



# CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



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

**A DAY TO GIVE**  
Wednesday, October 9, 2024  
Go to pg 11 or visit [cancersupportstl.org/hopeafterdark](https://cancersupportstl.org/hopeafterdark) for more details

## What's Inside:

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*.

**New Family 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 find 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.

**Family Journal**

Looking for a way to collect stories and memories of your family? Look no further-we are excited to provide personalized Family Journals! Once you register, you will be sent a weekly question, and your answers and any photos provided will be collected and designed by us into a unique Family Journal.



**Families Connect Trunk or Treat**

**RSVP for LIVE Session**  
Wednesday, October 23  
4:00-6:00 PM

Join us for a scarily fun evening of snacks, face painting, arts and crafts, and more. Costumes welcome, of course! Stop by anytime 4-6 p.m.

**Families Connect Gingerbread Holiday Event**

**RSVP for LIVE Session - Spaces are limited**  
Wednesday, December 4 • 6:00-8:00 PM  
(Dinner provided 6:00-6:30 PM)

Join teaching artist Maria Ojascastro in making a Gingerbread creation using ice cream waffle bowls, animal crackers, graham crackers, icing and candy. If you like messy, imperfect, and fun creations, this is the event for you! Special guests: Holiday Anna and Elsa. 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*

**Rusted Spur Stables**  
**RSVP for LIVE Session**

Saturday, November 9 • 2:00-3:30 PM  
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. Lunch will be provided.



**In Our Self-Care Era-Taylor Swift Night**  
**RSVP for LIVE Session**

Wednesday, November 20 • 6:00-8:00 PM

Are you ready for it? Join us for an enchanted evening of the Eras movie, friendship bracelets, lyric art, and dinner. Let's make the CSC office shimmer!

 **Kids, teens, families, and young adults-Check out the Community Art Show on Page 6!**

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, St. Louis Service Bureau, 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

Thursday, October 24 and  
Wednesday, November 20 • 6:30–8:00 PM  
(No December group)

## BREAST CANCER MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

Second Wednesday each month • 5:30–7:00 PM  
*Dinner will be provided to in-person participants on  
October 9, from 5:00–5:30 PM*

## 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.

## GASTROINTESTINAL MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

Third Wednesday each month • 6:30–8:00 PM  
(December group ZOOM only)

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

## GYNECOLOGICAL CANCER MONTHLY GROUP

### Register for ZOOM or RSVP for LIVE Session

Mondays, October 21, November 18 • 6:30–8:00 PM  
(No December group)

*Dinner will be provided to in-person participants on  
November 18, from 6:00–6:30PM*

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

## METASTATIC CANCER MONTHLY GROUP

### Register for ZOOM

Second Monday each month • 10:00–11:30 AM  
Living with metastatic cancer presents several unique experiences that are explored in this monthly group including living with uncertainty, maintenance treatment, and managing your health and long-term side effects.

## ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

### Register for ZOOM

Mondays, October 28, November 25 • NOON–1:30 PM  
(No December group)

## PROSTATE CANCER MONTHLY GROUP

### RSVP for LIVE Session

First Thursday each month • 6:30–8:00 PM  
*Dinner will be provided on November 7*

## SURVIVORSHIP MONTHLY GROUP

### Register for ZOOM

Thursdays, October 17, November 21 • 6:30–8:00 PM  
(No December group)

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.

**In an effort to keep our programs free, we require that you complete a visitor form once a year.**

## Welcome Meeting

**Register for ZOOM:** Mondays, October 21 and November 18 • 5:30–6:30 PM  
or **RSVP for LIVE Session:** Wednesdays, October 2, November 6, December 4 • 11:00 AM–NOON

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 to 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!

**START HERE!**

## Cancer Transitions: Moving Beyond Treatment®

Mondays • 6:00–7:30 PM

### RSVP for LIVE Session

David C. Pratt Cancer Care Center – Suite 1440,  
Conference Room Mercy Hospital, 607 Ballas Rd, 63141

It is common to feel alone or confused about the next steps once treatment ends. The Cancer Transitions: Moving Beyond Treatment® program is a workshop that addresses many of the physical, social, and practical issues survivors may face as they transition into post-treatment cancer survivorship.

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

Monday, October 28

Discuss issues of nutrition beyond cancer, crafting a diet plan that is right for you, and how to maintain physical activity and rest.

### • Medical Management Beyond Cancer

Monday, November 11

Discuss managing follow up care, ongoing communication with your healthcare team, practical matters related to management of long-term side effects, and ongoing health risks and screenings

## Stepping into Self-Compassion

Wednesday, October 29 • 6:00–7:30 PM

### RSVP for LIVE Session

Self-compassion is an important practice that increases our resilience and happiness and can help us better navigate the ups and downs of life. Whether you are a cancer survivor, caregiver or in the midst of grieving, taking care of yourself physically and mentally is essential to an increased quality of life. No act of self-compassion is too small! Please join us for an evening of discussion, sharing, and experiential practice.

## Walk Me Through The Holidays with Cancer

Tuesday, December 10 • NOON–1:30 PM

### Register for ZOOM

Cancer doesn't take a break for the holidays, but there are ways to cope with the functional implications of cancer related impacts. Join us for a conversation with a panel of professionals including a social worker, ReVital Certified cancer rehabilitation physical therapist, occupational therapist and speech therapist to discuss the role of these professionals to support your daily functioning. This discussion will focus on strategies, hacks and modifications to lighten the physical and mental burden of the holiday hustle so that you can continue to participate in traditions you enjoy.



## EDUCATION

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

### Walk Me Through It

Tuesdays • NOON–1:00 PM

October 8: Breast Cancer

November 12: Lung Cancer

### Register for ZOOM

Join us for a casual, clinical conversation with a licensed ReVital Certified cancer rehabilitation physical therapist to discuss the role of physical, occupational and speech therapy to support your healing through cancer. This discussion will walk you through what these evaluations and treatments would look like for individuals with a specific diagnosis to focus on the unique needs of that population. A Cancer Support Community 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 all welcome!



### Cancer Tumors of the Brain

Thursday, October 17 • 6:00–7:00 PM

### Register for ZOOM

This presentation by Dr. Kumar Vasudevan, MD, will discuss the basic care of patients with primary brain tumors, including gliomas, glioblastomas, pituitary tumors, and other tumor types. The focus will be on what patients can expect throughout their care from diagnosis to treatment, and will cover topics like surgery, radiation, chemotherapy, and survivorship. All patients and their caregivers are invited to attend.



# HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

## Support Your Immune System and Tame Inflammation

Tuesday, October 15 • 11:30 AM–1:00 PM

[RSVP for LIVE Session](#)

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

Having a healthy immune system is important year-round, but especially during cold and flu season. Chronic inflammation may increase the risk of various diseases and cause uncomfortable symptoms in the body. Join health coach and behavioral change specialist, Gayle Rose, as she talks about anti-inflammatory and immune-boosting foods and behaviors. She will demonstrate recipes that incorporate delicious ingredients.



## Soul-Soothing Soups

Wednesday, October 16 • 4:30–6:00 PM

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

As the most popular food item of winter, and one that offers comfort when we're not feeling our best, soup is what's on the menu. Come be nourished as health coach Gayle Rose shares cooking inspiration and recipes for some soul-soothing and immune-boosting soups.



## Healthy Fall Feast

Thursday, November 7 • 11:30 AM–1:30 PM

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

Join us in creating some hearty, nutrient dense fall dishes that are perfect for the season. Menu includes: Autumn Salad, Lemon herb crusted Brussels sprouts, and sweet potato casserole.



## Hearty Holiday Appetizers

Tuesday, December 10 • 5:30–7:00 PM

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

Caryn Dugan, certified Food for Life Instructor, demonstrates healthy and delicious appetizers that are perfect for parties or holiday meal side dishes.



## Weekly Wellness

Tuesdays • 11:30 AM–NOON

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

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.

## Sanctuary Sound Journey

Thursdays, October 17 and November 21  
(No December Program) • 6:00–7:30 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. You will be lying down on a comfortable mat or seated in a chair. Dress comfortably, bring some water to drink, and prepare for a very peaceful experience.

## Falling Into A Healthier You – A Retreat For Those Impacted by Cancer

Saturday, November 2 • 10:00 AM–2:00 PM

[RSVP for LIVE Session](#)

North Side Community Elementary School  
3033 N Euclid Ave, St. Louis 63115

This retreat offers anyone impacted by cancer an opportunity to refresh their mind, body, and spirit, while finding opportunities to improve their self-care behaviors. Three special breakout sessions include:

- A nutritious cooking demonstration and meal
- A simple, gentle exercise practice modifiable for all bodies and abilities
- A mutli modality stress management workshop with practices and ideas to incorporate at home.

*\* Kids and teens welcome. Food and activities will be provided.*

## Cultivating Gratitude

Wednesday, November 6 • 6:00–7:30 PM

[RSVP for LIVE Session](#)

Regularly practicing gratitude can improve mood, reduce anxiety and depression, and support mental health. Join us for this workshop as we discuss the theory behind gratitude, learn and participate in some practical exercises to help increase your wellbeing, and make a gratitude jar that you will take home with you.



## SOCIAL CONNECTIONS



### Game Night

Tuesday, October 22 • 6:00–8:00 PM

[RSVP for LIVE Session](#)

Join us for an evening full of board game bliss! We will be providing games hand-picked for their quick turns, simple rules, and incredible fun. Come connect with others while expanding your experience with board games.

### Community Art Show

Thursday, November 14 • 6:30–8:00 PM

[RSVP for LIVE Session](#)

Join us for a social evening of sharing and creating art—more details coming soon! Please contact Kelly at [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) if interested in showcasing pieces—all mediums welcome, whether a painting, poem, or piece of music...we'd love to collaborate!



### Seasonal Arrangement

Tuesday, December 3 • 6:00–7:30 PM

[RSVP for LIVE Session](#)

Create a centerpiece for your holiday setting, using a container designed to keep everything fresh. We will explore a variety of greenery, branches, cones and more to allow for individual creativity.

## 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.

### 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.

### Salsa for the Soul

Tuesday, October 15 • 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!

### Yoga and Bone Health

Mondays, October 21, November 18 and  
December 9 • 6:30–8:00 PM

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

Participants of this 3-part series will learn a yoga practice to benefit bone strength and support fall prevention. Each session is limited to six live participants. Participation by Zoom is also welcome and unlimited.

**October 21:** Alignment and Flexibility


**November 18:** Stress and Body Awareness

**December 9:** Exercise and Balance



# 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>Gentle Yoga 10:00 AM</b> <small>ZOOM or LIVE</small> <b>Weekly Wellness 11:30 AM</b> <small>ZOOM or LIVE</small> <b>Friends and Family MG</b> <b>6:30 PM</b> <small>ZOOM or LIVE</small>	<b>Gentle Yoga 9:30 AM</b> <small>ZOOM or LIVE</small> <b>Welcome Meeting</b> <b>11:00 AM</b> <small>LIVE</small> <b>Gentle Yoga 5:15 PM</b> <small>ZOOM or LIVE</small>	<b>Prostate Cancer MG</b> <b>6:30 PM</b> <small>LIVE</small>	<b>Qigong 11:00 AM</b> <small>ZOOM or LIVE</small>	5	
	6	<b>Gentle Yoga 10:00 AM</b> <small>ZOOM or LIVE</small> <b>Weekly Wellness 11:30 AM</b> <small>ZOOM or LIVE</small> <b>Walk Me Through It NOON</b> <small>ZOOM</small>	<b>Gentle Yoga 9:30 AM</b> <small>ZOOM or LIVE</small> <b>Gentle Yoga 5:15 PM</b> <small>ZOOM or LIVE</small> <b>Breast Cancer MG</b> <b>5:30 PM</b> <small>ZOOM or LIVE</small>	<b>Lung Cancer MG 6:30 PM</b> <small>ZOOM</small>	<b>Qigong 11:00 AM</b> <small>ZOOM or LIVE</small>	12	
13	<b>Metastatic Cancer MG</b> <b>10:00 AM</b> <small>ZOOM</small> <b>CSC CLOSED</b>	<b>Gentle Yoga 10:00 AM</b> <small>ZOOM or LIVE</small> <b>Weekly Wellness 11:30 AM</b> <small>ZOOM or LIVE</small> <b>Support Your Immune System and Tame Inflammation @ Mercy South</b> <b>11:30 AM</b> <small>LIVE</small> <b>Salsa for the Soul</b> <b>6:30 PM</b> <small>ZOOM or LIVE</small>	<b>Gentle Yoga 9:30 AM</b> <small>ZOOM or LIVE</small> <b>Soul-Soothing Soups</b> <b>4:30 PM</b> <small>ZOOM or LIVE</small> <b>Gentle Yoga 5:15 PM</b> <small>ZOOM or LIVE</small> <b>Gastrointestinal MG 6:30 PM</b> <small>ZOOM or LIVE</small>	<b>Sanctuary 6:00 PM</b> <small>LIVE</small> <b>Cancer Tumors of the Brain 6:00 PM</b> <small>ZOOM</small> <b>Survivorship MG 6:30 PM</b> <small>ZOOM</small>	<b>Qigong 11:00 AM</b> <small>ZOOM or LIVE</small>	19	
20	<b>Welcome Meeting</b> <b>5:30 PM</b> <small>ZOOM</small> <b>Gynecological Cancer MG</b> <b>6:30 PM</b> <small>ZOOM or LIVE</small> <b>Yoga and Bone Health</b> <b>6:30 PM</b> <small>ZOOM or LIVE</small>	<b>Gentle Yoga 10:00 AM</b> <small>ZOOM or LIVE</small> <b>Weekly Wellness 11:30 AM</b> <small>ZOOM or LIVE</small> <b>Game Night 6:00 PM</b> <small>LIVE</small>	<b>Gentle Yoga 9:30 AM</b> <small>ZOOM or LIVE</small> <b>Families Connect Trunk or Treat 4:00 PM</b> <small>LIVE</small> <b>Gentle Yoga 5:15 PM</b> <small>ZOOM or LIVE</small>	<b>Brain Tumor MG 6:30 PM</b> <small>ZOOM</small>	<b>Qigong 11:00 AM</b> <small>ZOOM or LIVE</small>	26	
27	<b>Pancreatic Cancer MG</b> <b>NOON</b> <small>ZOOM</small> <b>Taking Control of Your Survivorship by Eating Well and Staying Active @ Mercy Pratt 6:00 PM</b> <small>LIVE</small>	<b>Gentle Yoga 10:00 AM</b> <small>ZOOM or LIVE</small> <b>Weekly Wellness 11:30 AM</b> <small>ZOOM or LIVE</small> <b>Stepping into Self-Compassion 6:00 PM</b> <small>LIVE</small>	<b>Gentle Yoga 9:30 AM</b> <small>ZOOM or LIVE</small> <b>Gentle Yoga 5:15 PM</b> <small>ZOOM or LIVE</small>				
28							
29							
30							
31							

# October 2024

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





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	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	31				



# December 2024

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

# TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from April 1, 2024 through June 30, 2024. We apologize for any omissions or errors.

## IN HONOR OF:

### DEBBIE MUSEN

*Diana Barnholtz*

### MARTY & MERLE OBERMAN'S ANNIVERSARY

*Harvey Lehrer*

### MARTY OBERMAN

*Marilyn and Gary Ratkin*

### SHELLY RIEDEMANN

*Elizabeth Riedemann*

## IN MEMORY OF:

### MIKE BURKE

*Colleen Anderson*

### DEBBIE POSLOSKY

*Dale Poslosky*

### JACK BOLOZKY

*Larry Thayer*

### MICHAEL HOLBROOK

*Beth Frohlichstein*

## RHONDA BANFORD

*Shana Albright*

*Jane Baker*

*Barbara Poletsky Bellantoni*

*James Boden*

*Jack Bolozky*

*Ronny Borrok*

*Marcy Brodsky*

*Julie Cohen*

*Julie Cooper*

*Michelle Swenson Drury*

*Eric Glazer*

*Jeffrey Goldberg*

*Robert & Pamela Goldberg*

*Richard and Janet King*

*Jeffrey Kopolow*

*Lori Korb*

*Willa Lim*

*William Maloni*

*Betsy Mehlman*

*Dulcie Simonds*

*Steve Sorkin*

*Larry Thayer*

*Craig Varusa*

*Tim Westman*

*Kathleen Youngerman*



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.*

# HOW YOU CAN SUPPORT CANCER SUPPORT COMMUNITY AT YEAR-END



## Year End Donation

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



## Retirement Assets

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



## 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.

Call Sharon Clark at 314.330.0668 or [sclark@cancersupportstl.org](mailto:sclark@cancersupportstl.org) with questions.

# A Life Interrupted

Young Adults impacted by cancer



## The Jason Brightfield Young Adult Program

A unique program designed to help young adults, 18-40, find support and community as they navigate their cancer journey. A safe place to discover practical coping skills, have valuable opportunities to connect with other young adults who “get it”, and find support that they may not find in their standard medical treatment plan. Visit [www.cancersupportstl.org/get-support/jason-brightfield-young-adult-program](http://www.cancersupportstl.org/get-support/jason-brightfield-young-adult-program) for more information.

### Did you know...

- About **80,000 young adults** aged 20 to 39 are diagnosed with cancer each year in the United States; About **9,000 young adults die** from cancer each year
- Cancer is the **5th leading cause of death** in this age group
- **Long-term side effects:** impaired fertility, increased risk of developing another cancer later in life, problems with other organs and organ systems

*\*Statistics provided by the American Cancer Society*

*"My life was drastically interrupted—all my friends were getting married and having kids and buying homes, and I was not... CSCSTL helped me see that I was not alone." -Emily W.*



*How can I support programs like the Jason Brightfield Young Adult Program?*

**October 9, 2024** is *A Day to Give!* All donations made on this day will be **MATCHED** through the generosity of our *Hope After Dark* sponsors. Scan the QR code below or visit our website [www.cancersupportstl.org/hopeafterdark](http://www.cancersupportstl.org/hopeafterdark) to donate today!



# WHAT OTHERS ARE DOING FOR CSC



SHOP TO  
SUPPORT  
Cancer Support Community of Greater  
St. Louis

OCTOBER 29, 2024  
4PM-7PM

LILLY PULITZER PLAZA FRONTENAC

Call for more details:  
314.989.0915

10% OF EVENT PROCEEDS  
WILL BE DONATED



JOIN US IN THE  
FIGHT AGAINST  
BREAST CANCER

Donate \$2 & receive a  
pink microfiber towel

LIMITED SUPPLY!

Donate today to help  
cancer patients and families

Proudly supporting



Thank you to Lilly Pulitzer and Waterway for helping us prove that together....

*St. Louis is Stronger than Cancer!*

Design/Layout: KA Design

## STAFF

Contact Us @ 314.238.2000

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Lori Thaman

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### DEVELOPMENT DIRECTOR

Sharon K. Clark - x. 354

### MARKETING & COMMUNICATIONS COORDINATOR

Emily Kelle - x. 355

### ADMINISTRATIVE ASSISTANT & OFFICE MANAGER

Sarah Long - x. 350

### LICENSED MENTAL

### HEALTH PROFESSIONALS

Karen Banks, MEd, PLPC

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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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