



CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

A Place for People Impacted by Cancer



Photo by Emily Kelle



SAVE THE DATE!

Saturday, May 2, 2026

Creve Coeur Park in Sailboat Cove

1-mile or 3.7-mile walk or fun run

See page 11 for more info!

WALK. RUN. INSPIRE.

See page 10 for more info or visit cancersupportstl.org/steps-for-hope-walk

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ALL SERVICES OFFERED AT

NO CHARGE!

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Welcome to CSC-STL!

Here at Cancer Support Community, we provide support programs to anyone impacted by cancer, including people with a diagnosis, their loved ones, and anyone who has lost someone to cancer, at **NO CHARGE**. If you would like to learn more about our programs and how to register, please join us for one of our 'Welcome Meetings' below!

RSVP for LIVE Session

Fridays: April 3, May 8, June 5 • 10:00–11:00 AM

Register for ZOOM

Mondays: April 20, May 18, June 22 • 5:30–6:30 PM

EDUCATION

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

Five Wishes

Tuesday, April 7 • 6:00–7:30 PM

Register for ZOOM

The Five Wishes document is a powerful tool that helps people communicate their personal, medical, and spiritual wishes for end-of-life care. This workshop will guide you through the sections, and offer practical tips for discussing wishes with loved ones and care providers.

What Do I Tell the Kids?

Wednesday, April 8 • 11:00 AM–NOON
Monday, June 22 • 5:00–6:00 PM

RSVP for LIVE Session

**David Sindelar Cancer Care Center, Conference Room 1
10050 Kennerly Rd, St. Louis, MO 63128**

Learn about the ways children understand information about cancer at different developmental stages. Dannie Hodges, LCSW, will discuss strategies about having conversations with children about cancer and ways for families to cope with emotional distress and optimize support systems.



Cancer Transitions



Wednesdays, April 8, 22, May 6, 20 • 10:00–11:30 AM

Register for ZOOM or Drop in for LIVE Session

**St. Luke's Hospital Cancer Center,
Conference Room 360 East
232 S Woods Mill Rd, Chesterfield, MO 63017**

It's common to feel alone or confused about next steps once treatment ends. This interactive 4 week workshop is designed to help cancer survivors make the transition from active treatment to post treatment care by addressing the physical, social, and practical issues they may face. This is a series, but participants can attend individual sessions.

April 8 – Taking Control of Your Survivorship

April 22 – Emotions and Health

May 6 – Eating Well and Staying Active

May 20 – Medical Management Beyond Cancer

A Holistic Look at Managing Anxiety

Wednesday, May 6 • 6:00–7:30 PM

Register for ZOOM

Anxiety can affect both emotional and physical well-being. This panel brings three professionals to share science-backed strategies for managing anxiety from a holistic perspective. Speakers explore approaches from mental health care, nutrition and mood boosting foods, and gentle movement that support stress reduction, nervous system regulation, and improved quality of life.

Navigating a New Cancer Diagnosis



Wednesday, May 20 • 11:00 AM–12:30 PM

Register for ZOOM

A cancer diagnosis can bring many uncertainties. This workshop provides information, guidance, and practical tools to help you move forward with clarity and confidence. Topics include understanding the diagnosis, identifying your personal values and goals, addressing home and workplace considerations, sharing care responsibilities, supporting emotional wellbeing, and connecting with helpful community and clinical resources.

Heart Health and Cancer

Monday, June 29 • 6:00–7:30 PM

Register for ZOOM

Heart health is an increasingly important part of cancer care due to potential cardiac effects of certain treatments. This workshop introduces the field of cardio-oncology, highlights symptoms that may prompt cardiac evaluation, and reviews evidence-informed lifestyle strategies to support long term heart health.

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

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 for the Bereaved

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.

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

Register for ZOOM or drop in for LIVE Session

4707 Lindell Blvd, St. Louis, MO 63108

at American Cancer Society Hope Lodge

First Tuesday each month • 5:30-6:45 PM

For patients and survivors.

BREAST CANCER MONTHLY GROUP

Register for ZOOM or RSVP for LIVE Session

Second Wednesday each month • 5:30-7:00 PM

All patients, survivors, friends, and family welcome.

FRIENDS AND FAMILY MONTHLY GROUP

Register for ZOOM or drop in for LIVE Session

4207 Lindell Blvd, St. Louis, MO 63108

at American Cancer Society Hope Lodge

First Tuesday each month • 7:00-8:15 PM

For anyone supporting someone with cancer to cope with their own stress.

GASTROINTESTINAL CANCERS MONTHLY GROUP

In memory of Ann Arenberg

Register for ZOOM

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

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

All Networking and Support 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.

GRUPO DE APOYO PARA PERSONAS AFECTADAS POR EL CÁNCER

Registro Por ZOOM

1.ER Y 3.ER viernes de cada mes • 10:00-11:30 AM

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

GYNCOLOGICAL 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

PROSTATE CANCER MONTHLY GROUP

RSVP for LIVE Session

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

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.

YOUNG ADULT CANCERS MONTHLY GROUP

In memory of Joel Brightfield

Register for ZOOM

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

This group welcomes anyone between the ages of 18-40ish that has had a cancer diagnosis.

HEALTHY LIFESTYLE & STRESS MANAGEMENT

Healthy Lifestyle & Stress Management programs provided in part by Bayer Fund, The Foundation for Barnes-Jewish Hospital, and the Regional Arts Commission of St. Louis.

Power Up with Protein



Tuesday, April 21 • 11:30 AM–1:00 PM

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

Protein needs increase during cancer treatment and with age, but shakes can get old. In this demo, Health Coach Gayle shares protein options featuring soft proteins, plant-focused entrées, and snacks to support strength energy.

Healthy Eating Made Easy Series



Tuesdays, May 12, 19, 26 • 5:30–7:00 PM

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

Join Certified Nutrition and Wellness Educator, Sandi Barrett to build real-world skills you can use to nourish your body, leave with practical tips, and learn simple recipes to try at home. Each class includes a food demonstration.

May 12: Label Reading with Yogurt Parfaits

May 19: Meal Planning with Power Snack Plate

May 26: Meal Prep Made Doable with Mix and Match Bowl

Simple Food for Hard Days



Wednesday, May 13 • 11:30AM–1:00PM

RSVP for LIVE Session

**David Sindelar Cancer Care Center, Conference Room 1
10050 Kennerly Rd, St. Louis, MO 63128**

The impact of cancer treatments can make food prep and eating seem overwhelming. In this class, Health Coach Gayle shares simple, comforting food ideas designed for low energy, changing appetites and busy schedules.

The Gut-Immune Connection



Saturday, May 23 • 11:30 AM–1:00 PM

Register for ZOOM

Your gut is a major part of how your body responds to stress, inflammation, and overall energy. In this demonstration, Artinces Smith discusses how digestion, immune function, and the microbiome all connect, and how plant-forward foods play a key role. We'll be learning how everyday ingredients can shift the way your body feels and functions.

Air Fryer Cauliflower Tacos



Tuesday June 9 • 5:30–7:00 PM

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

Join Caryn Dugan for a demonstration of crispy air fried cauliflower tacos piled into warm tortillas topped with fresh, zippy slaw. This is paired with a limey black bean and corn cup that's bright, protein packed, and refreshingly simple.

Mindful Mondays

(Previously known as Weekly Wellness)

Mondays • 11:30 AM–NOON

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

Stop by weekly to connect with others and explore wellness practices in a supportive space. Each session introduces a new guided practice, which may include breath-work, meditation, relaxation, or creative journaling.

Qigong

Fridays • 11:00 AM–NOON

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

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

Sanctuary Sound Journey

Thursdays, Apr 16, May 21, Jun 18 • 6:00–7:00 PM

RSVP for LIVE Session

Join Mark Biehl, Certified Vibrational Sound Coach, for a blissful sound journey using Himalayan singing bowls, gongs, chimes, flutes, and voice. Dress comfortably and prepare for a peaceful experience.

Nourish and Revitalize Retreat

Saturday, June 13 • 10:00 AM–2:00 PM

RSVP for LIVE Session



Join us for our 3rd annual summer retreat where you are invited to renew your selfcare routine and nourish your soul. Nourish and Revitalize will offer healthy ways to replenish and sustain the body, mind, and spirit connection. Sessions will consist of three professionally led workshops, nutrition, stress management, and a restorative moment practice.

Lunch will be provided.

Painting with Yarn

Tuesday, June 23 • 5:30–7:00 PM

RSVP for LIVE Session

Come try your hand at punch needling, with Art Therapist, Susie McGaughey! This fiber art activity is a little like sewing and a little like painting. Punch needle is easy to learn and its repetitive, focused motion can help promote a meditative, calming state in support of lowering anxiety and stress levels. Come punch some canvas with us and create your own small unique fiber art piece to take home!



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

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

CSC Location

- Tuesdays • 10:00–11:00 AM
Register for ZOOM or **RSVP for LIVE Session**
- Wednesdays • 9:30–10:30 AM
Register for ZOOM or **RSVP for LIVE Session**
- 1st, 2nd & 3rd Wednesdays • 5:15–6:15 PM
Register for ZOOM or **RSVP for LIVE Session**

Hope Lodge Location

ACS Hope Lodge:
4207 Lindell Blvd, St. Louis, MO 63108

- 4th Wednesday of each month • 5:15–6:15 PM
Register for ZOOM or **Drop in for LIVE Session**

Restorative Movement

✚ St. Luke's

1st and 3rd Thursdays • 10:00–11:00 AM
Register for ZOOM or **Drop in for LIVE Session**
St. Luke's Hospital Cancer Center,
Conference Room 360 East,
232 S Woods Mill Rd, Chesterfield, MO 63017

Enjoy gentle, guided movements designed to improve balance, strengthen muscles and bones, and enhance flexibility and range of motion—all at a pace that feels comfortable to you.

Rise and Renew

Saturdays • 9:00–10:00 AM
Register for ZOOM

Join Desiree Williams, for a session of carefully guided exercises designed to improve muscle tone, boost energy, and nurture a sense of renewal and vitality. Participants are welcome to use a chair, resistance bands, or light weights.

Intro to Pilates

2nd and 4th Tuesday of 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.

Dancing Through the Decades

1st and 3rd Mondays • 9:00–10:00 AM
(No class May 4)

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

This class infuses gentle dance moves, steps and stretches, moving in unison in a way that feels good on the body. This class is accessible to all from a chair or standing. No dance experience required!



SOCIAL CONNECTIONS

Gallery Tour and Art Class at COCA

Friday, April 17 • 1:00–3:00PM

RSVP LIVE Session

6880 Washington Ave, St. Louis, MO 63130



Join COCA and CSC teaching artist Maria Ojascastro for an art making class and tour of an exhibit at the Center of Creative Arts (COCA). Titled *Bruh Rabbit And Them Play Too Much* features paintings by Bharat Ajari who reexamines African American folklore inspired by Uncle Remus' Folklore stories. This show demonstrates the role of humor as resilience. No art experience necessary—just come and have fun!

Introduction to Dungeons and Dragons

Thursdays, May 14 and 21 • 6:30–8:30 PM

Register for ZOOM

Do you like dragons, swords and sorcery? Dungeons and Dragons might be for you! The first session will teach the basics of the game and create your character. The second session you will play that character in a quest to defeat evil! Anyone is welcome to join, both beginners and veterans.

Book Club – *The Lincoln Highway*

Friday, June 12 • 10:00–11:30 AM

RSVP for LIVE Session

Join us for a discussion of Amor Towles's *The Lincoln Highway*, a compelling novel about fate, friendship, and the journey across 1950s America. The book club will be facilitated by volunteer Ruthie Rochman. Light refreshments will be provided. *Limited copies are available. Books can be checked out starting May 4th and should be returned by the book club date.*

Paint and Sip

Tuesday, June 16 • 5:30–7:30 PM

RSVP for LIVE Session

David Sindelar Cancer Care Center, Conference Room 1
10050 Kennerly Rd, St. Louis, MO 63128

Unwind, get creative, and sip into summer! Join us for a relaxed Paint & Sip experience where no artistic skills are needed. Enjoy guided painting, a refreshing summer-inspired mocktail, and a chance to connect, laugh, and recharge.



Homemade Cards to Go

Wednesday, June 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.

FAMILIES CONNECT

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

What We Offer

Support

We're here to understand your family's unique needs and provide meaningful support — from practical resources to emotional care. Short-term counseling is available for children, siblings, or families.

Education

Learn how children understand and cope with cancer at different ages and learn strategies for meaningful conversations and emotional support. Stay informed with our monthly e-newsletter featuring tips, tools, and program updates.

Social Connections

Join quarterly events where families can connect, share experiences, and find community with others facing similar challenges.

Resources

Explore our family-friendly library filled with educational and supportive materials.

We also offer school-based presentations, peer programs, and staff support for communities affected by cancer.

Join us at the Families Connect tent at Steps for Hope. We will have fun activities and giveaways for the whole family!



JASON BRIGHTFIELD YOUNG ADULT PROGRAM

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 us at info@cancersupportstl.org for more information!

Young Adult Monthly Group

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

Register for ZOOM

This group welcomes anyone between the ages of 18-40ish that has had a cancer diagnosis.



Nourish & Create: A Hands-On Nutrition Experience

Tuesday, April 14 • 6:00-7:30 PM

RSVP for LIVE Session

Join us for a hands-on culinary adventure inspired by the fresh, vibrant flavors of the Mediterranean. In this interactive class, you'll learn about the nutritional benefits of colorful ingredients, build your own delicious Mediterranean wrap, and practice simple techniques you can easily recreate at home.

We'll finish with a wholesome no-bake dessert for a naturally sweet treat, making this a full, hands-on experience from savory to sweet.



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
						
<h1>April 2026</h1>						
<p>■ = REGISTER FOR ZOOM ■ = RSVP FOR LIVE ■ = PROGRAMS LOCATED OFF-SITE</p>						
5	Dancing Through the Decades 9:00 AM ZOOM or LIVE Mindful Mondays 11:30 AM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE All Cancer MG @ Hope Lodge 5:30 PM ZOOM or LIVE Five Wishes 6:00 PM ZOOM Friends and Family MG @ Hope Lodge 7:00 PM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Cancer Transitions @ St. Luke's 10:00 AM ZOOM or LIVE What Do I Tell the Kids? @ Mercy South 11:00 AM LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 5:30 PM ZOOM or LIVE	Restorative Movement @ St. Luke's 10:00 AM ZOOM or LIVE Prostate Cancer MG 6:30 PM LIVE	Welcome Meeting 10:00 AM 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
12	Mindful Mondays 11:30 AM ZOOM or LIVE	Gentle Yoga 10:00 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 Gastrointestinal Cancers MG 6:30 PM ZOOM	Restorative Movement @ St. Luke's 10:00 AM ZOOM or 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 Gallery Tour and Art Class @ COCA 1:00 PM LIVE	Rise and Renew 9:00 AM ZOOM
19	Dancing Through the Decades 9:00 AM ZOOM or LIVE Mindful Mondays 11:30 AM ZOOM or LIVE Welcome Meeting 5:30 PM ZOOM Gynecological Cancer MG 6:30 PM ZOOM or LIVE	Gentle Yoga 10:00 AM ZOOM or LIVE Power Up with Protein 11:30 AM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Cancer Transitions @ St. Luke's 10:00 AM ZOOM or LIVE Gentle Yoga @ Hope Lodge 5:15 PM ZOOM or LIVE	Young Adult Cancer MG 6:30 PM ZOOM	Qigong 11:00 AM ZOOM or LIVE	Rise and Renew 9:00 AM ZOOM
26	Mindful Mondays 11:30 AM ZOOM or LIVE	Gentle Yoga 10:00 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	30		
27			29			
28			30			
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30						

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

May 2026

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	CSC OFFICE CLOSED	Gentle Yoga 10:00 AM ZOOM or LIVE All Cancer MG @ Hope Lodge 5:30 PM ZOOM or LIVE Friends and Family MG @ Hope Lodge 7:00 PM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Cancer Transitions @ St. Luke's 10:00 AM ZOOM or LIVE Gentle Yoga 5:15 PM ZOOM or LIVE A Holistic Look at Managing Anxiety 6:00 PM ZOOM	Restorative Movement @ St. Luke's 10:00 AM ZOOM or 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	1 Rise and Renew 9:00 AM ZOOM
4	CSC OFFICE CLOSED	Gentle Yoga 10:00 AM ZOOM or LIVE Intro to Pilates NOON ZOOM or LIVE Healthy Eating Made Easy Series 5:30 PM ZOOM or LIVE	Gentle Yoga 9:30 AM ZOOM or LIVE Simple Foods for Hard Days @ Mercy South 11:30 AM LIVE Gentle Yoga 5:15 PM ZOOM or LIVE Breast Cancer MG 5:30 PM ZOOM or LIVE	Lung Cancer MG 6:30 PM ZOOM Introduction to Dungeons and Dragons 6:30 PM ZOOM	Grupo para Personas Afectadas por el Cáncer 10:00 AM ZOOM Qigong 11:00 AM ZOOM or LIVE	8 Rise and Renew 9:00 AM ZOOM
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SAVE THE DATE!

Saturday, May 2, 2026

Sailboat Cove in Creve Coeur Park

1 mile or 3.7 mile walk or fun run

Registration: February 17 - May 2

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

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

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

Start Time:

9:00 AM - On-site registration opens

10:00 AM - Event kick-off

Join us for our **28th Steps For Hope Walk**

to celebrate those impacted by cancer, honor loved ones, and support Cancer Support Community of Greater St. Louis. Invite your family, friends, and coworkers to take their own **STEPS FOR HOPE!** Together we can make a difference in the lives of individuals and families in our community living with cancer.



Scan the QR Code for more information!



TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSCSTL change the lives of cancer patients and their families. The following reflects tribute gifts received from October 1, 2025 through December 31, 2025. We apologize for any omissions or errors.

IN HONOR OF:

DEBBY BECHTOLD

Helen Horn

CAROL DRECHSEL

Jerry & Joan Hoffmann

MARTI FERDMAN

Harvey Ferdman

RICHARD MADDOCK

Gail Fischmann

JESSICA BROD MILLNER

*Ann K. & Douglas S. Brown
Wendy & Neil Jaffe*

ED MUSEN

Matt & Tracy Gross & Family

MARTY OBERMAN

Alvin Siwak

ANN AND TIM PLUNKETT

Sally Pinckard

ANN PLUNKETT

*Alice Fleeman
Jeff Plunkett
Ann Sullins*

LORI THAMAN

*Katie Stalter & Family
Rick Halpern*

DOROTHY THOMPSON

Austin Ruse Family

BEN

Emily Zevely

IN MEMORY OF:

F. THOMAS ALEXANDER

Stacey Alexander

GRACE AND BOB BROD

Rochelle H. Weiss

KRISTA CHRUN

Phyllis Weitkamp

MARY COSTA

Marsha Evans

BARRY FRIEDMAN

*Betty Allyn
Susan Chappell
Kathryn Ann Cohen
Beverly Friedman
Jill Golde
Polly Hazelwood
Susan Kelter
Mary Lou Smith*

Steve & Carol Latz

*Anne & David Lazarus
Harvey & Nancy Lehrer
Linda & Scott Malin
Cindy Moskovitz
Hope M. Needles
Amy & Craig Neuman
Marilyn Oglander
Robert Pass
Sanford Pomerantz
Robert Rifkin
Marlene Rosengarten
Julie & Sophia Russell
Todd Siwak
Sandra Spirtas
Gloria Spitzer
Thomas & Karen Stern
Harvey Wallace & Madeleine Elkins
Colleen Wicklund
Eleanor Zimring*

BRIAN GRAU

*Anonymous
Anonymous
Laurie Helgemoe
Mark Lager
Robert Lee Lottes
Christine Schulz*

KATHRYN KOOP

Jeff Koop

LINDA KWESKIN

Mia Kweskin

GARY NELLING

Helen Nelling

RICK PUCKETT

Michael Puckett

LUCINN THOMAS SAMS

Patty Balmes

BARB & MARY SCHOEN

Susie Schoen

KEVIN STEWART

Helen Nelling

REGINA DEL VECCHIO

Karen Kulage & Family

BARB VOGEL

Brian E. Vogel

LISA HARTMANN WILDER

Judy Goedeker

NEWS

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

NEW BOARD CHAIR



Hellen Nelling

Hellen Nelling is a retired Compensation and Benefits executive with over thirty-five years of experience in mid-and large-sized organizations. In a previous life, she was an academic, teaching western civilization and Russian history for the University of Colorado. She has three grown children and two teenage grandsons. She joined

the CSCSTL board in January of 2022. A year earlier, her husband lost a seven year battle with cancer, and she has experienced cancer twice herself, so she is keenly aware of the need for the unique support the organization provides to patients, families and caregivers. She was instrumental in developing our Cancer Support in the Workplace program. Her other contributions center on governance and staff compensation, benefits, and development.

NEW BOARD MEMBER



Sheila Bast

Sheila Bast is the Vice President of People and Growth at Cohen Leadership Group, where she helps organizations build leadership capacity and align executive teams to achieve business results. She brings nearly 20 years of experience in business and change management leadership within the financial services industry. Giving back and making

a meaningful impact in the community has always been important to Sheila, and she was drawn to Cancer Support Community St. Louis after experiencing a personal loss from cancer. She is excited to help grow awareness and support for CSCSTL through her involvement on the board.

@ Message



to our outgoing board chair:

Michelle,

The entire board, including myself, was fortunate to have you lead us for the last two years. You made certain that we met the challenges we faced and moved forward. I learned so much from your leadership and

compassion. I appreciate your guidance, stewardship, and steadfast dedication to our mission. I hope I can follow your lead and continue our growth and impact.

– Hellen



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 Dr, St Louis, MO 63146.
3. You may also call 314-238-2000 and make a tribute gift using a credit card.

Gifts of \$25 or more are published in Cancer Support Community of Greater St. Louis' quarterly newsletter. Due to administrative costs, a minimum donation of \$10 per tribute is requested.

WHAT OTHERS ARE DOING FOR CSCSTL



We would like to give a huge shout out and THANK YOU to our friends over at **Waterway Carwash**! In 2025, Waterway supported CSCSTL in numerous ways, including participating in the Kirkwood Greentree Festival (on some of the hottest days of September, we might add!), where all spins on their Waterway Prize Wheel guaranteed a free car wash with all proceeds benefitting CSCSTL and recognizing Breast Cancer Awareness Month with their “Waterway Goes Pink” fundraiser, selling pink microfiber towels and collecting donations at each of their locations, proudly supporting CSCSTL. We had the honor of being presented with a **\$9,818** donation from all of these efforts! Thank you, Waterway, for your generous support and for helping us prove that, together, **St. Louis is Stronger than Cancer!**

SAVE THE DATE

for a new family friendly community event!

	JUNE	
4	5	6

CANCER SUPPORT COMMUNITY GREATER ST. LOUIS

More information coming soon...

STAFF

Contact Us @ 314.238.2000

EXECUTIVE DIRECTOR

Lori Thaman

PROGRAM DIRECTOR

Dannielle Hodges, MSW, LCSW - x. 351

PROGRAM MANAGER

Haylee Rieger, MSW, LCSW - x. 352

DEVELOPMENT MANAGER

Emily Kelle - x. 354

DEVELOPMENT & PROGRAM COORDINATOR

Grace Erickson - x. 355

ADMINISTRATIVE ASSISTANT & OFFICE MANAGER

Emma Shelton - x. 350

LICENSED MENTAL

HEALTH PROFESSIONALS

Karen Banks, MED, PLPC

Jessica Z. Brao, PhD, LPC, NCC, BC-TMH

Dannielle Hodges, MSW, LCSW

Heather Huff, MSW, LMSW

Lisa Luehrs MSW, LCSW

Kavitha Lakshmanan, MSW, LCSW, CT

Julie Matkin, MSW, LCSW

Kelly O’Neal, MSW, LCSW

Valentina Penalba, PhD, LMFT

Haylee Rieger, MSW, LCSW

Renata Sledge PhD, LCSW



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.*

PROFESSIONAL ADVISORY GROUP

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Emily Coen, MSW

Hillary Hinrichs, PT, DPT, CLT, WCS

Rochelle Hobson, RN, MSN, CHPN

Rebecca Lasater, LCSW

Mary-Kate Malececk, MD

Alex P. Michael, MD

David G. Mutch, MD

Jovita Oruwari, MD

Calvin Robinson, MSAH, RT

Jessica Taylor, PhD

Kumar Vasudevan, MD

Crystal Weaver, MHA, LCP, CRC, MT-BC

Anne Walerius, RN

Martin Wice, MD

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Brad Kloepfel

SECRETARY

Rebecca Frigy Romine

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Michelle Mufson

Martin Oberman

Calvin Robinson

Peggy Scott

Jay Simon

Todd E. Imber Allen Taylor

Gary Wolff

EMERITUS DIRECTORS

Mark Goran

Peggy Nelson (posthumous)

Ann Plunkett