7:00 PM  
KaKaw! Join us for the St. Louis Battlehawks' Cancer Awareness Game vs. the Arlington Renegades. **Please contact Kelly at [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) if interested.**



**Families Connect Tent at Steps for Hope!**

Saturday, May 3 • 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! *Check out special guests and thank you to Dream Time Princess Events!*



*A 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 Joel and Rachael Brightfield Family

**Missouri Botanical Garden Visit**

**RSVP for LIVE Session**  
Wednesday, April 23 • 6:00-7:30 PM  
4344 Shaw Blvd, St. Louis, MO 63110

Enjoy a sensory awareness walk designed to slow your pace and draw attention to details in nature. We will conclude with a nature mandala through gathering materials and talking about design. Participants will then create a mandala to leave on the grounds.

**Rusted Spur Stables**

**RSVP for LIVE Session**  
Saturday, April 26 • 1:00-3:00 PM  
*Reschedule Date in Case of Rain:*  
Saturday, May 17



7954 Tower Rd. Hillsboro, MO 63050  
Join us for a day of healing with horses through Equine Assisted Learning. Participants will learn the calming effect of nonverbal communication, working together with an animal to decrease anxiety and stress, and supplemental mindfulness exercises.

**Young Adult Couples and Cancer**

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

Wednesday, June 11 • 6:30-8:00 PM  
Many young adults 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 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.

**SAVE THE DATE**

**FAMILIES CONNECT ACROSS MISSOURI** AN INITIATIVE THAT BRINGS TOGETHER KIDS, TEENS, AND THEIR FAMILIES TO COPE, HEAL, AND THRIVE.

**SATURDAY, JULY 26** YOGA THERAPEUTIC ART HEALTH EDUCATION

**MISSOURI IS STRONGER THAN CANCER**

**STAY TUNED FOR SUMMER WITH FAMILIES CONNECT!**

To learn more, contact Kelly!  
[koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org)

**Check out Page 5: Nourish and Revitalize- A Retreat For Those Impacted by Cancer**

*We will have a special session for our parents/caregivers and young adults! Kids and teens groups will also be provided.*

**COMING SOON!**



*In partnership with Gilda's Club Madison and Gilda's Club Middle Tennessee.*

Contact Kelly at [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) to learn more.

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

# 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.

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

# SUPPORT GROUPS

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

## Weekly Support for People Living with Cancer

### Tuesdays on ZOOM

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

## Twice Monthly Support for Cancer Survivors

### First and Third Mondays on ZOOM

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

## Twice Monthly Support Cancer Bereavement

### Daytime group & evening group available in-person

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, Missouri Baptist Healthcare Foundation 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.

## 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

## COLORECTAL/GASTROINTESTINAL MONTHLY GROUP

### Register for ZOOM

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

This group offers support to those impacted by anal, bile duct, colon, esophageal, gall bladder, intestinal, liver, pancreatic, rectal, and stomach cancers.

## FRIENDS AND FAMILY MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

First Tuesday each month • 6:30–8:00 PM

This group provides anyone supporting a person with cancer the opportunity to discuss common issues of caregiving and coping with their own stress.

## GYNECOLOGICAL CANCER MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

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

This group welcomes anyone with 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

(May session will be held on Tuesday, May 27)

## PROSTATE CANCER MONTHLY GROUP

### RSVP for LIVE Session

First Thursday each month • 6:30–8:00 PM

**May group** – Special guest Caryn Dugan, Food for Life Instructor.

## 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.

## Welcome Meeting

RSVP for LIVE Session

Fridays: April 11, May 9, June 13 • 10:00–11:00 AM

Register for ZOOM

Mondays: April 21, May 19, June 23 • 5:30–6:30 PM

Join us for an introduction to our warm, supportive space - where those impacted by cancer can explore programs, connect with others, and learn how to get involved.

START HERE!

## EDUCATION

Education Programs are funded in part by the David S. and Roberta Tolpen Education Fund.

### Cancer Transitions: Moving Beyond Treatment® Series

Thursdays • 11:30 AM–1:00 PM

RSVP for LIVE Session

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

(Participants can attend the series or just one session)



#### > April 10 • Taking Control of Your Survivorship

This workshop helps cancer survivors navigate physical, social, and practical challenges while finding meaning in their experience. Participants will explore coping strategies and create a personalized survivorship plan.

#### > April 17 • Health and Medical Management

This session focuses on managing long-term health needs, including nutrition beyond cancer, creating a personalized diet plan, and balancing physical activity and rest. It also covers: follow-up care; maintaining communication with your healthcare team; and addressing long-term side effects, health risks, and screenings.

### Addressing Your Emotional Health

Monday, April 14 • 6:00–7:30 PM

Register for ZOOM

This is a workshop that addresses the emotional issues people face as they transition into post-treatment cancer survivorship. Participants will explore different coping mechanisms and finding meaning in their cancer experience. This program is designed for people who have finished active treatment and their loved ones.



### The Mind Body Connection

Tuesday, April 22 • 5:00–6:30 PM

Register for ZOOM

Take charge of your healing journey with information provided in this workshop. Learn to advocate for your wellbeing during cancer treatment and recovery while exploring Dr. Kelly Turner's, researched 10 healing factors. We'll focus on psychoneuroimmunology (PNI) and how mind-body interactions impact health and disease.

### Taking Control of Your Survivorship by Eating Well and Staying Active

Monday, May 12 • 6:00–7:30 PM

Register for ZOOM

This session is designed to discuss issues of nutrition beyond cancer, crafting a diet plan that is right for you, and how to maintain an appropriate routine for physical activity and rest. This program is designed for people who have finished active treatment and their loved ones.



### Coping with Peripheral Neuropathy

Tuesday, June 10 • NOON–1:00 PM

Register for ZOOM

Join a licensed ReVital cancer rehabilitation therapist for this workshop on treatment related peripheral neuropathy, covering evaluations, treatments, and practical coping strategies.



### Couples and Cancer

Wednesdays • 6:30–8:00 PM

May 21 • The Story of Us

May 28 • Conflict and Communication

Register for ZOOM

When cancer affects one partner, it can impact roles, sexual health, intimacy, and communication. This interactive workshop uses exercises based on Gottman Method to help couples reconnect. Both partners must attend, and couples can join one or both sessions.

### Understanding The Full Impact of BRCA Mutations

Thursday, May 22 • 6:00–7:30 PM

RSVP for LIVE Session

St. Louis Jewish Community Center,  
2 Millstone Campus Dr. St. Louis, 63146

BRCA gene mutations are linked to breast and ovarian cancers—but they also raise the risk for other conditions like pancreatic cancer and melanoma. Join medical oncologists and genetic counselors in exploring these connections for better health and prevention.



### Medical Management After Treatment

Monday, June 9 • 6:00–7:30 PM

Register for ZOOM

This session focuses on managing follow-up care, ongoing communication with your healthcare team and practical matters related to management of long-term side effects, and ongoing health risks and screenings. This program is designed for people who have finished active treatment and their loved ones.



### How Cancer Impacts Sleep

Tuesday, June 24 • 5:30–6:30 PM

Register for ZOOM

The cancer experience can disrupt sleep for patients, caregivers, and the bereaved. This workshop explores causes, offers strategies, and provides support for better rest.

# HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

## Spring into Health: The Power of Cabbage



Thursday April 10 • 5:30–7:00 PM

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

Welcome spring with a fresh focus on health! Join Desiree Williams to explore the benefits of cabbage, from immune support to digestion. This seminar includes nutrition tips and sharing and tasting a delicious recipe - perfect for enjoying seasonal, nutritious foods.

## Ultra-processed Foods: How to Identify Them and Why to Minimize Them

Wednesday, May 14 • 11:30 AM–1:00 PM



**RSVP for LIVE Session**

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

Convenience foods are everywhere and easy to rely on when time and energy are short, but how do they really impact health? In this workshop, Certified Health Coach, Gayle Rose, shares how to reduce reliance on these foods, shares healthy recipes, and prepares snacks for inspiration.

## An Indian Cuisine Lunch



Friday, May 16 • 11:30 AM–1:00 PM

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

Join instructor Caryn Dugan to explore simple, nutritious, and flavorful dishes inspired by Indian flavors. Learn to prepare roasted turmeric cauliflower with tahini drizzle, and spinach dal — a comforting, protein packed lentil stew. Come hungry and ready to be inspired!

## Food for Life—The Power of Food For Cancer Prevention And Survival



Tuesdays, June 10, 17, 24, July, 1, & 15  
5:00–6:30 PM – *Please commit to all five sessions.*

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

Join Caryn Dugan, certified Food for Life Instructor, for a class on how food choices impact cancer risk and recovery. Based on research from the Physicians Committee for Responsible Medicine, this class combines education and instruction featuring immune boosting foods that support detoxification. In person participants will receive a copy of The Cancer Survivor's Guide, with 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

## Weekly Wellness

Tuesdays • 11:30 AM–NOON

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

Join us weekly to learn wellness strategies, manage stress, and connect with others through activities like breath work, meditation, and journaling.

## Qigong

Fridays • 11:00 AM–NOON

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

Qigong uses meditation, breathing and gentle movement to balance and strengthen energy connections to heal your energy flow and increase vitality.

## Sanctuary Sound Journey

Thursdays, April 17 and May 15 • 6:00–7:00 PM

**RSVP for LIVE Session**

Join Mark Biehl, Certified Vibrational Sound Coach and Licensed Spiritual Health Coach, in this blissful journey. Allow the vibrational energies of Himalayan Singing Bowls, gongs, chimes, indigenous flutes and the voice to transport you into deep relaxation and remove stress.

## Nourish and Revitalize—A Retreat For Those Impacted by Cancer

Saturday, June 21 • 10:00 AM–2:00 PM

**RSVP for LIVE Session**

Join us for our 2<sup>nd</sup> annual summer retreat where you are invited to renew your self-care routine and nourish your soul. Nourish and Revitalize will offer healthy ways to replenish and sustain the body, mind, and spirit connection. Sessions will consist of three professionally led workshops, nutrition, stress management, and a restorative moment practice. **Lunch will be provided.**

## Creative Affirmation Cards

Wednesday, June 25 • 6:00–7:30 PM

**RSVP for LIVE Session**

The sun is so warm and so strong in the summertime... your thoughts can be warm and strong too! Using watercolors, drawing, and embellishments, you will create a set of unique and personal Affirmation Cards and get ideas on how to use them to increase compassion toward yourself and build up inner strength. Join Art Therapist, Susie McGaughey for this workshop that requires no previous art experience.

## SOCIAL CONNECTIONS

### Homemade Cards to Go

Wednesday, April 9 • 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.

### April Showers Bring May Flowers

Thursday, April 17 • 1:30–2:30 PM

#### RSVP for LIVE Session

Create a symbolic art piece using a protective umbrella, raindrops, and personal symbols of healing and support, reflecting resilience through life's storms. Through creative expression, participants will explore how challenges can lead to growth and renewal.

### Game Night

Wednesday, April 23 • 6:00–8:00 PM

#### RSVP for LIVE Session

Join us for an exciting game night filled with laughter, friendly competition, and great company! Whether you're a board game enthusiast, a care game strategist, or just looking for a fun way to unwind, there's something for everyone. No experience is needed - just bring your game face and be ready for a night of fun!

### Painted Pots for Spring Gardens

Tuesday, May 6 • 5:30–6:30 PM

#### RSVP for LIVE Session

Unwind and get creative in this relaxing session! Decorate your own garden pot using paints, buttons, beads, and other embellishments to design a one-of-a-kind piece to take home to your porch or garden bed. Materials provided.

### Seeking Signs of Spring – Nature Walk

Wednesday, May 21 • 6:00–7:30 PM

#### RSVP for LIVE Session

4344 Shaw Blvd, St. Louis, MO 63110

Join us for a guided, mindful walk using all of our senses to explore and experience signs of spring at the botanical garden. Participants are invited to pot and take home an herb for themselves.

## 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.

### 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 practice can increase flexibility, mobility and strength while decreasing symptoms of pain, fatigue, depression and anxiety.

### Rise and Renew

Saturdays • 9:00 AM



#### Register for ZOOM

Join Desireé Williams, Certified Fitness Instructor, for a gentle strength training class designed for those impacted by cancer. Through carefully guided exercises, you'll improve muscle tone, increased energy, and nurture a sense of renewal and vitality. Participants are welcome to use a chair, resistance bands, or light weights.



# 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
		Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Friends and Family Monthly Group 6:30 PM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 5:30 PM ZOOM or LIVE Homemade Cards to Go 6:30 PM LIVE	Prostate Cancer MG 6:30 PM LIVE	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
6	7	8	9	10	11	12
13	Addressing Your Emotional Health 6:00 PM ZOOM	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Colorectal/Gastrointestinal MG 6:30 PM ZOOM	Cancer Transitions: Taking Control of Your Survivorship 11:30 AM @ Mercy South LIVE Spring Into Health: The Power of Cabbage 5:30 PM ZOOM or LIVE Lung Cancer MG 6:30 PM ZOOM	Welcome Meeting 10:00 AM LIVE Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
20	Welcome Meeting 5:30 PM ZOOM Gynecological Cancer MG 6:30 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE The Mind Body Connection 5:00 PM ZOOM	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Game Night 6:00 PM LIVE JBYAP @ Missouri Botanical Garden 6:00 PM LIVE	Cancer Transitions: Health Management 11:30 AM @ Mercy South LIVE April Showers Bring May Flowers 1:30 PM LIVE Sanctuary Sound Journey 6:00 PM LIVE Survivorship MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM JBYAP at Rusted Spur Stables 1:00 PM LIVE 
27	Pancreatic Cancer MG NOON ZOOM	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE	Brain Tumor MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
	28	29	30	24	25	26

# APRIL 2025

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

**SUNDAY      MONDAY      TUESDAY      WEDNESDAY      THURSDAY      FRIDAY      SATURDAY**

# MAY 2025

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



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	31



SUNDAY		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
1	2	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Friends and Family MG 6:30 PM ZOOM or LIVE	3	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE	4	Prostate Cancer MG 6:30 PM LIVE	5	Qigong 11:00 AM ZOOM or LIVE	6	Rise and Renew 9:00 AM ZOOM	7		
8	9	Medical Management After Treatment 6:00 PM ZOOM	10	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Coping with Peripheral Neuropathy NOON ZOOM Food for Life 5:00 PM ZOOM or LIVE	11	Lung Cancer MG 6:30 PM ZOOM	12	Welcome Meeting 10:00 AM LIVE Qigong 11:00 AM ZOOM or LIVE	13	Rise and Renew 9:00 AM ZOOM	14		
15	16	Gynecological Cancer MG 6:30 PM ZOOM or LIVE	17	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Colorectal/Gastrointestinal MG 6:30 PM ZOOM	18	Survivorship MG 6:30 PM ZOOM	19	Qigong 11:00 AM ZOOM or LIVE	20	Rise and Renew 9:00 AM ZOOM Nourish and Revitalize: A Retreat for Those Impacted by Cancer 10:00 AM LIVE	21		
22	23	Pancreatic Cancer MG NOON ZOOM Welcome Meeting 5:30 PM ZOOM	24	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE How Cancer Impacts Sleep 5:30 PM ZOOM	25	Brain Tumor MG 6:30 PM ZOOM	26	Qigong 11:00 AM ZOOM or LIVE	27	Rise and Renew 9:00 AM ZOOM	28		
29	30												

# JUNE 2025



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

# SAVE THE DATE!

**Saturday, May 3, 2025**

**Sailboat Cove in Creve Coeur Park**

**1 mile or 3.7 mile walk or fun run**

**Registration: March 1 - May 3**

\$25 - Minimum registration (t-shirt not provided)

\$45 - Registration includes STEP FOR HOPE t-shirt

(Register by Monday, April 14 to guarantee a t-shirt)

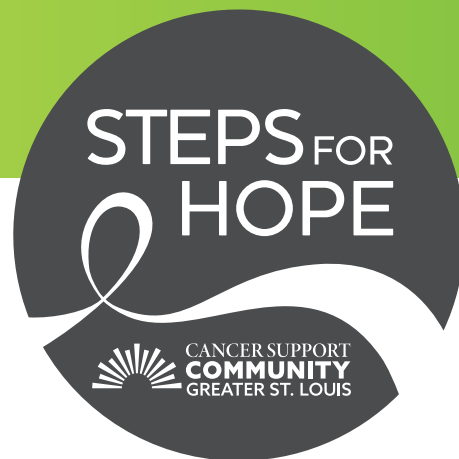
**Start Time:**

9:00 AM - On-site registration opens

10:00 AM - Event kick-off

Join us for our **27<sup>th</sup> Steps For Hope Walk**

to celebrate those impacted by cancer, 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.



**Scan the QR Code for more information!**



## 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, 2024 through December 31, 2024. We apologize for any omissions or errors.

### IN HONOR OF:

**CAROL AND KEN AGATSTEIN**  
*Mark Silvermintz*

**SUSAN FRANK**  
*Cynthia D. Seltzer*

**TIM FOX**  
*Leah R Callahan*

**MR. & MRS. DAN HOCHMAN**  
*Lorin & Debra Dunn*

**MARY EU MURRAY**  
*Terry & Colleen Murray*

**ANN & TIM PLUNKETT**  
*Stephen Dolle  
Alice Fleeman  
Sally Pinckard & Michael Roach  
Kevin P. Plunkett*

### IN MEMORY OF:

**JUDY FAVALORA**  
*Stephanie Hornsby*

**MICHAEL FRANCIS FULLER**  
*Juanita Huie Fuller*

**DOBBIE GOLDSTEIN**  
*Marty & Merle Oberman  
Richard Levey & Susie Knopf*

**VICTOR HATHUC**  
*Brian Davidson  
Anne Elliott*

**MICHAEL HOLBROOK**  
*Beth Frohlichstein*

**KATHRYN KOOP**  
*Jeff Koop*

**LINDA KWESKIN**  
*Mia Kweskin*

**HELAYNE LEVITT**  
*Rick and Deby Halpern*

**JOE MCGLYNN**  
*Stephen Perez  
Elina Rabinowitz  
Shelli Sandrew*

**GARY NELLING**  
*Helen Nelling  
Linda Swaty*

**JON PALMER**  
*Serena Alberts*

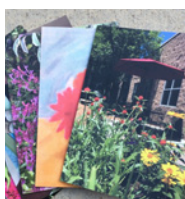
**PAULY**  
*Karen Coggan*

**RICK PUCKETT**  
*Michael Puckett*

**LESLIE REBY**  
*Rick & Deby Halpern  
Richard Levey & Susie Knopf  
Alan Lyss*

**CARMEN TAMAYO**  
*Marjorie Brammeier  
Judy & Todd Bundren  
Karen Davis  
Sheri and Joseph Flatt  
Jennifer Harshany  
Juanita Huie Fuller  
Diane Kittower  
Marilyn Milonas  
James Pickett  
Dimple Rihel  
Christie Schillinger  
Tom Schillinger  
Jean Tamayo  
Sherry Verdu  
Peg Woodworth*

**BOB TEGMAN**  
*Harvey & Nancy Lehrer*



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, 11775 Borman Dr, St Louis, MO 63146.
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.*

# NEWS

from our Cancer Support Community  
of Greater St. Louis Board Of Directors.

**CSC is excited to welcome 4 new members to our Board of Directors!**

## NEW BOARD MEMBERS



### Paige Kendall

Paige is an Enterprise Transformation Senior Change Strategist with Edward Jones and has over 21 years of diverse experience and perspective in people leadership and change management. Given her own personal experience with cancer, Paige is looking for a chance to offer her time and energy to help others and give back. She brings her diverse leadership skills set to the Development and Marketing Committee.



### Jesse Barash

Jesse has over 30 years of management and leadership experience in Consumer Packaged Goods Marketing with the majority of his career spent at Nestle Purina PetCare, now retired. Jesse donates his time to assist non-profit organizations by facilitating structured brainstorming sessions, post-event reviews and major workshops. Jesse's

wife is a breast cancer survivor, and he wants to make a difference in the St. Louis and surrounding communities to help expand the support CSC can provide to those impacted by a cancer diagnosis. His expertise will be well used for the Marketing and Development Committee.



### Dr. Danielle McPherson, DBA

Danielle is Vice President - Medicaid, Managed Care Operations and State Government Programs with Mercy. She has over 16 years of experience within the healthcare industry, with a strong business development background focused on strategy, finance, health equity and social determinants of

health. Having experienced her own cancer journey along with family members' history of cancer, Danielle understands first-hand how vital community support is when faced with cancer. She brings financial expertise and a collaborative approach to the Finance Committee.



### Joel Boime, MSW, CMC

Joey is Director of Client Services for Private Home Care. He is a seasoned social worker skilled with assisting seniors and their families, and has over 12 years of experience in the senior industry and home health care. Given his local network of health organizations and agencies, Joey brings marketing and sales expertise to the

Marketing and Development Committee that will build awareness for CSC in the healthcare community.



# SAVE THE DATE TO SUPPORT CSCSTL IN THE COMMUNITY



On a single day in May, the St. Louis region comes together to collectively support hundreds of local nonprofits. Over the past decade, Give STL Day has raised more than **\$34 million** for over one thousand local nonprofits. We hope that you consider supporting Cancer Support Community of Greater St. Louis on this wonderful day!

Early giving begins April 23rd! Scan the QR code or visit [www.givestlday.org/organization/cancersupportstl](http://www.givestlday.org/organization/cancersupportstl) to donate! *Together, we can prove that St. Louis is Stronger than Cancer.*



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**CANCER SUPPORT COMMUNITY GREATER ST. LOUIS**



**MISSION:** *Cancer Support Community of Greater St. Louis uplifts and strengthens people impacted by cancer by providing support, fostering compassionate communities, and breaking down barriers to care.*

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