SPECIAL PROGRAMS

■ = PROGRAMS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 11.

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

EDUCATION/HEALTHY LIVING

Cancer Transitions: Moving Beyond Treatment

(Limited to 15 participants)

Location: Mercy Clinic 2nd floor (room number will be provided in information packet) 15945 Clayton Road, Clarkson Valley, MO 63011

REQUIRED: Preliminary Informational Meeting on

Thursday, April 19 • 6:30 - 7:30 PM - RSVP

Program will run 4/26 – 5/31. Must commit to 5 of 6 modules.

Cancer Transitions is a free series of weekly workshops, each 2 1/2 hours in length over a six-week period, designed to help cancer survivors make the transition from active treatment to post-treatment care. Expert panelists, including physicians, nutrition, and fitness experts will discuss and lead activities on the topics of exercise, stress management, and healthy eating. Here's an opportunity to answer many of your questions about survivorship post-cancer treatment.

Eligibility Requirements: *Adult survivors of any cancer diagnosis, 21 years and older, who have completed active anti-cancer treatment within the past 24 months (survivors more than 2 years post-treatment will be considered if there is space available). Must commit to 5 out of 6 sessions, and have a signed release from physician. Attendees receiving hormonal or other similar agents may attend. Guest speaker on Nutrition and Medical Management will be Dr. Margaret Coplin.*

Lunch With a Doc – Nutrition During Chemotherapy - RSVP

Friday, April 13 • 12:30 - 1:30 PM

Mary Klix, M.D., Medical Oncologist at Center for Cancer Care, will be here to provide a short lecture and answer your questions. Enjoy a healthy (and educational) lunch on us!

Cancer Treatment: How to Make Informed Choices about Standard Care and Clinical Trials - RSVP

The Westin St. Louis, 811 Spruce Street, St. Louis, MO 63102

FREE CEHs for Social Workers and Nurses!

Tuesday, May 8 • 5:30 - 7:30 PM (Registration & Dinner 5:00-5:30 PM)

Speaker: John DiPersio, MD, PhD, oncologist and bone marrow transplant specialist at Siteman Cancer Center. Patients and professionals will learn about the benefits and risks of clinical trials, and how new cancer treatments are developed and approved. A patient and healthcare professional panel will follow and include CSC facilitator Charli Prather, MSW, LCSW, OSW-C.

- ***Nurses: 2.0 contact hours (Provider #CEP 5832 through California Board of Registered Nursing)***
- ***Social Workers: 1.5 clinical and .5 social work ethics CEHs (Provider #1105 through ASWB)***

Cancer Related Pain: What You, Your Family, and Your Doctor Need to Know - RSVP

Thursday, May 10 • 6:30 - 8:00 PM

Many people with cancer-related pain may experience "break through" pain--when their regular pain medication fails to do the job. This FREE program will educate attendees on the difference between background and breakthrough pain and how to talk with your doctor about getting your pain under control. Please join Vicki Boehmer, RN BSN CHPN, from Missouri Baptist Hospital for a dynamic presentation about the different types of pain and solutions for better pain control. Educational materials will be distributed including a convenient pain tracker to help you provide your health care provider with important information on the pain you may be experiencing.

Neuropathy – RSVP

Tuesday, June 12 • 6:00 - 7:00 PM

Chemotherapy Induced Peripheral Neuropathy (CIPN) is a set of symptoms caused by damage to the nerves that are furthest away from the brain and spinal cord (peripheral nerves). They carry sensation (feeling) to the brain and control the movements of our arms and legs. CIPN is common and can be a disabling side effect of cancer treatment-- but there is hope. Join us and learn the signs and symptoms of early nerve damage and how it can be treated from guest speaker Dr. Michael Vishion of Pain Relief Clinics.

MONTHLY WELLNESS SERIES

These programs made possible by a generous donation from The Blake Foundation.

Compassionate Caregiving: Caring for the Caregiver – RSVP

Wednesday, April 11 • 7:00 - 8:30 PM

This program offers an opportunity for family and other caregivers of people with cancer to learn about the concept of "compassion fatigue." Research has increased awareness of the dangers of compassion fatigue for the helping professions. However, does it also affect family and friends who are full or part-time caregivers? What does it "look" like? Can it be prevented and/or treated? Please join Kimberly Lawson, LCSW, Oncology Social Worker and Compassion Fatigue Educator and Therapist (who is herself an experienced family caregiver) for education, open exchange and support.

Dressing, Hair and Skin Solutions: Boost Your Body Image! - RSVP (Women Only Please)

Friday, May 11 • NOON - 2:30 PM

Join Michelle Casey from Medical West, Lilibet Iken, RN, owner of *be Salon and hair restoration* and multiple-surgery-survivor and CSC facilitator Charli Prather for an afternoon of fun and learning about the latest options in troubleshooting your "challenge areas" after cancer treatment or surgery. A frank discussion will follow on self-image during and after a cancer diagnosis.

Single Survivorship & Sexuality PART II – RSVP

Thursday, May 31 • 6:00 - 7:30 PM

This popular offering continues as Tamara Williams-Redding, M.Ed. and LPC in association with Comprehensive Cancer Care provides an honest forum for discussing common concerns regarding dating, intimacy, and communication during and after a diagnosis of cancer. Don't miss this unique offering!

SOCIAL ACTIVITIES FOR STRESS REDUCTION AND COMMUNITY BUILDING!

Stitch It Together! – DROP-IN (No RSVP)

Tuesdays: April 10, 24; May 8, 22; and June 12, 26 • 6:00 - 7:30 PM

Bring your own knitting, crochet or needlework project and enjoy the company of others in this fun social activity. Come for the full session or drop in as your schedule allows. Facilitated by Janet Popelka, CSC's Development Director.

Craft Connection: "Make and Take" Cardmaking – Please RSVP (Please RSVP so that we have supplies)

First Thursdays: April 5; May 3 and June 7 • 10:00 AM – Noon

Learn different techniques each class with instructor Laura Rossmann. All materials are provided – you will create several different cards each time that you can take with you to send to someone special. Both beginners and experienced crafters welcome.

NUTRITION

Miss Mary's Healthy Kitchen Programs – RSVP

IMPORTANT, PLEASE READ: Cooking classes, while free, are expensive to program. Therefore, we require registration in advance AND direct confirmation from members just prior to the program. Please do not attend if you have not spoken with or left a message for staff 24-48 hours in advance, as your place will have been given to someone on the waiting list.

These classes are provided by The McClanathan Family Foundation.

Miss Mary's Cooking Demonstration Series with our Healthy Cooking Chefs! – RSVP

Monday, April 16 • 11:00 AM - 1:00 PM: Stealth Health! - RSVP

You know they are good for you, but they still don't appear on your plate three times a day: the cancer-fighting foods that are just a bit too weird and funny tasting. It works for kids and it will work for you: become a sneaky chef! In this class you will learn how to add cancer fighting super-foods to the things you already eat throughout the day AND get to sample good eats for breakfast, lunch, dinner and snacks.

Chef Presenter: Almut Stephan Marino, MS, RD, LD, CC

Thursday, May 31 • 6:00 - 8:00 PM: Eating for Summer - RSVP

Celebrate a rainbow of seasonal eating and getting ready for warm weather. **Chef Presenter: Maya Bradstreet, MS**

Thursday, June 28 • 10:00 AM - Noon: RAW 101 - RSVP

The title says it all! **Chef Presenter: Maya Bradstreet, MS**

Nutrition Lectures from Miss Mary's Healthy Kitchen - RSVP

Registration required – No Limits.

Location: Movement Room

Tuesday, April 17 • 5:45 – 6:45 PM:
Appetite - Are You in the Driver's Seat?

Tuesday, May 15 • 5:45 – 6:45 PM:
Five Strategies for Spring Cleaning Your Diet

Tuesday, June 19 • 5:45 – 6:45 PM:
What We THINK We Know about Diet and Cancer

Ellen Stein, MS CNS teaches a nutrition course (not a cooking demonstration) designed to give cancer survivors and caregivers the tools which research has shown can help to lower the risk of recurrence of certain cancers. If food is part of your life, make it a joyous and healthy part!

JERRY PASS COOKING FOR WELLNESS – RSVP

IMPORTANT, PLEASE READ: Cooking classes, while free, are expensive to program. Therefore, we require registration in advance AND direct confirmation from members just prior the program. Please do not attend if you have not spoken with or left a message for staff 24-48 hours in advance, as your place will have been given to someone on the waiting list.

Bridgette Kossor, Plant-Based Food and Macrobiotic Educator is BACK!

Peace, Love, and Food, Part I - RSVP

Monday, May 14 • Noon - 2:00 PM

Bridgette is back with this vegan/plant-based class, which will offer you an innovative and use-able view of whole and processed foods and how they can contribute to creating or eroding feelings of peace, ease and happiness. This is an appropriate class for people with body image issues, weight loss goals, and a focus on improving health and seeking overall knowledge about how food can change your mood.

Peace, Love, and Food, Part II - RSVP

Tuesday, June 12 • 6:00 - 8:00 PM

Having entered the realm of feelings and food, this class will explore specific foods and recipes that will help you shift your mood, energy, and level of happiness. Food is one of the most powerful tools available to help the body be in balance. It may also affect cognition and can re-create past feelings or aid in creating new ones. This class will give you the tools to begin (or continue) that process through food choices.

Jerry and Peggy Ritter Individual Nutrition Counseling Services

Call to Schedule Your One-on-One Appointment - you may see our dieticians as often as you need.

IMPORTANT, PLEASE READ: *Please cancel your appointment 24 hours in advance if you are not able to attend so that someone else may benefit from this service.*

Cristen Luehmann, RDLD/Certified Wellness Coach, and Erin Schluter, Medical/Oncology RDLD, offer individualized nutrition counseling designed to answer your questions and promote healthy lifestyle changes by addressing your concerns and goals in a private session format. Cristen's focus will be on members out of treatment and their primary caregivers who want to learn and implement healthy lifestyle changes. Erin will address nutritional issues with members and their caregivers who are coping with side effects and other difficulties arising from current chemo and radiation treatment, and/or who have other conditions in addition to their cancer. Physician Release required if still in treatment – available at CSC office or download from our website: www.cancersupportcommunitystl.org

FOOD OUTREACH COOKING DEMO – RSVP

Healthy Veggie Meals on a Budget

Thursday, May 10 • Noon – 2:00 PM

Join popular presenters Head Chef Nicholas Hatfield and Registered Dietitian Josh Dale as they deliver education and information to assist you with your special cancer nutrition needs. Learn to prepare a delicious vegetarian meal on a budget. *Our sincere appreciation goes out to Food Outreach for this donation of time and product.*

HEALING ARTS AND STRESS REDUCTION

The WISE WOMEN'S WRITING WORKSHOP returns to CSC! – RSVP

Limited to 10 - MUST commit to 6 out of 8 sessions

Tuesdays: April 3, 10, 17, 24, May 1, 8, 15, 22 • 11:00 AM – 1:00 PM

"Everything is held together with stories. That is all that is holding us together, stories and compassion." - Barry Lopez

Whether you're a beginning writer looking to express yourself in a nurturing environment, or more experienced and interested in improving your skills—this unique and therapeutic community writing workshop is for you. Create with words and share with a collaborative and supportive group of women who have been affected by cancer either as a patient, caregiver, or survivor. You may choose to address your cancer experience or not. Come write what you know and challenge yourself to grow! Facilitated as usual by the talented Marianne Rosenthal, M.A.T., Secondary Language Arts. *Repeat students welcome, if space allows—new students will be given priority.*

This program made possible by an anonymous donor.

Health and Healing Community Concert - RSVP

Monday, April 30 • 7:00-8:00 PM

Join us for a delightful and soothing evening of entertainment with the Equinox Chamber Players. This ensemble is one of St. Louis's most dynamic performing chamber groups. Their multi-cultural music crosses international boundaries while bridging the gap between classical music and storytelling. Treat yourself to a live musical evening out!

Monthly Mindfulness: Cultivating Serenity – RSVP

Now TWICE monthly – day sessions added!

Second Monday Evenings • April 9, May 14, June 11 • 6:00 - 7:00 PM

Fourth Wednesday Afternoons • April 25, May 23, June 27 • 1:30 - 2:30 PM

This well-received program is helping attendees reduce stress by cultivating awareness of the present moment and what it contains. Mindfulness and Meditation have been demonstrated to have a wide variety of physical, psychological, and spiritual benefits – and can be a path to greater awareness, spiritual development and connection. Regularly practiced, it can help those affected by cancer cope with fears and thoughts of stigma, recurrence, and dying – while cultivating qualities of peace, serenity and wholeness. Each month Kevin Ferris, MSW, LCSW and 43-year mindfulness practitioner facilitates one mindful awareness exercise, followed by group practice and discussion. ***NEW ATTENDEES: Please arrive 15 minutes early for an overview of basic breathing technique.***

Tibetan Sound Healing / Qi Gong Meditation - RSVP

7700 Clayton Rd., Suite 307, Clayton, MO 63117

Limited to 10 - PLEASE cancel your reservation if you cannot attend so that someone else may benefit.

Third Tuesdays • April 17, May 15 and June 19 • 7:00 - 8:30 PM

Don't miss this unusual and lovely program! Utilizing the beautiful sounds of Tibetan Bowls, Patti Pellerito, LMT, NCTMB offers an integrated approach to achieving emotional, physical, and spiritual balance. Through a combination of awareness, breath, energy, sound, and gentle Qi Gong movement, she will bring you into vibrational alignment. *Our gratitude is extended to Ms. Pellerito for her gift of this program to CSC participants.*

For Mind / Body / Spirit classes, turn to pg. 11

Art for Recovery – RSVP Limited to 12 so register early!

Wednesday, April 11 • 11:00 AM - 1:00 PM
Ashley Behrle returns for work on canvas

Thursday, April 26 • 2:00 - 4:00 PM
Rachel Lozano, Survivor, Art Facilitator, ATR Graduate Student

Thursday, May 17 • 6:00 - 8:00 PM
Susie McGaughey, LPC ATR

Monday, June 4 • NOON - 2:00 PM
Susie McGaughey, LPC ATR

Time to tap into your creative side! Join CSC Art Therapists and Creativity Facilitators in using art to inspire and support you and your loved ones in the fight against cancer. No previous art experience necessary. This program made possible by a generous donation in honor of Grace Brod (and a special thank you to Ashley Behrle for donating her time to our community)!

Meditation and Mindfulness: 3-Class Series for Stress Management and Spiritual Enrichment – RSVP

David C Pratt Cancer Center, Suite 1440, John Krey Cancer Information Center, Mercy Hospital St. Louis, 607 S. New Ballas Rd, 63141

Limited to 15 - Must register for all 3 sessions

Three Tuesdays • May 1, May 8, May 15 • 6:00 – 8:00 PM

It's that "present moment" again! You are invited to add Meditation and Mindfulness to your "toolkit" of coping skills. Mindfulness Meditation has been demonstrated to have a wide variety of physical, psychological, and spiritual benefits. This series of three workshops is designed to provide: 1) education on the nature and advantages of mindful awareness, 2) experiential exercises to demonstrate the benefits of practice, and 3) coaching on how to establish your own unique practice that will sustain and support you through the ups and downs of the cancer or caregiving journey, as well as bereavement. Kevin Ferris, MSW, LCSW, and Charli Prather, MSW LCSW OSW-C will facilitate this exploration with humor and compassion.

AT LAST! OPEN MICROPHONE NIGHT FOR CSC POETS AND AUTHORS! - RSVP

Tuesday, May 22 • 7:00 - 9:00 PM

Everyone is invited to attend and/or participate in this long awaited program! Please join us in reading (or listening to) a short piece of writing (prose or poetry) focusing on the cancer experience as a patient, survivor, or caregiver. Writing can be both art and therapy-- this evening is dedicated to celebrating the role writing plays in recovery and survivorship!