



CANCER SUPPORT COMMUNITY

GREATER ST. LOUIS

Vol. 9 | Issue 4

NEWSLETTER/CALENDAR
OCT | NOV | DEC 2016

Empowering Lives, Inspiring Hope Programs and Services for People Affected by Cancer

MISSION: *To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.*

Cancer Support Community (CSC) offers professionally-led support and networking groups, educational workshops, nutrition and gentle exercise programs, one-on-one nutritional counseling and stress management classes utilizing the Patient Active Concept to empower and educate individuals affected by cancer. All programs are offered at no charge in a comfortable, home-like environment to people who have been diagnosed with cancer, their friends and family, and those who have lost someone to cancer.

For more information, call 314-238-2000 or visit
www.cancersupportstl.org.

Visit our facility in Des Peres Square at:
1058 Old Des Peres Road, St. Louis, MO 63131

Artwork by Cancer Support Community member Rosalie Riley

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How You Can Support CSC



CANCER SUPPORT COMMUNITY OF GREATER ST. LOUIS
will present an entertaining night of:

IMPROVISATIONAL COMEDY
SATURDAY, NOVEMBER 12, 2016

STL MOTORCARS

9 Arnage Boulevard, Chesterfield, MO 63005
COCKTAILS • HEAVY APPETIZERS • ESPRESSO BAR • DESSERT
COMPLIMENTARY VALET PARKING

A chance to laugh while raising funds for the programs offered by CSC.



Families CONNECT

THE WHOLE FAMILY, THE WHOLE TIME

Cancer Support Community of Greater St. Louis is proud to introduce **Families Connect**: A program for children and teens who are impacted by cancer in the family. Funding for this program is provided by The Saigh Foundation and Dana Brown Charitable Trust.

Families Connect Monthly Networking Group

First Tuesdays • 6:00-8:00 PM • October 4, November 1, December 6

Families Connect is a program for the whole family when a parent, grandparent, or adult relative has cancer. A family support group is held while the children and teens (ages 5-18) meet for equal parts support and fun! **RSVP by NOON the Monday prior to each group!**



Special Families Connect: Harvesting Hope - RSVP

Tuesday, October 4

Join teaching artist Maria Ojascastro for an autumn art activity inspired by the CSC garden.

STRESS MANAGEMENT

Family Yoga - RSVP

Second Tuesdays • 6:30-7:30 PM • October 11, November 8

Lisa Roberts, RYT, RCYT and author of *Breathe, Chill - A Handy Book of Games and Techniques Introducing Breathing, Relaxation and Meditation to Kids and Teens* will offer ongoing sessions for children and families to practice wellness in fun and interesting ways.



SOCIAL CONNECTIONS

Family Night! Build Your Own Gingerbread House - RSVP

Tuesday, December 6 •

6:00 - 8:00 PM

Edible architecture! Children and parents create their fantasy house using gingerbread, icing and assorted candy embellishments. Chef Vicki Bensinger leads this culinary adventure, which provides families the opportunity to get messy and build memories. Thank you to Vicki for this gift to the Cancer Support Community.



 **KIDS ROCK
CANCER**
maryville university

A Board Certified Music Therapist helps participants (children and teens diagnosed with cancer, as well as those who have a family member with cancer) to express their feelings that they then convert into songs. Attendees receive the recording on CD! No prior musical experience needed!

Call 314-238-2000 to schedule your appointment! This program is in collaboration with Maryville University's fully accredited music therapy program in the School of Health Professions.

SUPPORT GROUPS

The following support groups are open to individuals ages 18 and older and require a short preparation meeting in advance. Call 314-238-2000 to schedule.

WEEKLY SUPPORT GROUPS FOR CANCER PATIENTS offer people with a cancer diagnosis who are in active treatment an opportunity to share thoughts, feelings, and information. Together, group participants experience warmth, understanding, support, and learn how to manage stress. Morning, afternoon and evening groups are available.

TWICE MONTHLY SUPPORT GROUP FOR FAMILY AND FRIENDS

offers those supporting a person with cancer the opportunity to discuss common issues. Together family, friends and caregivers learn new ways to cope with their individual stress as well as ways to support their loved ones living with cancer. Morning and evening groups are available.

TWICE MONTHLY CANCER BEREAVEMENT SUPPORT GROUPS

are offered day and evening and are open to any caregiver who has lost a loved one to cancer in the past 18 months. Morning and evening groups are available.

All Support and Networking Groups are free, led by licensed facilitators, and funded in part with generous donations from the St. Louis Men's Group Against Cancer, Missouri Baptist Healthcare Foundation, Nordstrom, Gertrude & William A. Bernoudy Foundation, Lung Cancer Connection 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

These are drop-in groups (except where otherwise indicated) designed for attendees with similar diagnoses or life situations (such as parents with cancer) to meaningfully connect with others and share information helpful on the cancer journey. Family and friends are welcome to attend where indicated.

BEREAVEMENT MONTHLY GROUP - RSVP

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

This group is a place for adults and their family members to connect with others who are dealing with the loss of a friend or family member from cancer. This group includes dinner. *This group is made possible by Missouri Baptist Healthcare Foundation.*

October 6: Pot Luck-bring a side dish or dessert; we will have sandwiches

BRAIN TUMOR MONTHLY GROUP

Third Thursday each month • 6:30 – 8:30 PM

A caring environment to learn about and discuss issues associated with brain cancer: memory, cognitive losses and challenges, communication, and the impact on family. Family and friends welcome.

BREAST CANCER MONTHLY GROUP

RSVP PREFERRED (Salad provided)

Fourth Wednesday each month • 5:30 – 7:00 PM

November 9 and December 14 due to holiday

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

An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed and survivors, female family and friends.

November 9: Michelle Smith, DC Manager Integrative Medicine and Therapy Services



GYNECOLOGICAL CANCERS MONTHLY GROUP

Third Monday each month • 6:30 – 8:30 PM

An active, nurturing support group that shares information and discusses pertinent issues such as nutrition, coping skills, fear of recurrence, intimacy challenges, and genetic concerns. For women newly diagnosed and survivors, female family and friends.

LUNG CANCER MONTHLY GROUP

First Thursday each month • 6:00 – 7:30 PM at CSC

Second Tuesday each month • 6:00 – 7:30 PM

Location: Christian Hospital 11133 Dunn Rd 63136 Room 2100

The group provides a nurturing environment to learn about and discuss coping skills, disease management, and quality of life during and after treatment. *Made possible by a generous donation from its sponsor, Lung Cancer Connection.*

October 6 at CSC: Ask the Expert: Interventional Radiology with Ramaswamy Govindan, MD



NEXT STEP CONNECTION MONTHLY GROUP - RSVP

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

November 10 due to holiday

Connect with others who are finished with treatment or on maintenance treatment and are getting back into life. A guest speaker will be present quarterly to address the many issues related to survivorship. Discussion will follow.

October 20: Ask the Expert with Maggi Coplin, MD

ANN ARENBERG PANCREATIC CANCER MONTHLY GROUP

Fourth Thursday each month • 1:00 – 2:30 PM

November 17 due to Holiday

Location: Siteman Cancer Center, West County 2nd Floor Conference Room

Attendees exchange stories, treatment tips, and share concerns about quality of life, intensity of diagnosis, nutritional issues, and other effects of pancreatic cancer. Family and friends welcome.



PROSTATE CANCER MONTHLY GROUP

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

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

This group features speakers and follow-up discussions on important topics such as treatment options, quality of life, incontinence, intimacy concerns, and fear of recurrence. *This group is part of the UsTOO Prostate Cancer Education & Support Network.*

October 6: Ask the Expert about incontinence with Gregory McLennan, MD with Mercy Clinic Urology



SINGLE DURING TREATMENT MONTHLY GROUP

First Wednesday each month • 6:30 – 8:00 PM

This new group is an opportunity to connect and discuss the experience of being single while navigating cancer treatment.

YOUNG ADULT MONTHLY GROUP

Second Tuesday each month • 6:30 – 8:00 PM

If you are a young adult between the ages of 18 and 40ish, in-treatment or out of treatment, come to this drop-in support group. Common topics include relationships, dating, fertility, impact on professional self, etc. Family Yoga will be available for children.

December 13: Pot Luck-bring a side dish or dessert; we will have sandwiches

WORKSHOPS

■ = WORKSHOPS LOCATED OFF-SITE ■ = RSVP REQUIRED

Mind/Body/Spirit Classes are listed on page 10

Empowered by Knowledge EDUCATION

New Member Meetings - RSVP

October 12, November 9, December 14 • 6:30-7:30 PM

This introduction to CSC allows people with cancer, their family and friends, and the bereaved an opportunity to explore our homelike environment, discover our programs and connect with others looking to be empowered by knowledge, strengthened by action, and sustained by community.

From Cancer to Health™ - RSVP

Second Monday (Oct 10, Nov 14, Dec 12) and

Third Thursday (Oct 20, Nov 17, Dec 15) • NOON-1:30 PM

At Siteman South County, 5225 MidAmerica Pl, St. Louis, MO 63129

Fourth Thursday (Oct 27, November 17, Dec 22) • 3:00-4:30 PM

At Siteman West County, 10 Barnes West Drive, St. Louis, MO 63141

Research shows that people participating in the program feel less stress, have better immunity, keep healthier diet and exercise habits and feel greater social support. These sessions will help participants manage stress, learn ways to lessen the impact of physical symptoms of cancer, and develop skills to cope with common problems faced by people with cancer.



Getting Your Mojo Back After Cancer - RSVP

Monday, October 10 • 6:30-8:00 PM

Becky Lynn, MD, Assistant Professor in Department of Obstetrics, Gynecology, and Women's Health, Saint Louis University School of Medicine will talk about sex and intimacy after cancer. This interesting and engaging session will give the opportunity for women with all types of cancer to understand why sex is different after cancer-but can still be fun.

Understanding Open Enrollment - RSVP

Wednesday, October 12 • 6:30-8:00

Prepare for Medicare and ACA (Obamacare) Open Enrollment with Tim Williams St. Louis Regional Hub Manager for the Cover Missouri Coalition and Lead Certified Application Counselor Organizer for Planned Parenthood of the St. Louis Region and a representative from CLAIM. You will have the opportunity to learn basic information about insurance options and ask questions to help choose the best coverage for you.

Holding On To Hope - RSVP

Monday, October 24 • 6:30-8:00 PM

In this presentation, Greg Pacini, MS, LPC, CGP, will first define hope and then explore the biology of hope. Next, he'll explore an aspect of hope rarely considered. Lastly, Greg will provide an exercise for generating hope, based in science. Greg Pacini, MS, LPC, CGP, is a psychotherapist, author and speaker, with over 35 years' experience in the field. His most recent book, *Journey Beyond Hardship*, is endorsed by two New York Times bestsellers: Anita Moorjani and Larry Dossey, MD.

Frankly Speaking About Living Healthy with Cancer - RSVP

Thursday, October 27 • 5:30-7:00 PM

Location: St. Anthony's Cancer Care Center
10010 Kennerly Rd., St. Louis, MO 63128



This workshop will focus on essential steps patients and caregivers can take to live a healthy lifestyle and regain a sense of control and confidence, including working collaboratively with the health care team, managing cancer care and side effects, reducing risk of infections, and developing healthy nutrition and exercise habits.

Frankly Speaking About Cancer: Clinical Trials, Mindfulness, and Movement - RSVP

Saturday, October 29 • 9:00 AM-1:30 PM (Lunch provided)

Location: Il Monastero, 3050 Olive Blvd,
St. Louis, MO 63103



This workshop, led by Dr. Jack Lionberger, MD, PhD from St. Louis University Cancer Center will highlight the importance of research and how clinical trials work. Not every person will be on a clinical trial or needs to be on one, but should be aware that a clinical trial may be a treatment option. Participants will also have the opportunity to experience the benefits of mindfulness and gentle movement with representatives from Siteman Cancer Center. Frankly Speaking About Cancer: Clinical Trials is made possible through an unrestricted educational grant from Amgen, AstraZeneca, BioMarin, Celgene, Karyopharm, Pfizer, and Novartis.

Advanced Directives? Advance Directives? Either Way, I Don't Wanna Talk About It - RSVP

Wednesday, November 9 • 6:30-8:00 PM

Every visit to a doctor probably includes a question about advance care planning. This workshop, facilitated by Becky Lasater, MSW, LCSW, OSW-C from St. Luke's Center for Cancer Care, will give you the opportunity to understand more about advance directives (Living Will, Health Care Power of Attorney) and ask personalized questions about when the time is right to talk about planning with your family and treatment team.

Relax and Rejuvenate: A Retreat for Women After Cancer Treatment - RSVP

(Please RSVP by Nov 1 to 314-251-6400)

Saturday, November 12 • 8:00 AM-5:15 PM

Location: Mercy Center, 2039 N Geyer Rd., St. Louis, MO 63131



Join us for a full day retreat to relax, refresh and renew your body and spirit with other women cancer survivors who have completed treatment in the past 2 years. We will have a variety of speakers and interactive sessions on exercise, self-expression, and self-care. This FREE program is a collaborative program offered by Mercy Oncology Services and Cancer Support Community.

Managing Cancer Pain - RSVP

Wednesday, December 7 • 6:30-8:00 PM

Cancer pain is different than other pain, but do you understand why? Join interventional pain medicine doctor Gregory Smith, DO, in exploring the cause of pain, treatment options, and learning more about addiction and pain management.



Open to Options™ supports you as you identify important questions about your survivorship and concerns based upon your personal needs. This program will help you: identify and organize your questions for your doctor, communicate in an organized manner with your medical team, make decisions that best fit your personal desires and goals. **Call Kelly O'Neal, MSW, LMSW (314-238-2000, Ext. 230) for appointment.**

Strengthened by Action HEALTHY LIFESTYLE & STRESS MANAGEMENT

Miss Mary's Healthy Kitchen Programs

These classes are provided by The McClanathan Family Foundation.

Fall Favorites With Bridgette Kossor - RSVP

Tuesday, October 18 • 6:00-8:00 PM

Join Bridgette Kossor, Food Energy Coach and Macrobiotics Chef for this delicious cooking class with a fall menu sure to please.

What to Eat during Cancer Treatment With Maria Ojascastro - RSVP

Tuesday, November 8 • 6:00-8:00 PM

We will be preparing tasty menu items from the American Cancer Society cook book *What to Eat During Cancer Treatment*.

Mindful Eating with Kelly O'Donnell - RSVP

Friday, December 9 • NOON-2:00 PM

Kelly O'Donnell is a Certified Holistic Health Coach and Holistic Therapist who will share how to cook a healthy seasonal meal while incorporating how mindful eating can enhance your life, increase your sense of wellness, help you eat less and enjoy food more!

Jerry Pass Cooking For Wellness

These classes are provided by Jeanne Pass, family and friends.

Seasonal Cooking with Chef Vicki Bensinger - RSVP

Tuesday, November 1 • NOON-2:00 PM

Join us as Vicki Bensinger shows us how to prepare some creative holiday foods for celebrations or family dinners.

Healthy Holiday Appetizers with STL Veg Girl, Caryn Dugan - RSVP

Tuesday, December 13 • 6:00-8:00 PM

We will be preparing Two Tomato Bruschetta, Rosemary Cashew Cream and Tri Colored Quinoa Stuffed Mushrooms, and Italian Tempeh Meatballs with marinara.

Jerry and Peggy Ritter Individual Nutrition Counseling Services

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

Our dietitian offers individualized nutritional counseling to members of CSC who are not currently in treatment. A Pre-Screening Health History Form must be completed prior to appointment and are available at the CSC office or at our website, www.cancersupportstl.org.

Mindfulness Practice: Managing Stress with Present Moment Awareness - RSVP

First Mondays • 9:00 - 10:00 AM • October 3, November 7, December 5

Third Mondays • 5:15-6:15 PM • October 17, November 21, December 19

Learn to relax and stay in the moment using mindfulness meditations. Each session will include information, strategies for integrating mindfulness into your day, and a practice. Open to anyone affected by cancer (patients, family and friends, bereaved).

Wise Writers Workshop - RSVP

Tuesdays, October 4-December 20 • 1:00-3:00 PM

Create with words and share with a collaborative and supportive group of CSC Members who have been affected by cancer either as a patient, caregiver, or bereaved. Please RSVP Weekly. Facilitated by Marianne Rosenthal, M.A.T., Secondary Language Arts. *This program is made possible by an anonymous donor.*

Color Your World - RSVP

First Thursdays • 11:00 AM-NOON

October 6, November 3, December 1

We are all searching for new ways to slow down, manage stress, relax and be mindful. This hour-long coloring session will give you a chance to mindfully manage your stress while tapping into your creative side.

Painting from Within - RSVP

Second Mondays • 6:30-8:00 PM

October 10, November 14, December 12

Start with some quiet meditation, no pre-planned ideas, and using only one brush stroke at a time you will create paintings that come from places deep inside, using your intuition as your guide. As always, absolutely no art experience necessary.

Restorative Movement: Improve Balance, Strength and Bone Health - RSVP

Second Thursdays • 6:00-7:00 PM

October 13, November 10, December 8

Join Natalie Sutto in movement focused on improving balance, strength and bone health. Natalie starts with Pilates Mat and moves beyond! Equipment provided by CSC.

Energy 101: Introduction to Healing Touch - RSVP

Third Mondays • 6:30-8:00 PM

October 17, November 21, December 19

Learn Healing Touch techniques to support your health and well-being. Healing Touch is used to promote relaxation, relieve pain, decrease anxiety, tension and stress and to promote healing. Useful for self-care or the care of a loved one.

Music Listening and Discussion Group - RSVP

Third Wednesdays • 2:00-3:00 PM

October 19, November 16, December 21

Join singer-songwriter and survivor Julie Lindemuth as she performs her original songs. Enjoy simply listening and/or engaging in discussion of the lyrics; whatever participation level suits your interest and needs.

Sanctuary - RSVP

Third Wednesdays • 7:15–8:30 PM

October 19, November 16, December 21

Mark Biehl, Certified Sound Therapy Coach, hosts this blissful journey with offerings of Tibetan singing bowls, gongs, chimes, indigenous flutes, drums, and keyboard atmospheres. Elements of breath work, guided reading, and group chanting are also featured to enhance and direct your experience to a higher level.

Introduction to Tai Chi - RSVP

Mondays, October 24–November 14 • 1:00–2:30 PM

Tai Chi is often described as “meditation in motion” or a moving form of meditation. It is a graceful form of exercise characterized by slow, rhythmic, gentle movements designed to achieve a state of relaxation in body and mind. Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination.

Creativity for the Soul - RSVP

Wednesday, November 9 • 3:00–4:30 PM

Join us for collaging, journaling, and creativity inspired by the process of SoulCollage®! Each session will encourage participants to explore their inner peace and happiness while completing creative art projects. No experience or artistic talent necessary! **Please bring your own notebook/journal, and all other materials will be provided.** If you would like to learn more about SoulCollage, please visit www.soulcollage.com.

Clutter and Your Health - RSVP

Thursday, November 10 • 10:00–11:30 AM

Learn how clutter affects the state of your well-being. This introduction to the principles of Feng Shui will help you evaluate how clutter can impact your physical, emotional and mental health. Take home solutions to begin the transformation to a healthier life.

GARDEN CLUB-**Field Trip to Earth Dance Farms - RSVP**

Friday, October 7 • 9:00 AM–NOON

Location: EarthDance Organic Farm School
233 S. Dade Avenue, Ferguson, Mo 63135



CSC is proud to partner with EarthDance Organic Farm School, which operates on the oldest organic farm west of the Mississippi. Their mission is to sustainably grow food, farmers, and community one small farm at a time, through hands-on education and delicious experiences. We will meet at the farm for some fall projects including harvesting for Farmer's Market. There will be bending and ground sitting required.

Garden Club Fall Garden Prep - RSVP

Friday, October 14 • NOON–3:00 PM

Join us in final harvest, planting fall flowers and cover crops to keep our own Inspiration Garden fertile and beautiful.



Sustained by Community

SOCIAL PROGRAMS

Powered By Hope Meet-Up - RSVP

First Mondays • 6:30–7:30 PM

October 3, November 7, December 5

When you hear the words ‘You have cancer,’ you have entered the greatest race of your life. This group is for those wanting to meet with others that have a connection to cancer. This social meeting was started by Teri Grieger with the purpose to empower, be positive and have HOPE - How Ordinary People Endure. We will have dinner and a guest speaker each month.

Great Decisions Discussion Group - RSVP

First and Third Wednesdays • 6:30 – 8:00 PM

Great Decisions, a program of the Foreign Policy Association, is America's largest discussion program on world affairs. Join David Shippee, a cancer survivor and member of CSC, in discussing topics ranging from shifting alliances in the Middle East to Climate Geopolitics.

Yes...And: An Introduction to Improv - RSVP

October 14, November 18, December 9 • 12:30–2:00 PM

Join Andy Sloey from the Improv Shop in learning and experiencing the team sport of improvisation. In this session, you will have the experience of letting go of consciously thinking and being in a state of flow with others!

Lunch Break with Scott Gee - RSVP

Third Thursdays • NOON–1:00 PM

Join Executive Director Scott Gee in conversation about current events and things happening around Cancer Support Community.

Pastel Palette and Introduction to Drawing - RSVP

Third Tuesdays • 6:30 – 8:00 PM

Artist Jessica Eschen-Goodman will teach an introduction to drawing with pastels. No experience or “artistic ability” required. Come learn, enjoy and share in this art practice. Each session is unique. Supplies will be provided.

Paper Crafts - RSVP

Thursday, October 27 • 10:00 AM–NOON

Juli Stumpf will lead members in creating paper craft art-cards, gift bags and decorative tags! Supplies will be provided.

Gratitude Dinner - RSVP

Monday, November 28 • 5:30–7:00 PM

We look forward to joining you in a dinner of gratitude where we honor our Community and the inspiration and hope we get from each other. We will have a main course, and look forward to sharing the pot-luck items you bring!

Craft Connection:**“Make and Take” Card Making - RSVP**

Monday, December 5 • 6:30–8:00 PM

Learn different techniques each class with volunteer Rhonda Travers. Participants will create several unique cards each time! Both beginners and experienced crafters welcome.






Jewelry Design - RSVP

Wednesday, December 14 • 2:00–4:00 PM

You'll want to check out this popular program where members gather to share, laugh, and create jewelry that speaks to their own creativity arising from the cancer journey-- and it's also just plain fun! *Materials are provided to create one beautiful item per participant.*

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>OCTOBER 2016</h1>						
<div> = WORKSHOPS LOCATED OFF-SITE = RSVP REQUIRED ■ = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY </div> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>						
2	Mindfulness Practice 9:00 AM Powered by Hope Meet-Up 6:30 PM	Yoga 11:00 AM Wise Writers Workshop 1:00 PM Families Connect NWG Harvesting Hope 6:00 PM	Yoga Basics / Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM Single During Treatment NWG 6:30 PM	5	6	8
9	From Cancer to Health @ Siteman South County NOON Painting from Within 6:30 PM Getting your Mojo Back After Cancer 6:30 PM	Yoga 11:00 AM Wise Writers Workshop 1:00 PM Lung Cancer NWG @ Christian Hospital 6:00 PM Young Adult NWG 6:30 PM Family Yoga 6:30 PM	Yoga Basics / Breath Work 9:30 AM Yoga Basics 5:15 PM Understanding Open Enrollment 6:30 PM CSC New Members Meeting 6:30 PM	12	13	15
16	Mindfulness Practice 5:15 PM Energy 101: Introduction to Healing Touch 6:30 PM Gynecological Cancers NWG 6:30 PM	Yoga 11:00 AM Wise Writers Workshop 1:00 PM Pastel Palette 6:30 PM Miss Mary's Cooking Demo 6:00 PM	Yoga Basics / Breath Work 9:30 AM Music Listening and Discussion Group 2:00 PM Yoga Basics 5:15 PM Great Decisions 6:30 PM Sanctuary 7:15 PM	19	20	22
23	Introduction to Tai Chi 1:00 PM Holding On To Hope 6:30 PM	Yoga 11:00 AM Wise Writers Workshop 1:00 PM	Yoga Basics / Breath Work 9:30 AM Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM	24	21	29
30	Introduction to Tai Chi 1:00 PM	25	26	27	28	

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2016		Yoga 11:00 AM Jerry Pass Cooking Demo NOON RSVP Wise Writers Workshop 1:00 PM RSVP Families Connect NWG 6:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Single During Treatment NWG 6:30 PM	Color Your World 11:00 AM RSVP Country Line Dancing 2:30 PM Lung Cancer NWG 6:00 PM Prostate Cancer NWG @ David C. Pratt CC 6:30 PM Bereavement NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	5
6	Mindfulness Practice 9:00 AM RSVP Introduction to Tai Chi 1:00 PM RSVP Powered By Hope Meet-Up 6:30 PM RSVP	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Lung Cancer NWG @ Christian Hospital 6:00 PM Miss Mary's Cooking Demo 6:00 PM RSVP Young Adult NWG 6:30 PM Family Yoga 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Creativity for the Soul 3:00 PM RSVP Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM RSVP Advanced Directives? Advance Directives? 6:30 PM RSVP CSC New Members Meeting 6:30 PM RSVP	Clutter and Your Health 10:00 AM RSVP Country Line Dancing 2:30 PM Restorative Movement 6:00 PM RSVP Next Step Connection NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON	Relax & Rejuvenate Retreat @ Mercy Center- 2039 N Geyer Rd, 63131 8:00 AM RSVP  See pg. 12 for more info.
13	From Cancer to Health @ Siteman South County NOON RSVP Introduction to Tai Chi 1:00 PM RSVP Painting from Within 6:30 PM RSVP	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Music Listening and Discussion Group 2:00 PM RSVP Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Sanctuary 7:15 PM RSVP	Lunch Break with Scott Gee NOON RSVP From Cancer to Health @ Siteman South County NOON RSVP Pancreatic Cancer NWG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM From Cancer to Health @ Siteman West County 3:00 PM RSVP Brain Tumor NWG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLU NOON Yes...And 12:30 PM RSVP	19
20	Mindfulness Practice 5:15 PM RSVP Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers NWG 6:30 PM	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM CSC Closes at NOON	THANKSGIVING DAY CSC CLOSED	CSC CLOSED	26
27	Gratitude Dinner 5:30 PM RSVP	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM	Yoga Basics/ Breath Work 9:30 AM Yoga Basics 5:15 PM	CSC CLOSED	26
<h1>NOVEMBER</h1> <p>  = WORKSHOPS LOCATED OFF-SITE  = RSVP REQUIRED  = NO RSVP; HELD AT CANCER SUPPORT COMMUNITY </p> <p>Please note that if less than 5 people are registered 24 hours in advance, the workshop will be cancelled.</p>						
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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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	Mindfulness Practice 9:00 AM RSVP Powered by Hope Meet-Up 6:30 PM RSVP Craft Connection 6:30 PM RSVP	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Families Connect NWG Gingerbread Houses 6:00 PM RSVP	Yoga Basics / Breath Work 9:30 AM Yoga Basics 5:15 PM Managing Cancer Pain 6:30 PM RSVP Great Decisions 6:30 PM RSVP Single During Treatment NWG 6:30 PM	Color Your World 11:00 AM RSVP Country Line Dancing 2:30 PM Lung Cancer NWG 6:00 PM Prostate Cancer NWG @ David C. Pratt CC 6:30 PM Bereavement NWG 6:30 PM RSVP	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLUNOON	
11	12	13	14	15	16	17
	From Cancer to Health @Siteman South County NOONRSVP Painting from Within 6:30 PM RSVP	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Lung Cancer NWG @ Christian Hospital 6:00 PM Jerry Pass Cooking Demo 6:00 PM RSVP Young Adult NWG 6:30 PM	Yoga Basics / Breath Work 9:30 AM Jewelry Design 2:00 PM RSVP Yoga Basics 5:15 PM Breast Cancer NWG @ David C. Pratt CC Library 5:30 PM RSVP CSC New Members Meeting 6:30 PM RSVP	Lunch Break with Scott Gee NOONRSVP From Cancer to Health @Siteman South County NOONRSVP Country Line Dancing 2:30 PM Brain Tumor NWG 6:30 PM	Zumba 9:30 AM Qigong 11:00 AM Yoga @ SLUNOON Miss Mary's Cooking Demo NOONRSVP Yes...And 12:30 PM RSVP	
18	19	20	21	22	23	24
	Mindfulness Practice 5:15 PM RSVP Energy 101: Introduction to Healing Touch 6:30 PM RSVP Gynecological Cancers NWG 6:30 PM	Yoga 11:00 AM Wise Writers Workshop 1:00 PM RSVP Pastel Palette 6:30 PM RSVP	Yoga Basics / Breath Work 9:30 AM Music Listening and Discussion Group 2:00 PM RSVP Yoga Basics 5:15 PM Great Decisions 6:30 PM RSVP Sanctuary 7:15 PM RSVP	Pancreatic Cancer NWG @ Siteman West County 1:00 PM Country Line Dancing 2:30 PM From Cancer to Health @Siteman West County 3:00 PM RSVP Next Step Connection NWG 6:30 PM RSVP	CSC Closed Yoga @ SLUNOON	
25	26	27	28	29	30	31
	CSC Closed	CSC Closed	CSC Closed	CSC Closed	CSC Closed Yoga @ SLUNOON	

VOLUNTEER APPRECIATION

Kathleen Barnes



Kathleen Barnes is a creative, enthusiastic, and spirited woman who loves to teach the water color class to participants. Kathleen is married and lives in Creve Coeur, MO. She has one son who lives in Nevada and is a politician. She is most proud of him.

Kathleen began her art career when she was 9 years old. She entered a piece of artwork and won first place in a competition. Kathleen went on and received her degree in Art and she now teaches classes all around the country. Take a moment to spend some time with her artwork at www.kathleenbarnes.com.

So why does Kathleen volunteer her services at CSC? For one, her father had cancer and she wants to aid others who may be experiencing the ramifications of cancer. Secondly, she likes to walk with people who are "fighting the good fight." Lastly, Kathleen loves to see people get excited about paper and paint while experiencing their own creativity. The art class gives participants a space to be away from their concerns.

We are blessed to have Kathleen as part of our volunteer staff. Thanks, Kathleen, for all you do for us.

MIND/BODY/SPIRIT CLASSES

Please note: For the safety of everyone, if you are attending a CSC movement class please arrive promptly at designated class start time (or earlier if possible). Thank you!

The Practice of Qigong Fridays • 11:00 AM – NOON Through gentle movements, learn to reduce stress, increase vitality and develop a sense of well-being. Drop in – no experience necessary. Comfortable clothing and physician approval recommended. *Thank you to Sue Ashwell, Harrison Beard, and Riki Howard for the gift of this class.*

Zumba! Fridays • 9:30 – 10:30 AM This aerobic dance offering is guaranteed to bust through any blues! Lively, contemporary music gets the energy rocking as you learn a variety of dance moves from various cultures. Take it slow or shake your booty, but join us for this program of fun and fitness!

Yoga (see yoga listing below for times and locations) Through rhythmic breathing, gentle stretching and mental focus, participants can learn to ease physical and emotional tension. These classes are for any of our members at any level of performance and physical condition. Drop in-no reservation necessary.

Restorative Movement 2nd Thursdays • 6:00-7:00 PM – RSVP Join Natalie Sutto in movement focused on improving balance, strength and bone health. Natalie starts with Pilates Mat and moves beyond! Equipment provided at CSC. *Thank you Natalie Sutto for the gift of this class.*

Introduction to Tai Chi Mondays, October 24-November 14 • 1:00–2:30 PM Join Susan Marting in exploring the benefits of Tai Chi, including improved strength and stamina, increased flexibility, stress reduction, and better balance and coordination. *Thank you Susan Marting for the gift of this class.*

Country Line Dancing Thursdays • 2:30 – 3:30 PM Line dancing can give you a great mind-body workout. This dance requires you to remember dance steps and sequences, boosting brain power by improving memory skills. *Thank you Nancy Larson, BSN, RN, OCN for the gift of this class.*

YOGA LOCATIONS:

Cancer Support Community

1058 Old Des Peres Rd. • St. Louis, MO 63131

Tuesdays • 11:00 AM – NOON

Wednesdays • 9:30 – 10:30 AM & 5:15 – 6:15 PM

SLU Cancer Center *Free parking for yoga attendees.*

Sponsored by St. Louis University Cancer Center
3655 Vista • St Louis MO 63110 • 314-268-7015



Fridays • NOON – 1:00 PM



CANCER EXPERIENCE REGISTRY

Participating is easy. There are only two steps:

1. Visit www.CancerExperienceRegistry.org to sign up for the Cancer Experience Registry
2. Answer a set of survey questions and provide updates on a yearly basis

Help change the cancer experience for the millions of people who live with cancer every day. Encourage people you know who have been diagnosed with cancer to register now at www.CancerExperienceRegistry.org.

Together, we can make a difference!

TRIBUTE GIFTS

Thank you for recognizing someone special while helping CSC change the lives of cancer patients and their families. The following reflects tribute gifts received from April 1, 2016 through June 30, 2016. We apologize for any omissions or errors.

IN HONOR OF:

CAROL ABRAMS
Larry Abrams

JENNY BANKS
Ron and Paula Meyer

KIM CELLA
Marty and Merle Oberman

ROBERT COHEN
Pam and Neil Lazaroff

CHUCK ERRANT
Ron and Sheri Kanterman

CHARLIE FRANKO
DeDe Seltzer

BARRY FRIEDMAN
Marilyn Oglander

NANCY HUTCHINS
Sally Yates

ELI MILLNER'S BAR MITZVAH
Marty and Merle Oberman
Julie Reed
Scott and Kim Gee

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MARIANNE ROSENTHAL
Christine Filcoff

MICHAEL ROTTLER
Nicole Rhodes

KAREN STERN
Harvey and Nancy Lehrer

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Peggy and Mike Nelson

IN MEMORY OF:

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Steve Arenberg

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Margaet Stahl

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MICHAEL GAY
Anonymous
Monday Ladies Golf Association
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Jay and Maureen Buck
Chump Change Investment Club
Dean and Linda Daniels
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Dennis Saunders
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ROBIN KOPOLOW LOWY
Tom and Linda Langsdorf

JANET BERMAN MAYFIELD
Richard Levey

TERRY NICKEL
The Twilight Singers

LUCY NILE
Patricia Walczuk

PETE PALUMBO
Richard Levey

BARBARA PLATZER
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Laura Patterson

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Sharon and Barry Friedman
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Jill Potts
Kathie Valentine
Mike and Mary Wallace

SONIA ST. JAMES
Laura Patterson

MICHAEL ULIN
Richard Levey

RHONDA VIVIANO
Mark Emge
Jayne Signaigo

Tribute Card

Give Gifts with Meaning

Struggling to find the perfect gift for someone who has everything? Tribute donations to Cancer Support Community 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 photo **TRIBUTE CARD** to notify that special someone of your kind donation. Your tax-deductible contribution helps fund our free programs and services for those facing a cancer diagnosis in our community. It's a meaningful gesture AND a great way to help a cancer patient live and flourish.

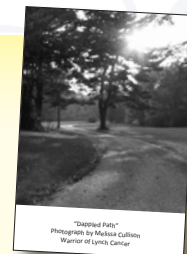
HERE'S HOW:

Direct Payment: Make checks payable to Cancer Support Community and mail with relevant information to Cancer Support Community, 1058 Old Des Peres Rd., Saint Louis, MO 63131. You may also call 314-238-2000 and make a tribute gift using a credit card.

Drawing Account: For a frequent tribute donor, a drawing account is a convenient option. An account can be set up from which available funds can be drawn for tributes with just a phone call, email or fax. To open an account and to maintain a balance, a check can be sent or credit card information can be provided over the phone. To establish a Drawing Account, contact Tricia Hendricks at 314-238-2000, ext. 226.

Tribute gifts are processed a minimum of once a week and are tax deductible. Gifts of \$25 or more are published in Cancer Support Community's quarterly newsletter.

Due to administrative costs, a minimum donation of \$10 per tribute is requested.



"Standing Firm"
Photograph by Melissa Collins
Warrior of Lynch Cancer



LAUGHING MATTERS!

CANCER SUPPORT COMMUNITY OF GREATER ST. LOUIS

will present an entertaining night of:

**IMPROVISATIONAL COMEDY
SATURDAY, NOVEMBER 12, 2016**

STL MOTORCARS

9 Arnage Boulevard, Chesterfield, MO 63005

COCKTAILS • HEAVY APPETIZERS • ESPRESSO BAR • DESSERT

COMPLIMENTARY VALET PARKING

A chance to laugh while raising funds for the programs offered by CSC.

NIGHT OF LAUGHS

Laughing Matters has historically been the signature event for Cancer Support Community and we have not only brought back the theme, but we have decided to take laughter into another direction by involving our community and YOU.

IN THE EVENING'S ENTERTAINMENT

SEVEN COMMUNITY SUPPORTERS WILL PERFORM A SHORT SCENE WITH ONE OR TWO PROFESSIONALS FROM THE IMPROV SHOP, A ST. LOUIS-BASED IMPROVISATIONAL COMEDY THEATER AND SCHOOL. **THEY WILL COMPETE FOR THE FOLLOWING TITLES:**

COMEDY MASTER raises the most votes. (\$10 = 1 vote).

JUDGES' CHOICE highest score from our judging panel.

The 2016 Improvisational Judges:

GUY PHILLIPS, TERI GRIEGE & TONI RATTEREE with BEN NORDSTROM as Emcee

COMEDY MVP raises the most overall support through votes, sponsorships and/or ticket sales.

VOTE EARLY VOTE OFTEN FOR YOUR FAVORITE CAST MEMBER! (\$10 = 1 VOTE)

VOTES increase our reach and ability to tap into communities, organizations and individuals that are not aware of Cancer Support Community and our vision that no one faces cancer alone.

www.cancersupportstl.org

**THE
IMPROV
SHOP**

FOLLOW THE FUN

DIRECTORS*

Paul Arenberg*
Mitchell Baris
Kim Cella
Fritz Clifford
Donna Cohen
Carolyn Gollub
Mark Goran
Jennie Guest
Richard Halpern

Donna Heckler
Virginia Howell
Steven Kenny
Robin McClanathan
Colin Meadows
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Mary Jane Pieroni

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Katie Rapp
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Mary Reitz
Barbara Rubin
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Jay Simon
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Gary Wolff

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Jennifer Boyer
Dan Duffy
Justin Fantroy, *Cast*
Alison Ferring, *Cast*
Paul Gallant, *Cast*
Teri Griege, *Judge*
Sally Harrison
Tracee Holmes
Angela Horwitz

Debbie Kaminer
Laurie McConnell, *Cast*
Jessica Millner
Kara Newmark
Joe Ortmeier, *Cast*
Lynne Palan
Guy Phillips, *Judge*
Mindy Pultman

Toni Ratteree, *Judge*
Jay Shastri
Yun-Ho Sikora
Suzanne Siteman
Andy Sloey
Ann Tucker
Jeff Vines, *Cast*
Randy Vines, *Cast*
Marcy Williams

MASTER OF CEREMONIES

Ben Nordstrom

THANK YOU TO OUR SPONSORS***

COMEDY MASTER:

Ameren
Wolff Shoe Company

JUDGE'S CHOICE:

Jean and Chuck Naslund
Pam and Kenny Lester

COMEDY MVP:

Alvin J. Siteman Cancer Center
Peggy and Mike Nelson
Land Dynamics Incorporated

PLAYBOOK UNDERWRITER:

Arco Construction
Simon's Jewelers

*As in "Board of"

**You know the committee that puts things on!

***as of August 16, 2016

*Deceased

VOTE

\$10 = 1 VOTE

Full Cast information on Page 14.

www.cancersupportstl.org

ADVERTISE

DEADLINE: OCTOBER 18, 2016

\$750 – Full Page

\$250 – Quarter Page

\$500 – Half Page

\$ 75 – Tribute Listing

TIMELINE

6:00 PM VIP CHAMPAGNE RECEPTION

6:30 PM DOORS OPEN: COCKTAILS
& HEAVY APPETIZERS

7:30 PM PROGRAM BEGINS

8:00 PM SHOW BEGINS

9:15 PM JUDGES VOTE

9:30 PM DESSERT & ESPRESSO BAR

ALL GUESTS RECEIVE:

- COMPLIMENTARY VALET PARKING
- HEAVY APPETIZERS
- COCKTAILS
- ESPRESSO BAR
- DESSERT

ATTEND

TICKET INFORMATION:

\$750 VIP Comedy Master Ticket

- VIP Champagne Reception with Cast and Judges
- VIP Reserved Seating
- Half Page Ad in Playbook
- Tribute Listing in Playbook

\$500 Judge's Choice Ticket

- VIP Reserved Seating
- Quarter Page Ad in Playbook
- Tribute Listing in Playbook

\$225 Comedy MVP Ticket

- Reserved Seating During Show

\$125 General Admission Ticket

- Standing Room Only



LAURIE MCCONNELL (LAURIE MAC)

Laurie is honored to make a complete idiot of herself for such a good cause! You might recognize her face from St. Louis stages: recent roles include Joanne in Company (Insight Theatre), Heather in Gideon's Knot (St. Louis Actors Studio), Roquefort in Aristocats (Stages St. Louis) and Reba in The Last Night of Ballyhoo (New Jewish Theatre). Or you may recognize her voice from her time on JC and the U-Man's Morning Showgram on the gone-but-not-forgotten KHITS 96.3. Mostly, though, Laurie says people don't recognize her at all; they just honk because she drives too slowly. Laurie thanks you for being here and for providing hope and love to people who need and deserve it.

CAST YOUR VOTE

www.cancersupportstl.org

JOE ORTMAYER

Joe is a lifelong Saint Louis resident (Vianney High School, just to get that out of the way), a South County kid now living in the Central West End. His job as Executive Creative Director for the marketing firm Hot In The Kitchen regularly puts him "on stage" as he sells ads and TV spots to clients, but never actually puts him in one of the ads. His marriage to Mike Isaacson puts him in very good seats at The Muny, but has never actually put him on that enormous stage. Even his dog Bart got a callback for a part on Broadway – but Joe has never even auditioned. It finally took Joe's friendship with actor Ben Nordstrom to get him onto a stage, and well, I guess we'll all see what happens now. Joe would like to thank everyone for their kind support of CSC, and hopes everyone enjoys an evening of laughter. It really does matter.



PAUL GALLANT Paul has spent his life and career in the St. Louis community. He is proof that it's never too late to start something new: he decided to take up running later in life, and completed his first marathon at the age of 58. His passion for running led to his role as founding member of GO! St. Louis, a non-profit that encourages fitness for all ages and abilities through year-round running events and programs. Life is about making the most of every experience, of which Paul has had so many. He teaches others how to make the most out of tough experiences as he has many times learned to do himself. And above all he knows that the key to all of these experiences is the people with whom you surround yourself. Paul is compassionate, generous and thoughtful in his relationships and in life. And now Paul thought it is time to take the stage and really show you!



ALISON FERRING Ferring's passion for the arts has made her a leading philanthropist in the St. Louis region. She is a 2010 Grand Center Visionary Award winner, a 2003 Woman of Achievement, and serves on numerous boards, including Laumeier Sculpture Park, St. Louis Public Library Foundation, St. Louis Public Library Board, and Sheldon Art Gallery Board. Ferring is also on the Sam Fox School National Advisory Board at Washington University. A founding member of Shakespeare Festival St. Louis, Ferring recently co-chaired the \$20 million Campaign for the St. Louis Public Library. Together with her husband John, she is also very involved with Children's Hospital, COCA, Contemporary Art Museum and Forest Park Forever. As with so many people, Alison is all too familiar with cancer. Her awareness and previous support of Cancer Support Community made it easy for Alison to decide to turn laughter into hope and empowerment for others impacted by cancer.

JEFF AND RANDY VINES Identical twins Jeff and Randy Vines are the creators of STL-Style, a St. Louis-inspired graphic design and apparel company that has been featured in such publications as the New York Times and Fast Company. They are active in civic affairs locally and nationwide, including Landmarks Association of St. Louis, the Cherokee Street Development League and Next City. Their unwavering hometown pride has earned their brand an intractable place in the fabric of St. Louis culture, adding their names to several prestigious lists, including "Top 100 St. Louisans to Know" by Small Business Monthly and "Favorite Local Entrepreneurs" by Go! Magazine. You can't spell STYLE without STL!



JUSTIN FANTROY Justin is a St. Louis native (Lutheran North '01, best offensive lineman of all time), a husband, a dad, and a lymphoma survivor. He's currently undergoing treatment to achieve full cure, and in his spare time, he enjoys growing back hair lost to chemo-induced alopecia in new and fun textures and colors. Justin has always been committed to making the world a better place, and his experiences with CSC's lifechanging programs have inspired him to one day work with other survivors as they navigate life after a diagnosis. This will officially win him the Most Creative Use of a Music Business Degree award. Justin believes in the power of storytelling – with humor, of course – and chronicles his life on his blog, www.AndThenIGotCancer.com. His wife, Jennifer, is an excellent editor (she totally did not write this for him...er, me) and his four-year-old son, Noah, provides endless comedic material.

\$10 = 1 VOTE
www.cancersupportstl.org

THE COMMUNITY OF SUPPORT BEHIND CSC



Remembering Paul Arenberg

Paul Arenberg passed away Aug. 8, 2016, from complications following a traffic accident. A retired businessman and loyal philanthropist, he served on the Board of Directors for the past 3 years.

Paul's involvement at CSC began after his wife Ann was diagnosed with pancreatic cancer a decade ago. "Paul realized that there were no support groups or networking groups focused on that," said Executive Director Scott Gee. "He and his family were instrumental in starting that, and ensuring that it continued into the future. It's become a vital part of our programming. I always appreciated his honesty and his forthrightness, as well as his sense of humor."

The Ann Arenberg Pancreatic Cancer Monthly Networking Group gives individuals facing pancreatic cancer the chance to exchange stories and treatment tips and share concerns about quality of life, intensity of diagnosis, nutritional issues and other effects of the disease.

An active community leader, Paul was also a member of the Board of Directors of Central Institute for the Deaf, The Scholarship Foundation of St. Louis, Opera Theater of St. Louis, and Radio Arts Foundation of St. Louis, and was a trustee of St. Louis Symphony.

Paul was a thoughtful and dynamic Board member. We are grateful for his leadership and dedication to extending support to those impacted by cancer in our community.



Waterway Carwash Raises Fund for CSC

In recognition of Breast Cancer Awareness Month, Waterway Carwash is raising funds for CSC throughout October. This is the fifth consecutive year they have taken on this philanthropic effort. Stop by Waterway this October and join them in extending support to

HOW YOU CAN SUPPORT CSC



Make a donation.
Visit www.cancersupportstl.org.



Ask a Friend to Donate.



Attend Laughing Matters. See ppg 12-14.



Tell Others About CSC.



Volunteer at CSC.



Remember CSC in your will, insurance or estate plan.



Volunteer at an Event.



Ask Corporations for Support.

If you would like to support our work to inspire hope in cancer patients and their families, contact Tricia Hendricks at thendricks@cancersupportstl.org or 314-238-2000.



1058 Old Des Peres Road
St. Louis, MO 63131

PH: 314-238-2000
FAX: 314-909-9900

www.cancersupportstl.org

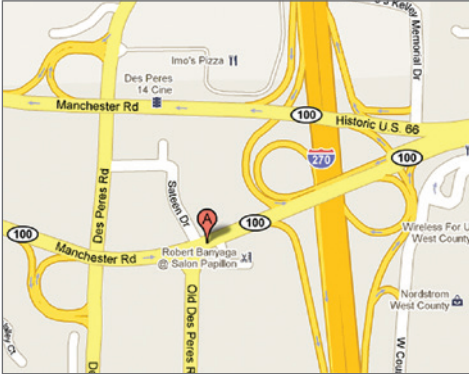


[Facebook.com/CancerSupportSTL](https://www.facebook.com/CancerSupportSTL)



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Make a tribute donation to Cancer Support Community in honor, memory or celebration of someone special. Call 314-238-2000

Thank you to our 2016 Print Sponsor: *accredo*
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SAVE THE DATE!

STEPS FOR HOPE WALK

Saturday, May 13, 2017 at Creve Coeur Park

STAFF - Contact us 314.238.2000

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MISSION:

To ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.

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+ Deceased