

# What's Inside:

# NO CHARGE!

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THE WHOLE FAMILY, THE WHOLE TIME

A program for the whole family when a child/teen, 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 Counseling**

Looking for extra 1:1 support for you or your child? We are excited to offer short-term counseling to our families-whether it is with one child, a group of siblings, or the entire family, we are here for you. Contact Kelly at koneal@cancersupportstl.org for more information!



#### **Families Connect Halloween Party!**

#### **RSVP for LIVE Session**

Wednesday, October 29 • 5:30-7:30 PM

We've brewed up an evening full of spooktacular treats, bootiful crafts, and fang-tastic games. Come dressed in your most fab-boo-lous costume and drop in anytime 5:30-7:30 p.m. Let's have a howling good time-no tricks, just treats!



# Families Connect Gingerbread Holiday Event!

**RSVP for LIVE Session** 

Tuesday, December 2 • 6:00–8:00 PM (Dinner provided 6-6:30)

Teens, kids, and their families-Join us in making a Gingerbread creation! Whether you're a frosting fanatic or just in it for the laughs, come build your own masterpiece. No pressure-just good fun, sweet treats, and holiday spirit!

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



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

#### **Individual, Family, and Couples Counseling**

Up to 6 support sessions specifically related to a person's experience with cancer. Contact Kelly at koneal@cancersupportstl.org for more information!

# What I Wish I Knew: A Holiday Gathering of Food, Friends & Reflection

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

Wednesday, November 5 • 6:30-8:00 PM

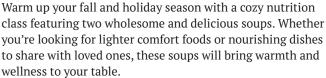
This workshop brings young adults impacted by cancer together for a warm holiday meal, meaningful conversation, and guided activities. In the spirit of the season, we'll reflect on the challenges we've faced, the lessons we've learned, and the hope that carries us forward. This is a safe space to express the wisdom we've earned through challenge and adversity.

#### **Nourishing Fall Soups**

**Register for ZOOM or** 

RSVP for LIVE Session

Tuesday, November 11 • 6:30–8:00 PM



**Golden Butternut Squash & Apple Soup** – A silky, vibrant blend that balances sweet and savory flavors, packed with vitamins and antioxidants.

**Rustic Lentil & Mushroom Soup** – A hearty, earthy bowl of plant-based protein and fiber, perfect for cooler days.

# Retreat: A Day of Healing with Horses at Rusted Spur Stables

**RSVP for LIVE Session** 

Saturday, November 15 • 10:00 AM–2:00 PM

7954 Tower Rd. Hillsboro, MO 63050

Lunch and supplies will be provided.

Join us for a restorative day of Equine Assisted Learning, therapeutic art, and mindfulness. Participants will experience the calming power of nonverbal communication with horses, learn teamwork skills that reduce anxiety and stress, and engage in creative art activities designed to deepen reflection and healing. Supplemental mindfulness practices will round out the day, leaving you grounded, inspired, and renewed.





#### 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, St. Louis Service Bureau and the Arenberg Family. Groups are not open for observation at any time and are only for people with a cancer diagnosis and, where indicated, their loved ones.

#### **NETWORKING GROUPS**

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

#### **ALL CANCER MONTHLY GROUP**

#### **RSVP for LIVE Session**

3453 Hwy. T Washington, MO 63357 at Blue Sage Ranch (green roofs)

Third Thursday each month • 1:00–2:30 PM (No December Group)

All patients, survivors, friends, and family welcome.

# BRAIN TUMOR MONTHLY GROUP Register for ZOOM

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

(No November and December groups)

# 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 (No December group)

For those impacted by anal, bile duct, colon, gall bladder, intestinal, liver, rectal and stomach cancers.

## FRIENDS AND FAMILY MONTHLY GROUP Register for ZOOM or RSVP for LIVE Session

4207 Lindell Blvd, St. Louis, MO 63108 at American Cancer Society Hope Lodge

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

For anyone supporting someone with cancer to cope 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

## PROSTATE CANCER MONTHLY GROUP RSVP for LIVE Session

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

#### GRUPO DE APOYO PARA PERSONAS AFECTADAS POR EL CÁNCER

Por ZOOM

1.ER Y 3.ER viernes de cada mes • 10:00-11:30 AM (No hay grupo el 19 de diciembre.)

Un diagnóstico de cáncer puede ser emocionalmente difícil. Este grupo ofrece apoyo y conexión con otros en situaciones similares.

#### SURVIVORSHIP MONTHLY GROUP

#### **Register for ZOOM**

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

For people finished with active treatment or are on maintenance treatment.

#### **Welcome Meeting**

**RSVP for LIVE Session** 

Fridays: Oct 10, Nov 14, Dec 12 • 10:00-11:00 AM

**Register for ZOOM** 

Mondays: Oct 27, Nov 24 • 5:30-6:30 PM

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

#### **EDUCATION**

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

# Cancer Transitions: Moving Beyond Treatment® Two Part Series



Fridays, October 10 & 17 • 11:30 AM-1:00 PM

**RSVP for LIVE Session** 

David Sindelar Cancer Care Center 10050 Kennerly Rd., 63128 - Conference Room 1 (Participants can attend the series or just one session)

#### > Oct 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.

#### > Oct 17 • Health and Medical Management Beyond Cancer

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.

# Understanding Mental Health and Cancer Monday, October 13 • 6:00–7:30 PM

#### **Register for ZOOM**

Mercy

This program is developed for all cancer patients and cancer caregivers to learn the overall importance of mental health after a cancer diagnosis. This workshop educates participants on conversations with their care team about mental health, how mental health may change after a cancer diagnosis, and how to connect to mental health resources and support for you and your caregiver.

#### Walk Me Through Pain Management

Tuesday, October 14 • NOON-1:00 PM

#### **Register for ZOOM**



Join us for a casual, clinical conversation with a licensed ReVital Certified Cancer Rehabilitation Physical Therapist to discuss cancer-related fatigue. This discussion will walk you through evaluations and treatments for individuals with pain, treatment strategies, and practical ways to cope with it. Cancer survivors (before, during, and after treatment), family members, and health care providers are all welcome!



#### Why Can't I Stay Positive?



Monday, November 10 • 6:00-7:30 PM

#### **Register for ZOOM**

You are invited to this workshop exploring the emotional side of the cancer experience. Topics include depression, grief, and resilience, offering insight, support and tools for navigating these challenges. Patients, caregivers and survivors welcome.

#### **Understanding Palliative Care**

Monday, December 15 • 6:00-7:00 PM

#### **Register for ZOOM**

Palliative care provides relief from symptoms and the stress of serious illness, aiming to improve quality of life at any stage of treatment. Join us for an informative conversation with Dr. Shiv Govindji to learn what palliative care entails, how it differs from hospice, benefits it can provide, and how to access it throughout your cancer journey.

# HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

# Investing in Your Wellness: The Compounding Effect



Tuesday, October 21 • 11:30 AM-1:00 PM

#### **RSVP for LIVE Session**

David Sindelar Cancer Care Center 10050 Kennerly Rd., 63128 - Conference Room 1

Learn how simple habits and nourishing food can spark lasting change. Every step you take, every meal you choose, every moment of rest or hydration—it all adds up. These small, consistent habits shape your energy, health, and mindset over time. Join Certified Health Coach Gayle for a wellness talk and food demonstration.

#### **An Indian Cuisine Lunch**



Wednesday, October 22 • 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!

#### **Healthy Holiday Treats**



Tuesday, November 4 • 1:00-2:30 PM

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

Kick off your holiday season with inspiration as Certified Health Coach Gayle shares healthier cookie recipes, samples and guidance for enjoying this holiday tradition. This immersive experience will launch you into the holidays with connection and joy as you embrace healthier recipes with smart swaps and intentional ingredient choices.

#### **Balanced Breakfast Basics**



Tuesday, December 9 • 6:00-7:30 PM

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

Discover the essentials of a balanced breakfast and learn how to make a delicious and versatile breakfast bake that fuels your day. You'll gain practical tips for incorporating wholesome ingredients into your meals. Explore simple strategies for making healthy eating both easy and enjoyable.

#### **Weekly Wellness**

Tuesdays • 11:30 AM-NOON

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

Stop by to learn wellness strategies, connect with others, and engage in activities like breath work, progressive muscle relaxation, mindful meditation, guided imagery, or creative journaling to help you cope with stress and enhance your routine.

#### **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.

#### Writings of Resilience: A Creative Writing Workshop

Thursdays, Oct 2, Nov 6, Dec 4 • 6:30-8:00PM

#### **Register for ZOOM**

This workshop offers a supportive space for individuals impacted by cancer to explore their experiences through creative writing. No writing experience is needed.

#### Sanctuary Sound Journey

Thursdays, October 9 and November 20 • 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.



#### **Autumn Porch Pots**

Monday, October 27 • 3:00-5:00 PM

#### **RSVP for LIVE Session**

Join us and the Missouri Botanical Garden to create beautiful outdoor arrangements using a mix of dried flowers, branches, and seasonal decorations. Some materials will be provided, and we encourage you to bring some of your own embellishments from home.

#### **Painting From Within**

Monday, December 8 • 5:30-7:00 PM

#### **RSVP for LIVE Session**

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

#### SOCIAL CONNECTIONS

#### Book Club – Cured: Strengthen Your Immune System and Heal Your Life

First Wednesday of the Month • 5:00-6:30 PM

#### **Register for ZOOM**

Cheryl Houston leads our monthly book club as we discuss *Cured* by Dr. Rediger, exploring how mindset, lifestyle, and emotional well-being connect with health. *Free copies* are available.

Oct 1: Ch. 1 and 2 • Nov 5: Ch. 3 and 4 • Dec 3: Ch. 5 and 6

#### **Artful Mondays**

#### **RSVP for LIVE Session**

#### **Scribble Zentangle Art**

October 6 • 1:00-2:30 PM

Turn simple scribbles into beautiful art patterns.

#### **Painted Pumpkins**

October 20 • 5:00-6:30

Enjoy a fall pumpkin painting party!

#### **String Pull Art**

November 3 • 1:00-2:30 PM

Use paint-dipped string to create beautiful, textured abstract prints.

#### **Gratitude Catchers**

November 17 5:00-6:30 PM

Create a hanging sculpture with natural materials and inspiring words.

#### **Mixed Media Identity Boards**

December 1 • 1:00-2:30 PM

Express your story through a collage of images, colors and textures.

#### Oil Pastel Moon Scene Workshop

December 15 • 5:00-6:30 PM

Learn simple blending and layering techniques to create a moonlit scene.

#### **Homemade Cards to Go**

Wednesday, November 12 • 6:30-8:00 PM

#### **RSVP for LIVE Session**

Learn new card making techniques with volunteers Rhonda and Linda. Create unique cards each session. Supplies provided.

#### 3<sup>rd</sup> Annual Community Art Show

Thursday, November 13 • 6:30-8:00 PM



Join us for an evening of art and connection! All mediums welcome-painting, poetry, music, and more! To showcase, contact Kelly at kellyoneal@cancersupportstl.org.

#### Jingle & Mingle: Holiday Potluck Trivia

Thursday, December 11 • 6:00-7:30 PM

#### **RSVP for LIVE Session**

Join us for an evening of good food, holiday vibes, and fun trivia! Bring a favorite seasonal dish to share and celebrate the season with friendly competition and great company.

#### **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

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

Wednesdays • 5:15-6:15 PM

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

- 4<sup>th</sup> Wednesday of each month • 5:15 PM
 LIVE Sessions held at ACS Hope Lodge 4207 Lindell Blvd, St. Louis, MO 63108

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**

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.

#### Intro to Pilates

2<sup>nd</sup> and 4<sup>th</sup> Tuesday each month • NOON-1:00PM

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

Join Terry Frare, Certified Pilates Instructor, for gentle corestrengthening movements to improve posture, flexibility, and balance. Perfect for all levels—do it from a chair or on a mat.

#### **Step Into Wellness**

2<sup>nd</sup> and 4<sup>th</sup> Saturday each month • 8:00 AM

#### **RSVP for LIVE Session**

Queeny Park – Greensfelder Recreation Complex 550 Weidman Rd, Manchester, MO 63011

Join us for regular walks where you can enjoy fresh air and friendly company. It's a great way to stay active and connect with others. Weather-permitting.



#### Journey To Relaxation

Mondays, October 20 and November 17 6:30–7:30 PM

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

A guided Yoga Nidra practice designed to support physical healing, emotional well-being, and deep rest. This is a nourishing space to slow down, reconnect, and restore from within. Bring pillows and blankets—practice on a cushioned floor or in bed.

# **EVENT CALENDARS**

Weekly and twice monthly support groups (not listed on the calendar) are available for people with cancer, their friends and family, and people who have lost someone to cancer. See "Support Groups" on pg. 3 for more information.

SATURDAY	Rise and Renew 9:00 AM ZOOM	4	Step Into Wellness  @ Queeny Park 8:00 AM LIVE Rise and Renew 9:00 AM ZOOM	Falling Into A Healthier You Retreat © Northside Community School 10:00 AM LIVE	Step Into Wellness © Queeny Park 8:00 AM LIVE Rise and Renew 9:00 AM ZOOM	CANCER SUPPORT COMMUNITY GREATER ST. LOUIS
FRIDAY	Grupo para Personas Afectadas por el Cáncer 10:00 AM ZOOM Qigong 11:00 AM ZOOM or LIVE	3	Welcome Meeting 10:00 AM LIVE Qigong 11:00 AM ZOOM or LIVE Taking Control of Your Survivorship Mercy South 11:30 AM LIVE	Grupo para Personas Afectadas por el Cáncer 10:00 AM 20:00 11:00 AM 20:00 11:00 AM Health and Medical Management Beyond Cancer @ Mercy South 11:30 AM LIVE	Qigong 11:00 AM 200M or LIVE	Qigong 11:00 AM ZOOM or LIVE 31
THURSDAY	Prostate Cancer MG 6:30 PM LIVE Writings of Resilience 6:30 PM ZOOM	2	Santuary Sound Journey 6:00 PM LIVE Lung Cancer MG 6:30 PM ZOOM	All Cancer MG © Blue Sage Ranch 1:00 PM LIVE Survivorship MG 6:30 PM ZOOM	Brain Tumor MG 6:30 PM 200M	30
WEDNESDAY	Gentle Yoga 9:30 AM ZOOM or LIVE ZOOM Gentle Yoga 5:15 PM ZOOM or LIVE	1	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	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Colorectal/ Gastrointestinal MG 6:30 PM ZOOM	Gentle Yoga 9:30 AM ZOOM or LIVE Indian Cuisine Lunch 11:30 AM ZOOM or LIVE Gentle Yoga G Hope Lodge 5:15 PM ZOOM or LIVE	Gentle Yoga 9:30 AM  ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Families Connect Halloween Party! 5:30 PM LIVE
TUESDAY	5		Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Friends and Family MG @ Hope Lodge 6:30 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Walk Me Through Pain Management NOON ZOOM Intro to Pilates NOON ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Investing In Your Wellness © Mercy South 11:30 AM LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 PM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE
MONDAY	OCTOBER 2025  - REGISTER FOR ZOOM   = RSVP FOR LIVE	OFF-SITE	Scribble Zentangle Art 1:00 PM LIVE	Understanding Mental Health and Cancer 6:00 PM Zoom 13	Painted Pumpkins 5:00 PM LIVE Gynecological Cancer MG 6:30 PM 200M or LIVE Journey to Relaxation 6:30 PM 200M or LIVE OFFICE CLOSED Until Evening Programs	Pancreatic Cancer MG NOON ZOOM Autumn Porch Pots 3:00 PM LIVE Welcome Meeting 5:30 PM ZOOM ZOOM
SUNDAY	OCTOBER OF ZOOM IN RICH FOR LIVE	■ = PROGRAMS LOCATED (	5	12	19	26

SATURDAY	Zoom Zoom	Step Into Wellness © Queeny Park 8:00 AM LIVE Rise and Renew 9:00 AM ZOOM	Rise and Renew 9:00 AM ZooM JBYAP @ Rusted Spur Stables 10:00 AM LIVE	Step Into Wellness © Queeny Park 8:00 AM LIVE Rise and Renew 9:00 AM ZOOM	OFFICE CLOSED
FRIDAY	ΣÑ	Grupo para Personas Afectadas por el Cáncer 10:00 AM ZOOM Qigong 11:00 AM ZOOM or LIVE	Welcome Meeting 70:00 AM 20:00 AM 10:00 AM 11:00 AM 20:00 AM 11:00	Grupo para Personas Afectadas por el Cáncer 10:00 AM ZOOM Qigong 11:00 AM ZOOM or LIVE	OFFICE CLOSED O
THURSDAY	CANCER SUPPORT COMMUNITY GREATER ST. LOUIS	Prostate Cancer MG 6:30 PM LIVE Writings of Resilience 6:30 PM ZOOM	Community Art Show 5:30 PM LIVE Lung Cancer MG 6:30 PM ZOOM	All Cancer MG @ Blue Sage Ranch 1:00 PM LIVE Sanctuary Sound Journey 6:00 PM Survivorship MG 6:30 PM ZOOM ZOOM	OFFICE CLOSED
WEDNESDAY		Gentle Yoga 9:30 AM ZOOM or LIVE BOOK Club 5:00 PM ZOOM Gentle Yoga 5:15 PM ZOOM or LIVE 6:30 PM ZOOM or LIVE 5:00 Mor LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 5:30 PM Homemade Cards to Go 6:30 PM 12	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Colorectal/ Gastrointestinal MG Gastrointestinal MG ZOOM	Gentle Yoga 9:30 AM ZOOM or LIVE 5:15 PM ZOOM or LIVE OFFICE CLOSED @ NOON
TUESDAY	025	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Healthy Holiday Treats 1:00 PM IVE Friends and Family MG © Hope Lodge 6:30 PM 4	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE BRYAP: Nourishing Fall Soups 6:30 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE 18	Gentle Yoga 10:00 AM 200M or LIVE Weekly Wellness 11:30 AM 200M or LIVE Intro to Pilates NOON 200M or LIVE 25
MONDAY	NOVEMBER2025  = REGISTER FOR ZOOM == RSVP FOR LIVE == PROGRAMS LOCATED O	String Pull Art 1:00 PM	Why Can't I Stay Positive? 6:00 PM ZOOM	Gratitude Catchers 5:00 PM LIVE Gynecological Cancer MG 6:30 PM 200M or LIVE 6:30 PM 6:30 PM 6:30 PM 7	Pancreatic Cancer MG NOON ZOOM Welcome Meeting 5:30 PM ZOOM ZOOM
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CANCER SUPPORT COMMUNITY GREATER ST. LOUIS	Mixed Media Identity Boards 1:00 PM LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Families Connect Gingerbread Holiday Event! 6:00 PM LIVE Friends and Family MG © Hope Lodge 6:30 PM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Book Club 5:00 PM ZOOM Gentle Yoga 5:15 PM ZOOM or LIVE	Prostate Cancer MG 6:30 PM LIVE Writings of Resilience 6:30 PM ZOOM	Grupo para Personas Afectadas por el Cáncer 10:00 AM Zoom Qigong 11:00 AM Zoom or LIVE	Rise and Renew 9:00 AM ZOOM
7	Painting From Within 5:30 PM ZOOM 8	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE Balanced Breakfast Basics 6:00 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	Jingle and Mingle: Holiday Potluck Trivia 6:00 PM LIVE Lung Cancer MG 6:30 PM ZOOM	Welcome Meeting 10:00 AM LIVE Qigong 11:00 AM ZOOM or LIVE	Step Into Wellness © Queeny Park 8:00 AM Live Rise and Renew 9:00 AM ZOOM
14	Oil Pastel Moon Scene Workshop 5:00 PM LIVE Understanding Palliative Care 6:00 PM Gynecological Cancer MG 6:30 PM ZOOM or LIVE 15	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE OFFICE CLOSED - NOON	Survivorship MG 6:30 PM ZOOM OFFICE CLOSED	OFFICE CLOSED	OFFICE CLOSED
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# 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, 2025 through June 31, 2025. We apologize for any omissions or errors.

#### IN HONOR OF:

#### **EMILY COEN**

Cary Coen Ricki Klofer

#### **TOM FETTIG**

Anonymous Nancy & Richard Arnoldy Linda Burns Michael McMurtrey

#### **DEBY & RICK HALPERN**

Rabbi Lane & Linda Steinger

#### **EARL M. HESS**

Shawn & Julie Freeman

#### **MICHELLE MUFSON**

Eli Szus

#### **JEAN & CHUCK NASLUND**

Rita & Kurt Bettger John & Fran Hixson Gail Hunyar

#### **ANN PLUNKETT**

Linda & Robert Jones Michael Lowenbaum

#### IN MEMORY OF:

EILEEN COGNATA Scott Perhacs

#### **MARLA COHEN**

Rick & Deby Halpern Richard Levey & Susie Knopf

#### **TONYA GLENN**

Debbie & Larry Glenn

#### **DENA GRESSMAN**

Cynthia D. Seltzer

#### MICHAEL HOLBROOK

Beth Frohlichstein

#### **KAREN LANE**

Joyce & Charlie Woodard

#### LESLEE LEVEY

Rick & Deby Halpern

#### **ARTHUR MARGULIS**

Richard Levey & Susie Knopf

#### TIM MILTENBERGER

Scott Perhacs

#### **PEGGY NELSON**

Debbie & Larry Glynn

#### **PENNY POWERS**

Scott Perhacs

#### Scott Perhacs

TI AINIT CANGON

#### ELAINE SAMSON Cynthia D. Seltzer

IUDY SIPKIN

#### Rick & Deby Halpern

CARMEN TAMAYO

#### Gary Buck

AJ ZAVERI

#### Scott Perhacs

Scott / ciliacs

#### SHEILA, RHONDA, & MILDRED

Craig Varusa



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
- 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 Drive, Suite 103, 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.

# 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  $70\frac{1}{2}$  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*.



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 Emily Kelle at 314.238.2000 or ekelle@cancersupportstl.org with questions.

Cancer Support Community of Greater St. Louis provides *no cost* programs to *anyone* impacted by cancer at *any* stage of the cancer journey. As a completely donor funded organization, take a sneak peak at how your dollars make a difference!

# \$100 provides...

Supplies for the annual Gingerbread House family holiday activity where kids can take a break from their cancer related worries and create fun memories.



# The dark does not destray the light, it defines it. Brene Brown

# \$500 provides...

3 months of weekly movement classes (Yoga, Qigong, Pilates) for up to 15 participants OR 3 sessions of Art for Recovery facilitated by a licensed, certified art therapist.

# \$1,000 provides...

Mindfulness Practice sessions for 12 participants to learn guided imagery, progressive muscle relaxation, breathing techniques and present moment awareness to reduce stress symptoms.



October 15, 2025 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 to donate today and support our programming!



# WHAT OTHERS ARE DOING FOR CSC



Emily Kelle and Steve Iackson

On June 28, 2025, Elly May's Kritters performed a benefit concert at Hwy 61 Roadhouse in memory of Chris Laneman, who passed away from liver cancer and is the late brother of the band's key board player, Ted Laneman. In a night filled with community, great music, and food, the band raised \$1,400 for Cancer Support Community of Greater St. Louis! Thank you, Elly May's Kritters, for helping us prove that, together, St. Louis is Stronger than Cancer!



This October, join Waterway in the fight against breast cancer! Make a donation at the register and receive a pink microfiber towel with all donations benefiting Cancer Support Community of Greater St. Louis! Don't wait- supplies are limited! Thank you, Waterway, for your continued support of the St. Louis cancer community.

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Contact Us @ 314.238.2000

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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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