



CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



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

SAVE THE DATE!
Thursday, October 10, 2024

Visit cancersupportstl.org/hopeafterdark
for more details

What's Inside:

ALL SERVICES OFFERED AT
NO CHARGE!

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Visit us at 1058 Old Des Peres Rd. St. Louis, MO. 63131 or go to cancersupportstl.org



Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

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.



The Song Society

The Song Society provides music therapy to children, teens, and families affected by cancer. A music therapy session can be scheduled by itself or in addition to a counseling session for a creative and unique therapeutic experience.

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.

Contact Kelly O'Neal at 314-238-2000 ext. 353 or koneal@cancersupportstl.org to schedule your New Family Meeting, Counseling Consult, Song Society Music Therapy Session, or Family Journal! Available for Live or Zoom sessions.

Families Connect at the Gentle Barn

RSVP for LIVE Session—Spots Are Limited!

Saturday, August 24 • 10:00 AM–NOON
9171 State Rd Y, Dittmer, MO 63023



Join us for a special tour to meet and interact with rescued farm animals. We will hear their stories and learn courage, forgiveness, trust, kindness, and compassion.

Families Connect at the Zoo!

RSVP for LIVE Session

Saturday, September 7 • 9:00 AM

Anne O'C. Albrecht Nature Playscape-Forest Park
St. Louis Zoo- 1 Government Dr, St. Louis, MO 63110

Join us at the new Playscape for snacks and fun! The first 13 kids/teens to register will get to make and adopt their very own comfort plush buddies! Afterwards, take your new friend to see the animals and complete a zoo scavenger hunt.



Aloha Mini Golf & Shave Ice!

RSVP for LIVE Session - Spots Are Limited!

Families Connect Night: Friday, July 26 • 7:00–8:30 PM

Jason Brightfield Young Adult Program Night:

Friday, August 16 • 7:00–8:30 PM

13502 Big Bend Rd, St. Louis, MO 63122

Join us for a fun night out! Help yourselves to a treat while enjoying a round of putt-putt!

Generously supported by the
Joel and Rachael Brightfield Family



A group for adults 18-40ish to find support and community while navigating cancer. Young adult caregivers and bereaved are also welcome.

VEG GIRL

Cooking Demo with STL Veg Girl

Register for ZOOM or RSVP for LIVE Session

Wednesday, July 17 • 6:00–7:30 PM

Join STL Veg Girl Caryn Dugan in the CSC kitchen to learn how to make and enjoy a nourishing summer meal! Menu includes spaghetti squash boats with white beans and swiss chard and chocolate-covered frozen banana bites.

Art Museum Mindfulness

RSVP for LIVE Session

Saturday, September 21 • 10:00–11:30 AM

1 Fine Arts Dr. St. Louis, MO 63110

Take yourself on a self-guided tour through the St. Louis Art Museum to reconnect with your creative emotional self. Through quiet reflection, external conversations, and a personalized activity journal, you will practice mindfulness and decrease anxiety caused by the busyness of the outside world.

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

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

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

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

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

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

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

No July group due to holiday.

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.

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

START HERE!

Welcome Meeting

Register for ZOOM: Tuesdays, July 23, August 20, September 17 • 5:30–6:30 PM
or **RSVP for LIVE Session:** Fridays, July 12, August 2, September 6 • 10:00–11:00 AM

This introduction session allows people with cancer, their family, friends, and the bereaved an opportunity to explore our homelike environment, discover our programs, and connect with others. We will discuss how 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!

Managing Nutrition: Limiting Side Effects Through Treatment

Thursday, August 29 • 6:00–7:30 PM

Register for ZOOM

Cancer treatment comes with many challenges and side effects that limit the ability to eat and enjoy food such as dry mouth and changes in appetite and taste. This class will review the importance of nutrition during treatment and discuss strategies for effective management of nutrition limiting side effects. Educational handouts and recipes will be provided!

Cancer Transitions: Moving Beyond Treatment®



6:00–7:30 PM

September 10: Taking Control of Your Survivorship
September 30: Addressing Your Emotional Health

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. This session is designed for people who have finished active treatment within 24 months. Participants can attend one or both sessions.

Couples and Cancer

Wednesdays • 6:30–8:00 PM

September 11: The Story of Us
September 18: Conflict and Communication
September 25: Relax and Reflect

Register for ZOOM

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

EDUCATION

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

Walk Me Through It

Second Tuesdays • NOON–1:00 PM

July 9: Sarcoma

August 13: Bone Cancer and Bone Metastasis

September 10: Pelvic Oncology (Gynecologic and Prostate)

Register for ZOOM

Join us for a 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 and we will discuss ways to support you and your loved ones in mind, body, and spirit through a variety of services.



Cancer-Related Fatigue and Energy Conservation Techniques

Wednesday, July 31 • 6:00–7:30 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.

HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

Reading Food Labels for Healthy Eating

Tuesday, July 16 • 11:30 AM–1:00 PM

[RSVP for LIVE Session](#)



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

How can we make the best choices for ourselves if we don't know how to accurately read food labels? Food marketing can make food seem healthy when it is not. In this class you will learn how to find the best nutritional value in foods at a reasonable cost and Well-being instructor, Maria Ojascastro, will demonstrate simple and delicious recipes from these foods.

Enjoying Our Food More

Wednesday, July 24 • 12:30–2:00 PM



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

By being more mindful with our food choices, we can improve our nutrition, digestion and increase our success in maintaining a healthy weight. Enjoy a delicious meal demonstration by Certified Health Coach, Gayle Rose, and learn more about how mindful eating practices can bring more balance to your life. You'll also learn:

- How to be less distracted and more present at every meal
- The #1 tool for enjoying sweets in moderation
- The most common trap to avoid for falling into a food rut

No Cook Meals

Wednesday, August 21 • 4:30–6:00 PM



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

Caryn Dugan, certified Food for Life Instructor, will demonstrate healthy and delicious meals that are perfect for summer because no cooking is required! Meals include:

- Broccoli Sprout and Walnut Pesto Tartine
- Hearts of Palm Ceviche
- Avocado and Lemon Dressed Kale Salad

That's A WRAP: Healthy Fats and Wholesome Wraps

Thursday, September 19 • 6:00 PM–7:30 PM



[Register for ZOOM](#)

Let's delve deep into the fat of it all with learning the basics of healthy and unhealthy fats and which fats are healthy for inflammation. Join Artinces Smith in creating a flavorful wrap with nutrient dense ingredients.

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, and guided imagery.

A Mindful Exploration of the Senses

Monday, July 15 • 6:00–7:30 PM

[RSVP for LIVE Session](#)

Missouri Botanical Garden

4344 Shaw Blvd, St. Louis, MO 63110

Common mindfulness exercises include noticing what you are experiencing in the moment by using your five senses: sound, sight, touch, taste, and smell. Join us at the Missouri Botanical Garden to mindfully explore the sensory aspects of a variety of plants. A facilitator will discuss how to grow, harvest, and use the plants beyond their visual appeal. Learn the benefits of sensory focused gardening while potting a plant for your very own sensory garden.

Sanctuary Sound Journey

July 18, August 15, and September 19 • 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.

Nature Printing

Tuesday, August 13 • 6:00–7:30 PM

[RSVP for LIVE Session](#)

Experience the healing power of creativity with Art for Wellbeing Instructor, Maria Ojascastro. Learn how to use natural dyes from flowers and other plants to create nature prints and unique mixed media artwork. All supplies will be provided, but flowers from your garden are welcome.



SOCIAL CONNECTIONS

Book Club - *Radical Hope*

Second Wednesdays of the month • 5:00–6:30 PM

[Register for ZOOM](#)

Join us for a monthly discussion about *Radical Hope* and the 10 research-based key healing factors from Dr. Kelly Turner's 15+ years of research. Discover what these 10 factors have in common and how you can utilize CSC programs to help you implement them in your own life. This book club discussion is led by Cheryl Houston, CSC participant, Certified Health Education Specialist, and Certified Coach for Radical Remission/Radical Hope Project.

July 10: *Empowering Yourself*

August 14: *Spiritual Connection*

September 11: *Following Your Intuition*



Game Night

Wednesday, August 28 • 6:30–8:00 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. Snacks and soft drinks provided.

Homemade Cards to Go

Wednesday, September 11 • 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.

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.

Movement 360

Saturdays • 9:00–10:00 AM

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

Are you bored with your fitness routine? Do you need help finding something that works for you? Try CSC's new 'Movement 360' series and experience different modalities to increase your fitness. Each session will bring you a new type of movement. Try one or try them all!

August 3: Renew and Restore

August 10: Gentle Yoga


August 17: Strength Training


August 24: Movement and Mantras with intenSati



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	2	3	4	5	6
	Metastatic Cancer MG 10:00 AM ZOOM	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	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE	CSC CLOSED	Qigong 11:00 AM ZOOM or LIVE	
7	8	9	10	11	12	13
	A Mindful Exploration of the Senses @ MO Botanical Garden 6:00 PM LIVE 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 Walk Me Through It NOON ZOOM	Gentle Yoga 9:30 AM ZOOM or LIVE Book Club 5:00 PM ZOOM Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 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	
14	15	16	17	18	19	20
	Pancreatic Cancer MG NOON ZOOM	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Welcome Meeting 5:30 PM ZOOM	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE JBYPAP Cooking Demo w/ STL Veg Girl 6:00 PM ZOOM or LIVE Gastrointestinal MG 6:30 PM ZOOM or LIVE	Sanctuary 6:00 PM LIVE Survivorship MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	
21	22	23	24	25	26	27
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28	29	30	31	 July 2024 ■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE		
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 <p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = WORKSHOPS LOCATED OFF-SITE</p>						
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8	Metastatic Cancer MG 10:00 AM ZOOM	9	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Walk Me Through It NOON ZOOM Cancer Transitions: Taking Control of Your Survivorship @ IMercy 6:00 PM LIVE	10	Gentle Yoga 9:30 AM ZOOM or LIVE Book Club 5:00 PM ZOOM Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 5:30 PM ZOOM or LIVE Couples and Cancer 6:30 PM ZOOM Homemade Cards to Go 6:30 PM LIVE	11	Lung Cancer MG 6:30 PM ZOOM	12	Qigong 11:00 AM ZOOM or LIVE	13	Movement 360 9:00 AM ZOOM or LIVE	14	
15	Gynecological Cancer MG 6:30 PM ZOOM or LIVE	16	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Welcome Meeting 5:30 PM ZOOM	17	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Couples and Cancer 6:30 PM ZOOM Gastrointestinal MG 6:30 PM ZOOM or LIVE	18	That's A WRAP Cooking Demo 6:00 PM ZOOM Sanctuary 6:00 PM LIVE Survivorship MG 6:30 PM ZOOM	19	Qigong 11:00 AM ZOOM or LIVE	20	Movement 360 9:00 AM ZOOM or LIVE JBYP@ Art Museum 10:00 AM LIVE	21	
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29	Cancer Transitions: Addressing Your Emotional Health @ Mercy 6:00 PM LIVE	30											



September 2024

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



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

We appreciate the generosity of our **44 SPONSORS**, numerous in-kind partners, and more than **730 PARTICIPANTS** who joined us to celebrate those in our community impacted by cancer. Together we raised more than **\$188,000** to support our mission and the individuals and families that come here in search of HOPE and support.

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

**Thank you for proving that together,
St. Louis is Stronger than Cancer!**

WALK. RUN. INSPIRE.



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



Congratulations to our Peggy Nelson Esperanza Award Honoree: Marty Oberman

Honoree Tributes

*Richard Cohen
Bernie Haselhorst
Edward Henrichs
Ron & Sharyn Kessler
Linda & Jerry Kraus
Ann Plunkett
Marylin & Gary Ratkin
Steve & Karla Rosenblum
Stacy Siwak
Elaine & Marc Tenzer
Suzy & Mark Weber*



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

STEPS FOR HOPE - PATH OF HOPE

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

IN HONOR OF:

SUSAN ARENBERG
Steven Arenberg

SUE CARNEY
Lynn Cunningham

CSC STAFF
*Ann & Tim Plunkett
The Mufson Family*

DAVID
Cheryl Houston

CHARLOTTE FAIRBURN
Jonelle Lofton

**AIMEE N. WILLEMS
DE LA FUENTE**
Sandra Willems

KATHY FOLLMER
Lori Thaman

DR. MARI ANNE FARHNER
Joanne & Joel Iskiwitch

NANCY L. HIBBLER
Robin Wilkins

MARY HUSAIN
Victor Hathuc

MARTY OBERMAN
*Ann Plunkett
Stacy Siwak*

BROOKE O'NEAL
Peggy Scott

**PAST, CURRENT, AND FUTURE
MEMBERS OF CSC'S MONTHLY
PROSTATE CANCER GROUP**
Mark Regina

TIM PLUNKETT
Toni Gacka

TEAM GRACIE
Lori Millner

STACEY RUBENSTEIN
Carolyn & Matt Gollub

LORI LEE THAMAN
Dan J Kelley

BARB VOGEL
Jan Simon

IN MEMORY OF:

ANN L. ARENBERG
Ann & Paul Arenberg Family

RHONDA BANFORD
Craig Varusa

PAUL M. ARENBERG
Ann & Paul Arenberg Family

JOHN SCHICKEDANZ BARRETT
Mark Regina

CAROL BELLOLI
Joyce & Charlie Woodard

SARAH BENDER
James Carlton

GAIL BOPP
Jessica Brod Millner

GRACE & BOB BROD
Jessica Brod Millner

BARBARA COEN
Emily Coen

ALLAN EMERY
Sharon Clark

CYNTHIA P FROHLICHSTEIN
Betty Kagan

DON GALLOP
Emily Coen

SUE GALLOP
Emily Coen

SHEILA GLAZER
Craig Varusa

MARCIA HALPERN LERNER
Marty & Merle Oberman

JIM KING
Mike Nelson

JANICE LARSON
Mike Nelson

JERRI LIVINGSTON
Gary & Marilyn Ratkin

RYAN MALSCH
Monika Hill

JOHN MANN
Emily Coen

BARBARA MCDONALD
Jonelle Lofton

CATHERINE MOLONEY
Peggy Moloney

MY SISTERS
Sharon Clark

GARY NELLING
*Timothy Cusick
Helen Nelling*

PEGGY NELSON
*Chuck & Jean Naslund
Mike Nelson*

LISA NEWMAN
Marty & Merle Oberman

LINDA O'KEEFE LAMKIN
Walter Lamkin

JENNY O'REILLY
Nancy O'Reilly

LYNNE PALAN
Jessica Brod Millner

BOB PAVELKA
Katherine Stalter

JEANNE PERRIGO
Jonelle Lofton

KATHY PHILLIPS
Karen Regina

MILDRED POLETSKY
Craig Varusa

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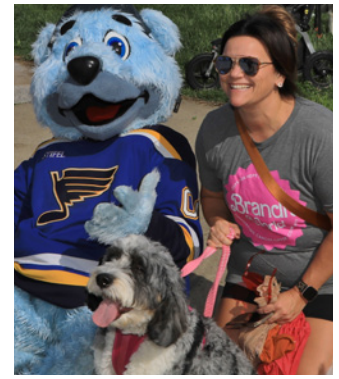
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A SPECIAL THANK YOU TO OUR MATCH DAY SPONSORS:

ANN AND PAUL ARENBERG FAMILY





As home to some of the best research and medical care facilities in the world, the St. Louis region is a leader in fighting cancer. Healing doesn't just happen inside those facilities' walls, however, but also through the crucial support, resources, and hope that Cancer Support Community of Great St. Louis provides free of charge to anyone impacted by cancer at any stage of the journey. Join us in proving that together, ***St. Louis is Stronger than Cancer.***

Interested in supporting CSCSTL? Check out our St. Louis is Stronger than Cancer merchandise at cancersupportstl.org/stlsc



Mitch Morice, Emily Kelle, and Sarah Long

A HUGE thank you to **St. Louligans**, a St. Louis City SC supporter group and largest club soccer supporter group in St. Louis, for featuring CSCSTL as your Charity Du Jour (Charity of the Day) for the St. Louis City SC match on May 28, 2024, raising **\$1,066!**

Is your organization or group interested in proving that St. Louis is Stronger than Cancer? Contact Emily Kelle at ekelle@cancersupportstl.org 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 January 1, 2024 through March 31, 2024. We apologize for any omissions or errors.

IN MEMORY OF:

KAY BRANSON
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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, 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.

SAVE THE DATE... OCTOBER 10, 2024

Cancer Support Community of Greater St. Louis' fall campaign celebrates **HOPE** after the darkness of a cancer diagnosis. Hope after dark—**A DAY TO GIVE, A NIGHT TO CELEBRATE** features A Day to Give and culminates into A Night to Celebrate VIP sponsor event on October 10, where our campaign sponsors enjoy an evening of inspiration and celebration.

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

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

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

Questions? Please contact Sharon Clark at sclark@cancersupportstl.org or 314.238.2000.



OUTSTANDING COMMUNITY VOLUNTEERS



Mark Biehl

*Certified Vibrational
Sound Coach and Licensed
Spiritual Health Coach*

In 2014 Mark began volunteering at CSC after being inspired by the book "The Healing Power of Sound" by Mitchell Gaynor, MD., which addresses aspects of recovery from

illness using sound. Since that time, Mark has provided a monthly sound meditation using singing bowls, chimes, gongs, indigenous flutes and voice. Mark loves talking to those who attend the sessions and is inspired by people who share their sense of peace and new beginnings. His ultimate intention is to expose as many people as possible to the transformative powers of music and sound, allowing them to experience their essential creative and healing nature. He believes in the idea that sound and music create a gateway into deeper levels of consciousness, the heart, and soul. His focus is on empowering us to take control of our lives, by better understanding ourselves, and how we respond to our environment.



Sue Ashwell

*Certified Zhineng
Qigong Teacher and
Hunyuan Qi Therapist*

In 1998 Sue began her journey at CSC as a participant, where she found support during challenging times. That same year she discovered Qigong, a practice that uses gentle

movement, visualization and meditation to cultivate Qi (vital life force energy) to bring harmony and balance to the body, mind, and spirit. In becoming a Zhineng Qigong teacher, Sue traveled to China 3 times for training and continues her study with Qigong masters. In 2007 she joined other volunteers in introducing a Qigong program to CSC, where she now leads classes weekly. Sue loves sharing Qigong as a healing tool for the body, heart and mind to vitalize the immune system.

Design/Layout: KA Design

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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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