Meet the Cancer Support Services Team

Discovering that you or a loved one has cancer can be overwhelming. Not only is there emotional and physical stress, but there are appointments, treatments and paperwork to juggle. Managing life with cancer can leave you feeling lost and unsure. Our Cancer Support Services team is here to support cancer patients and their families every step of the way. This service, available at no cost to cancer patients, provides personalized support.

Our team is comprised of health care professionals focused on each patient’s well-being and quality of life. This team includes oncology nurse navigators, social workers and dietitians. They are prepared to walk with patients and families throughout their cancer journey.

Oncology Nurse Navigators

Our oncology nurse navigators are trained oncology nurse specialists who connect and advocate for each patient at the time of diagnosis through survivorship. They work with patients and their families to assist in coordinating cancer care and support resources.

Did you know our navigators can:

- Help translate complex medical information into language you can understand
- Work as patient advocates
- Provide customized resource information and educational materials
- Link you to internal resources, such as social workers, dietitians, chaplains and Integrative Medicine services such as acupuncture, massage, healing touch and Mercy Oncology Rehab
- Provide information and discuss Palliative Care and Hospice services

Meet our Navigators:

April Barron, RN, BSN
Breast Navigator

Carol Caruso, RN, CBHN
Breast Navigator

Erica Freeman, RN, BSN
Breast Navigator

Nicole Gurley, RN, BSN
Breast Navigator – Clayton/Clarkson

Jen Stumpf, RN, BSN
Breast Outreach Navigator

Katie Manaonis, RN, BSN
Gastrointestinal Navigator

Alicia Heath, RN, BSN
Genito-Urinary Navigator

Kathy Bumberry, RN, BSN, BC, OCN
All Other Cancers Navigator

Social Workers

Oncology Social Workers help patients, families and caregivers deal with the experience of facing cancer. They are educated and skilled to assist with the psychological, social, emotional and spiritual issues that people face with a cancer diagnosis.

Did you know our social workers can:

- Help you adjust to an illness, deal with transitions and encourage decision-making
- Teach you about coping with your emotions, reducing stress and living with your cancer
- Find practical internal resources within the facility and external resources within the community, such as transportation and financial assistance
- Meet with patients and family members individually and/or as a family
- Facilitate support groups and education programs
- Discuss end-of-life issues
- Make referrals to counseling services with our psychologist

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Special Programs

Talking About a Healthy Gut with the Dietitian
Thursday, May 16
6 - 7:15 p.m.
David C. Pratt Cancer Center First Floor Conference Room
Pratt’s registered dietitian, Katie Winzenburger, will be talking about foods and healthy lifestyle choices which could help increase or maintain good health in the gut. Most of the immune system resides in the gut, so we want it to be happy!
Registration online is required.

Skin Cancer Screening
Saturday, May 18
9 a.m. - 12 p.m.
David C. Pratt Cancer Center Suite 1275
Free skin cancer screening to individuals over age 18 who have not had a skin cancer screening in the past year or history of skin cancer.
For more information or to make an appointment, call 314.251.6400, press option 0.

The Power of Mindfulness: A Deeper Look
Three consecutive Tuesdays, May 14, 21 and 28
10 a.m. - 12 noon
( Please commit to all three sessions)
David C. Pratt Cancer Center First Floor Conference Room
Curious about mindfulness and meditation, but unsure how to get started in developing your own practice? Join Kathy Bearman, LCSW, to explore the realms of mindfulness and meditation.

This three-week series will provide information on the benefits of mindfulness and meditation for the body and brain, allow you to experience and participate in mindfulness exercises, breathing meditations and guided imageries, and will offer tips to help you establish your personal practice and skills to reduce stress and increase the experience of peace and well-being in your life.
Registration online is required.

Yoga Basics
April 16, May 21, June 18
(3rd Tuesday each month)
6 - 8 p.m.
David C. Pratt Cancer Center First Floor Conference Room
Open to individuals 18 years of age and older. Join us for an evening of rhythmic breathing, gentle stretching and mental focus. You and a guest can learn to ease physical and emotional tension. Light refreshments will be served. Wear comfortable clothing, bring a yoga mat, blocks and straps if you have them. Will be provided if you do not. Make sure you have doctor’s clearance if needed.
Facilitated by Certified Yoga Instructor, Melissa Scaccia.
Registration online is required.

Estate Planning and Wills
Tuesday, June 4
6 – 7:30 p.m.
David C. Pratt Cancer Center First Floor Conference Room
Estate Planning Attorney, Jessica Jax, from Tucker Allen will discuss the essentials for planning your will and trust. Light refreshments provided.
Registration online is required by Friday, May 31.

Next Steps Monthly Group
In partnership with Cancer Support Community

Triple Crown of Self-Care
Tuesday, April 23
6 – 8 p.m.
David C. Pratt Cancer Center First Floor Conference Room
The “Triple Crown of Self Care” is a presentation facilitated by Mercy’s Holistic Nurse Coordinator, incorporating three simple, not necessarily easy, essential tools. Learn what can be done every day to make a difference in overall well-being and may lead to a more balanced, peaceful daily experience. Understand through explanation and experiences, the keys that can make a difference in total body healing and wholeness.
Facilitated by Holistic Nurse Coordinator, Merry Schlegel, RN, BSN, CHTP, HWNC-BC, BNH-BC
Registration online is required.

Support Groups

Breast Cancer Support/Networking Group
In partnership with Cancer Support Community

April 10, May 8, June 12
(2nd Wednesday each month)
5:30 - 7 p.m.
David C. Pratt Cancer Center Cancer Information Center Suite 1440
An educational and emotionally safe group, in collaboration with Mercy, for women newly diagnosed and survivors, female family and friends.
Registration online is required.

Head and Neck Support Group

Ask the Doctor
Dr. James Martin, ENT, will facilitate discussion about head and neck cancers.
Thursday, April 25
5:30 – 7 p.m.
David C. Pratt Cancer Center Cancer Information Center Suite 1440
Registration online is required.

Super Soul Thursday
Thursday, May 23 (no meeting – Memorial Day weekend)

Cancer Programs at Mercy

Register online for all programs at mercy.net/CancerClassesSTL
**Thyroid Cancer Support Group**  
April 20, May 18, June 15  
(3rd Saturday of each month)  
10-11:30 a.m.  
David C. Pratt Cancer Center  
First Floor Conference Room  
For more information, go to StLouis-MO@thyca.org  
Registration online is required at mercy.net/CancerClassesSTL

**Prostate Cancer Support/Networking Group**  
In partnership with Cancer Support Community  
April 4, May 2, June 6  
(1st Thursday of each month)  
6:30 - 8 p.m.  
David C. Pratt Cancer Center  
Cancer Information Center Suite 1440  
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.  
Registration online is required. For more information, call 314.238.2000.

**Lymphedema Support Group**  
Wednesday, April 10  
6 - 7:15 p.m.  
Open Discussion  
Meetings are run by a certified lymphedema therapist with Mercy Hospital.  
Register online.  
For more information, call 636.256.5200.  

**Mercy Integrative Therapies**  
**Services:**  
- **Therapeutic Massage:** $48 - $78 - based on length of massage  
- **Acupuncture:**  
  - For cancer-related side effects: $30 per session  
  - For non-cancer-related issues: $52 - $70 per session  
- **Healing Touch:** $50/hr  
  Call for additional services and appointments:  
  - David C. Pratt Cancer Center  
    314.251.6571 | Option 1  
    Clayton and Clarkson Road  
    636.256.5200  
  - Mason and Olive: 314.251.8911  
  - Tesson Ferry and I-270  
    314.467.3860 | Option 2  
  Not all services are offered at all locations. Please call location for services offered.

**Pastoral Services**  
Chaplain Susan Stucco is now available in Suite 3170 at the David C. Pratt Cancer Center  
* Monday, Wednesday & Friday: 8:30 a.m. - 12:30 p.m.  
* Tuesday & Thursday: 12:30 - 4:30 p.m.  
You may also reach the chaplain by phone Monday – Friday from 8:30 a.m. – 4:30 p.m. at 314.251.6947 or 314.251.6470.  
Appointments may be scheduled for times not listed above by calling the chaplain.  
Feel free to stop by her office before or after your appointments if you need pastoral care or support.  
Also, try our mercy.net/echaplain.

**Meet the Cancer Support Services Team** (continued from page 1)

**Meet our social workers:**  
- **Barb Weber, MSW, LCSW**  
- **Angie Ruppel, MSW, LCSW Manager**

**Meet our psychologist:**  
- **Molly Hillsabeck, MSW, LMSW**  
- **Kurt Soell, PhD**

**Oncology Dietitian**  
Our clinical registered and licensed dietitian is available to help navigate a patient’s nutritional journey while going through treatment to ensure the patient’s nutrition status is being addressed. Before and after treatment, patients may have different nutrition concerns to address, such as weight loss or gain.  

**Did you know our dietitian can:**  
- Provide guidance on how to maintain and gain weight as needed for radiation and chemotherapy treatments  
- Offer healthy eating education and address any nutrition concerns before, during, or after treatment  

**Meet our dietitian:**  
- **Katie Winzenburger, MA, RD, LD**
Mercy is sponsoring the following Relay for Life events throughout the region this summer. Team Mercy will be present for all of them. We encourage you to join our team and participate, to honor our cancer survivors.

- **Saturday, June 1 | 3 to 10 p.m.**
  St. Charles County | Frontier Park

- **Friday and Saturday, June 14 & 15 | 6 p.m. to 6 a.m.**
  Franklin County | Washington High School

- **Saturday, June 29 | 6 to 10 p.m.**
  Jefferson County | First Baptist Church, Arnold MO

- **Saturday, August 3 | 6 to 10 p.m.**
  Lincoln County | Clonts Field, Troy MO

- **Saturday, August 10 | 6 to 10 p.m.**
  St. Louis Celebration of Hope | Tower Grove Park

**Komen More Than Pink Walk**

Mercy is a gold sponsor of the Komen More than Pink Walk on Saturday, June 8 in downtown St. Louis. We will have a Mercy team, but will not be part of the Cardinals team this year. We encourage everyone to join Team Mercy when you sign up on the Komen website. We will have team t-shirts and those details are being finalized now.