



# 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 16, 2025**

Visit [cancersupportstl.org/hopeafterdark](https://cancersupportstl.org/hopeafterdark)  
for more details

Photo by Andi Gaither

## What's Inside:

Page 2	Family and Young Adult Programs
Page 3	Support and Monthly Groups
<b>Page 4</b>	<b>New Participant Welcome Meeting</b>
Pages 4-5	Workshops
Page 6	Social and Movement Opportunities
Page 7	July Calendar
Page 8	August Calendar

ALL SERVICES OFFERED AT  
**NO CHARGE!**

Page 9	September Calendar
Page 10	Steps For Hope - Thank You!
Pages 11	Steps For Hope - Path of Hope
Page 12	Steps For Hope - Corporate Sponsors
Page 13	Steps For Hope - Individual Sponsors
Page 14	Steps For Hope - Photos
Page 15	Tributes





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 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](mailto:koneal@cancersupportstl.org) for more information!




**Families Connect Across Missouri**

**SATURDAY, JULY 26**  
**9:30 AM-12:30 PM**  
**RSVP FOR LIVE SESSION**

**AN INITIATIVE THAT BRINGS TOGETHER KIDS, TEENS, AND THEIR FAMILIES TO COPE, HEAL, AND THRIVE! JOIN US FOR YOGA, THERAPEUTIC ART, AND HEALTH EDUCATION.**

### Summer Painted Pots

#### RSVP for LIVE Session

Wednesday, August 6 • 6:30–8:00 PM

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.





**Aloha Mini Golf & Shave Ice!**

**Friday, September 19 • 7:00 PM**  
**13502 Big Bend Rd, St. Louis, MO 63122**  
**RSVP for LIVE Session**

**Young adults 18-40ish and kids, teens, and their families-join us for a fun night out! Help yourselves to a treat while enjoying a round of putt-putt!**



*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](mailto:koneal@cancersupportstl.org) for more information!




**AT THE BALLPARK!**



**JULY 29 TUES.** **TIME 6:45 PM**

**STL Cardinals VS Miami Marlins**

Contact Kelly at [koneal@cancersupportstl.org](mailto:koneal@cancersupportstl.org) if interested!

### What I Wish I Knew - A Night of Food, Friends, and Framing the Cancer Experience

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

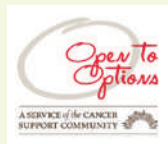
Wednesday, July 30 • 6:30–8:00 PM

Join us for dinner and discovery during this 90-minute workshop for young adults impacted by cancer. Over a delicious meal with guided reflection, engaging activities, and community conversation, we'll discuss how adversity changes us—not just in the ways it breaks us, but in the ways it reshapes us. Together, we'll explore what we wish we'd known, what we've learned along the way, and what possibilities might still be unfolding. This is a space connection while revealing the wisdom we've earned through challenge.

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, 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

All patients, survivors, friends, and family welcome.

### 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

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

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 habrá grupo el 4 de julio.)

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: August 15, September 12 • 10:00–11:00 AM

Register for ZOOM

Mondays: July 28, Aug 25, Sept 22 • 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!

## A Holistic Perspective on Cancer: Insights from Herbal Medicine

Tuesday, August 12 • 5:30–7:00 PM

Register for ZOOM

Cancer arises when the body's natural defenses—like the immune system and apoptosis—fail to control abnormal cell growth. From a holistic herbal medicine perspective, this reflects a loss of internal balance. Herbal therapy aims to restore harmony by supporting immune function and the body's self-healing capacity. This talk will share clinical case examples and explore safe, evidence-informed ways to integrate herbs into cancer care.

## Self-Compassion and Body Image for Women

Wednesday, August 27 • 6:30–8:00 PM

Register for ZOOM or RSVP for LIVE Session

Cancer impacts many aspects of life, including the mind-body connection. Join us in a safe environment to learn about the emotional impact of body image changes during and after cancer. Through guided reflection and expressive writing, participants will explore concepts of body grief, self-compassion, and resilience.

## Compassionate Conversations: Navigating the End of Life

Tuesdays, September 2, 9, 16 • 6:00–7:30 PM

(all sessions recommended, but not required)

RSVP for LIVE Session

Join Kavi Lakshmanan, MSW, LCSW, CT, and Katy Stevener, MA, LPC, for a three-week workshop series designed to ease the social isolation, emotional and spiritual challenges that often accompany end-of-life conversations. This program offers guidance, tools and resources to navigate this meaningful time—covering topics such as an end of life overview, communication, complex emotions and shaping legacy.

- > **September 2** • End of Life Roadmap: An Overview
- > **September 9** • Fostering Communication and Addressing Complex Emotions
- > **September 16** • Tools for Shaping Legacy

## Living with Uncertainty

Monday, September 8 • 6:00–7:30 PM

Register for ZOOM

This workshop explores common challenges and concerns faced by cancer patients and their families. It addresses the emotional impact of a cancer diagnosis, including the effects on mental health, coping with uncertainty, and navigating both the known and unknown aspects of the journey. Participants will be guided through conversations about what's next—whether in treatment, survivorship, or caregiving—offering support, resources, and a space for shared understanding.

## EDUCATION

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

### Walk Me Through Coping with Chronic Fatigue

Tuesday, July 8 • 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 cancer-related fatigue, treatment strategies, and practical ways to cope with this condition. Cancer survivors (before, during, and after treatment), family members, and health care providers are all welcome.



### Cancer Transitions: Moving Beyond Treatment® Two Part Series

Wednesdays, July 9, 16 • 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)



#### > July 9 • 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.

#### > July 16 • 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.



# HEALTHY LIFESTYLE & STRESS MANAGEMENT

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

## Mood Boosting Foods

Tuesday, July 29 • 6:00–7:30 PM



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

Our daily food choices have the power to lift our moods, or unknowingly send us spiraling downward. Join us for a delicious sampling of mood-boosting cuisine, and be inspired by certified health coach Gayle Rose as she shares how certain foods can help you stay more consistently in a positive, energized frame of mind.

## Glow Up: Summer Recipes that Nourish, Hydrate, and Shine

Saturday, August 9 • NOON–1:30 PM



**Register for ZOOM**

Vegan Culinary Instructor Artinices Smith invites you to GLOW UP this summer with vibrant, plant-based recipes designed to nourish your body, keep you hydrated, and help you shine from the inside out. Packed with water-rich fruits and vegetables, these meals offer a refreshing and delicious way to support hydration and overall well-being. (Attendees will receive a small gift card—supplies limited.)

## Food as Medicine-Nourish to Heal

Tuesday, September 9 • 11:30 AM–1:00 PM



**RSVP for LIVE Session**

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

The famous quote “Let food be thy medicine” is attributed to Hippocrates, the ancient Greek physician regarded as the father of medicine. Come enjoy delicious samples and learn from certified health coach Gayle Rose how you can adjust the role of food in your life to make it a more nourishing and healing force.

## Fresh and Nourishing Food Prep: 3 Lunches to Power Your Health

Thursday, September 11 • 6:00–7:30 PM



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

Join us for a special nutrition demonstration featuring recovery-friendly meals designed to support energy and healing. Desiree Williams will share simple, nutritious recipes that are easy to prepare in advance, including Mediterranean Chickpea & Tuna Salad Jars, Creamy Avocado Chicken Salad Wraps, and Roasted Vegetable Quinoa Bowls. This session offers practical tips, fresh meal ideas, and confidence for anyone in recovery or seeking new inspiration.

## 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.

## Qigong

Fridays • 11:00AM–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, July 17, August 21, September 18 • 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. 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.

## Writings of Resilience: A Creative Writing Workshop

Wednesday, August 6 • 6:30–8:00 PM

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

This workshop offers a supportive space for individuals impacted by cancer to explore their experiences through creative writing. Whether through poetry, stories, or journaling, this workshop empowers self-expression and connection. No writing experience is needed—just an open heart and a willingness to explore the healing power of words.

## SAVE THE DATE

### Falling into a Healthier You - A Wellness Retreat for Those Impacted by Cancer

Saturday, October 4 • 10:00 AM–2:00 PM

**RSVP for LIVE Session**

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

This retreat is for anyone affected by cancer to refresh their mind, body, and spirit, and learn self-care practices.

**Three special breakout sessions include:**

- Nutrition demo with meal
- Gentle movement for all abilities
- At-home stress management tips

**Groups for kids and teens will be available.**

# SOCIAL CONNECTIONS

## Artful Mondays

### RSVP for LIVE Session



#### Decorate Your Own Art Journal

July 7 • 1:00–2:30 PM

Create your own art journal cover using paint, collage, and embellishments. Journals provided.



#### Summer Fruits Acrylic Painting

July 14 • 5:30–7:00 PM

Create a painting of colorful, juicy fruit using acrylics while learning vibrant layering and mixing techniques.



#### Artsy Seashells

July 21 • 1:00–2:30 PM

Transform seashells into elegant keepsakes with this calming, summer-inspired craft.



#### Clay Creations

July 28 • 5:30–7:00 PM

Shape and mold your own beads, bowls, or magnets in this hands-on clay workshop.



#### The Art of the Thread

August 4 • 1:00–2:30 PM

Create vibrant yarn art exploring patterns, textures, and soothing repetition.



#### Serene Watercolor Jellyfish

August 11 • 5:30–7:00 PM

Paint flowing, ethereal jellyfish using gentle watercolor techniques for a peaceful experience.

## Name That Tune: BINGO Night

Wednesday, August 20 • 6:30–8:00 PM

### RSVP for LIVE Session

This game blends the excitement of bingo with your favorite hits from across the decades. Instead of numbers, players match song title to the tunes they hear. From pop and rock to Disney and throwbacks, there's something for everyone!

## Homemade Cards to Go

Wednesday, September 24 • 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.

## 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 core-strengthening 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 • 7:30AM

### RSVP for LIVE Session

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

This group provides both the opportunity for exercise and the comfort of companionship. Whether you're looking to improve your fitness, reduce stress, or simply enjoy a sense of community, this group is here to support you every step of the way.

*Weather-permitting.*



## Tai Chi for Wellness: A 6-Week Mind-Body Series


Thursdays, August 7–September 11 • 10:00–11:00AM

### RSVP for LIVE Session

Join us for a gentle and grounding 6-week Tai Chi series designed to enhance balance, flexibility, and inner calm. Whether you're new to Tai Chi or looking to deepen your practice, this series offers a welcoming space to explore mindful movement and breath.

# 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
	Decorate Your Own Art Journal 1:00 PM LIVE	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	Prostate Cancer MG 6:30 PM LIVE	CSC CLOSED	Rise and Renew 9:00 AM ZOOM
	6	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		

# JULY 2025

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

**SATURDAY**

# AUGUST 2025



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

3	The Art of the Thread 1:00 PM LIVE	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	5	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Families Connect: Summer Painted Pots 6:30 PM LIVE Writings of Resilience 6:30 PM ZOOM or LIVE	6	Tai Chi for Wellness 10:00 AM LIVE Prostate Cancer MG 6:30 PM LIVE	7	Qigong 11:00 AM ZOOM or LIVE	8	Step Into Wellness 7:30 AM LIVE Rise and Renew 9:00 AM ZOOM Glow Up: Summer Recipies NOON ZOOM	9
	Serene Watercolor Jellyfish 5:30 PM LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE A Holistic Perspective on Cancer: Insights from Herbal Medicine 5:30 PM ZOOM	12	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	13	Tai Chi for Wellness 10:00 AM LIVE Lung Cancer MG 6:30 PM ZOOM	14	Grupo para Personas Afectadas por el Cáncer 10:00 AM ZOOM Qigong 11:00 AM ZOOM or LIVE	15	Rise and Renew 9:00 AM ZOOM	16
10	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	19	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Name That Tune: BINGO Night 6:30 PM LIVE Colorectal/ Gastrointestinal MG 6:30 PM ZOOM	20	Tai Chi for Wellness 10:00 AM LIVE All Cancer MG @ Blue Sage Ranch 1:00 PM LIVE Sanctuary Sound Journey 6:00 PM LIVE Survivorship MG 6:30 PM ZOOM	21	Qigong 11:00 AM ZOOM or LIVE	22	Step Into Wellness 7:30 AM LIVE Rise and Renew 9:00 AM ZOOM	23
17	Pancreatic Cancer MG NOON ZOOM	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE	26	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Self-Compassion and Body Image 6:30 PM ZOOM or LIVE	27	Tai Chi for Wellness 10:00 AM LIVE Brain Tumor MG 6:30 PM ZOOM	28	Qigong 11:00 AM ZOOM or LIVE	29	Rise and Renew 9:00 AM ZOOM	30
24											
31			25								



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CSC CLOSED	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Compassionate Conversations: Navigating End of Life - Part 1 6:00 PM LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE	Tai Chi for Wellness 10:00 AM LIVE Prostate Cancer MG 6:30 PM LIVE	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
	1	2	3	4	5	6
7	Living with Uncertainty 6:00 PM ZOOM	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Food as Medicine-Nourish to Heal @ Mercy 11:30 AM LIVE Intro to Pilates NOON ZOOM or LIVE Compassionate Conversations: Navigating End of Life - Part 2 6:00 PM 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	Tai Chi for Wellness 10:00 AM LIVE Fresh & Nourishing: 3 Lunches to Power Your Health 6:00 PM ZOOM or LIVE Lung Cancer MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Step Into Wellness 7:30 AM LIVE Rise and Renew 9:00 AM ZOOM
	8	9	10	11	12	13
14	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 Compassionate Conversations: Navigating End of Life - Part 3 6:00 PM LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Colorectal/Gastrointesti- nal MG 6:30 PM ZOOM	All Cancer MG @ Blue Sage Ranch 1:00 PM LIVE Sanctuary Sound Journey 6:00 PM LIVE Survivorship MG 6:30 PM ZOOM	Grupo para Personas Afectadas por el Cáncer 10:00 AM ZOOM Qigong 11:00 AM ZOOM or LIVE Families Connect & JBYAP @ Aloha Mini Golf 7:00 PM LIVE	Rise and Renew 9:00 AM ZOOM
	15	16	17	18	19	20
21	Pancreatic Cancer MG NOON ZOOM	Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Homemade Cards to Go 6:30 PM LIVE	Brain Tumor MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Step Into Wellness 7:30 AM LIVE Rise and Renew 9:00 AM ZOOM
	22	23	24	25	26	27
28		Gentle Yoga 10:00 AM ZOOM or LIVE Weekly Wellness 11:30 AM ZOOM or LIVE				
	29	30				

# SEPTEMBER 2025



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



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

We appreciate the generosity of our **37 SPONSORS**, numerous in-kind partners, and more than **550 PARTICIPANTS** who joined us to celebrate those in our community impacted by cancer. Together we raised more than **\$183,000** 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!



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



**Congratulations to our Peggy Nelson Esperanza Award Honorees: Chuck and Jean Naslund**

Chuck and Jean Naslund are longtime supporters of CSCSTL. Chuck is the brother of the late Peggy Nelson. He and his wife, Jean, continue to champion Peggy's legacy through their dedicated support of the cancer community.

# WALK. RUN. INSPIRE.

# 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:

**VICKI ABRAMSON**  
*Edward Levitt*

**SUSAN ARENBERG**  
*Steven Arenberg*

**SHARON CLARK**  
*Chris Clark*  
*Peggy Scott*

**JOHN GEE**  
*Jay Simon*

**KAREN JARRETT**

**SUSIE KNOF**  
*Carolyn and Matt Gollub*

**EVELYN MARQUARDT**

**NANCY REED**  
*Tim Fox*

**BOB SIMON**  
*Jay Simon*

**MY SISTERS**  
*Sharon Clark*

**BROOKE O'NEAL**  
*Peggy Scott*

**TERRY ROBINSON**  
*Joyce and Charlie Woodard*

**LORI THAMAN**  
*Dan J Kelley*

**AIMEE N. WILLEMS**

**DE LA FUENTE**  
*Sandra Willems*

**CSCSTL STAFF**  
*Ann and Tim Plunkett*

**CSCSTL VOLUNTEERS**  
*Michelle Mufson*

## IN MEMORY OF:

**ANN AND PAUL ARENBERG**  
*Susan Arenberg*

**RUTH ANN BALDWIN**  
*Megan Daniels*

**SHARLENE BERRYHILL**  
*Jonelle Lofton*

**DOUGLAS BERSON**  
*Mark Regina*

**GAIL BOPP**  
*Jessica and Andy Millner*

**GRACE AND ROBERT BROD**  
*Jessica and Andy Millner*

**BARBARA COEN**  
*Emily and Matt Coen*

**BRUCE DIXON**  
*Monika Hill*

**ALLAN EMERY**  
*Sharon Clark*

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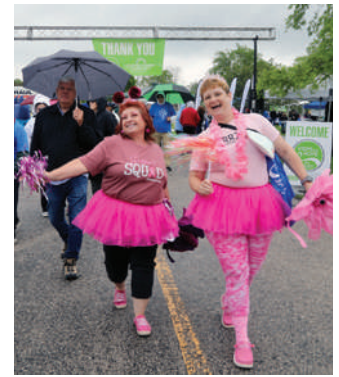
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# TRIBUTE GIFTS

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 January 1, 2025 through March 31, 2025. We apologize for any omissions or errors.

## IN HONOR OF:

### JEFF SNODGRASS

*Becky Snodgrass*

## IN MEMORY OF:

### BELOVED DAD

*Robert & Sheila Cohen*

### BELOVED MOTHER

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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](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 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.*

## SAVE THE DATE... OCTOBER 16, 2025

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 that culminates with A Night to Celebrate VIP sponsor event on October 16, 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. This year, we are pleased to be honoring Charlie and Joyce Woodard.

Be a spark of Hope in our community and join us on October 16- there are multiple ways to get involved! During the day, join us for A Day to Give, where every dollar you donate will be **MATCHED** and goes directly to Cancer Support Community of Greater St. Louis to help fund critically important programs. In the evening, join us for A Night to Celebrate by becoming a sponsor and help us provide **HOPE** after the darkness of a cancer diagnosis! No matter how you get involved, 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 Emily Kelle at [ekelle@cancersupportstl.org](mailto:ekelle@cancersupportstl.org) or 314.238.2000.



# OUTSTANDING COMMUNITY VOLUNTEERS



## Sheri Kanterman

Sheri Kanterman has been a volunteer at Cancer Support Community of Greater St. Louis for over 10 years, helping with events such as Steps For Hope and providing administrative support at our front desk! Sheri began attending events with her very dear friend, Ronna

Croft. Ronna had been a participant and a volunteer at CSCSTL and since Sheri had done volunteer work with other local cancer organizations, she was excited to get the opportunity to volunteer at CSCSTL and spend time with her friend. Since then, she has enjoyed her time being with staff, participants and the community that they have created! Sheri says, "Everyone at CSC is so appreciative of anything that volunteers do here. I always feel that my time is important at CSC, and I look forward to giving back in as many ways as I can. By doing this work, I am honoring the life of my friend and, hopefully, many others." Thank you for your years of service to Cancer Support Community of Greater St. Louis, Sheri!



## Lisa Redd

Lisa became involved with the Cancer Support Community in 2019 after her sister was diagnosed with breast cancer. As her primary caregiver, she found needed support services for her sister and herself at the Cancer Support Community location in Columbus, Ohio. In 2021 Lisa was

also diagnosed with breast cancer so her involvement in CSC's programs expanded for herself as a cancer patient & survivor. Upon moving to St. Louis in 2023, Lisa reached out to the CSCSTL office and found a new support community for herself by attending the breast cancer support groups and various social programs. She enjoys providing support to others on their cancer journey by volunteering at various events for CSCSTL including health fairs, delivering newsletters, and assisting with the annual Steps For Hope Walk & Hope After Dark fundraising events. We are grateful for all that Lisa does for Cancer Support Community of Greater St. Louis!

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Contact Us @ 314.238.2000

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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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