



Stewart's
CARING PLACE
CANCER WELLNESS CENTERS

SEPTEMBER – DECEMBER 2025 PROGRAM GUIDE



Thomas and Lisa Mandel Cancer Wellness Center

3501 Ridge Park Drive • Fairlawn, OH 44333
330.836.1772

Aunt Susie's Cancer Wellness Center

2813 Whipple Ave NW • Canton, OH 44708
330.400.1215

info@stewartscaringplace.org • StewartsCaringPlace.org



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A Warm Welcome from Stewart's Caring Place!

At Stewart's Caring Place, we are here for you—every step of the way. Especially during this season, we hope you feel the warmth, support, and sense of community that surrounds your family. As we reflect on the season of gratitude, we're also reminded of the incredible team that makes our mission possible. In each upcoming program guide, you'll get to know the staff who are here to walk alongside you. It is my honor to introduce one of those special members: Sandi Roux.



Sarah Vojtek **Sarah Vojtek, President & CEO**



Greetings! I'm Sandi, and as one of the Volunteer and Program Coordinators for Stewart's Caring Place, it brings me immense joy to share this latest edition of our program guide with you.

I've always believed that health is life's most important currency, and my career has been dedicated to lightening the load for those facing challenges. My background as an Occupational Therapist and Director of Healthcare Services, combined with my personal passion for holistic wellness—including practicing and teaching yoga, gardening, and hiking (from local trails to the Appalachian!)—has shaped my approach.

I'm truly inspired by the strength and resilience of the participants, families, and incredible volunteers at Stewart's Caring Place. It's a privilege to serve in such

a rewarding capacity at Aunt Susie's in Canton, from welcoming new participants to planning programs that support their journey. My days are busy and varied, and I wouldn't have it any other way!

Whether you're looking for guidance and support, a safe space, gentle exercise, or a moment of peace, we hope you'll find something that resonates within these pages.

So, mark your calendars, give us a call with any questions, and most importantly, come and join us. Your presence truly enriches our community, and we are here to support you every step of the way.

With warmth and heartfelt gratitude,

Sandi Roux

Sandi Roux
Volunteer and Program Coordinator
Sroux@stewartscaringplace.org

Programs and resources available at select locations. Contact us for more information.

Individualized Services

Art Room

Doodling, drawing, painting, and crafting can be a therapeutic outlet to anyone, of any age, going through a cancer journey. Call us to schedule time in the Art Room during operating hours and use our materials to create something of your own.

Child Life Specialist Consultations

Is your child or grandchild struggling to understand your cancer diagnosis or having difficulty coping with it? Schedule a consultation with our certified Child Life Specialist to help them navigate and process this journey and work through their emotions.

Comunale Cancer Foundation Food Pantries*

Our food pantries are here for anyone who is facing food insecurity. Call ahead and we will prepare a food share for you.

Financial Consultations

Meet with a licensed professional to get questions answered in a personalized session. Most consultations are 45-60 minutes. Support people are encouraged to attend.

Facilitators: Gina Betti, Matt Mize

• **Bankruptcy:** Navigate the filing process and learn about financial options from a professional bankruptcy consultant.

• **Debt Management:** Learn about debt resolution strategies during a comprehensive family budget review.

• **Financial Planning:** Manage your 401k options, insurance information, retirement goals, and investments.

Holistic Care

Individualized services available include reiki, massage, and small group yoga therapy.

• **Aroma Touch:** An experience in which essential oils are applied to the back and feet to help bring balance and wellness.

Facilitator: Josi U'Ren

• **Healing Touch:** A relaxing energy therapy that uses gentle touch to assist in balancing physical, emotional, mental, and spiritual well-being.

Facilitator: Jenny Kelly-Masloski

• **Massage:** Gentle treatment that relieves muscular tension, increases circulation, and promotes a general sense of relaxation.

Facilitators: Jeff Caldwell, Greg Kendzior, Cory Langenbeck

• **Reiki:** A therapeutic approach where the practitioner will use light touch of hands to deliver universal energy to an individual to help restore energy and balance.

Facilitators: Rosemary Cramer, Susan Durnan, Cathy Eaglen, Cindy Farrell, Natalie Sydorenko

Individual and Family Counseling

Referrals & Resources

Facilitators: Jim Helmuth, BG Labbe, Dee Dee Pitts,

Kaylee Serdinak

Legal Consultations

Meet with a licensed professional to get questions answered in a personalized session. Most consultations are 45-60 minutes. Support people are encouraged to attend.

Facilitators: Elizabeth England, Matt Mize, Scott Smith

• **Insurance:** Organize details related to health and life insurance, long-term care insurance, and Medicare planning with an independent insurance broker.

• **Social Security & Disability:** Gain a better understanding about social security and disability benefits.

• **Wills, Trusts, and Estate Planning:** Receive assistance with estate planning, wills, living wills, medical power of attorney, and trusts.

Library

Visit our beautiful library during normal operating hours. We've got a little something for everyone.

Prosthetics and Bra Fittings

Bras and prosthetics for Breast Cancer participants are available. A volunteer fitter will meet with you individually to ensure you leave with something that is comfortable! Please call to schedule an appointment for an in-person bra and/or prosthetic fitting.

Wigs and Beauty

Wigs and other beauty accessories, such as hats, scarves, and comfort items, are available to help you maintain your outward self during the journey. Please call to schedule an appointment for an in-person wig fitting.

Programs and resources available at select locations. Contact us for more information.

Beauty

Color Street Nails

Pamper yourself with a salon-quality manicure in just minutes. No dry time, smudges, or streaks and lasts up to 10 days. 100% real nail polish, not stickers. Presented by Confidence Nailed.
Facilitator: Katie Koontz

Elana's Blessings Pampering Night*

Feel great inside and out with a special self-care night at Stewart's. Featuring rotating stations that may include crafts, beauty, essential oils, and guided meditation. Registration required.

Love Your Look

Embrace your beauty routine with small, manageable tips on how to look and feel your best. Registration required.
Facilitator: Leia Love

Connectivity and Friendship

The CarsonStrong Foundation Book Club for Adults – Virtual Only**

Stewart's will provide the books! Registration is required.

Sept: *How to Make an American Quilt* by Whitney Otto

Oct: *I Take My Coffee Black* by Tyler Merritt

Nov: *Three Days in June* by Ann Tyler

Dec: *Atomic Habits* by James Clear

Facilitator: Susan Lewis

“Just Yarning” Crochet & Knit Group

Learn to crochet or knit with skilled volunteers! Start by creating squares for a blanket, and after that, the possibilities are endless. Supplies provided for first-time participants.
Facilitator: Barb Hare, Judith LaPlante

Poetry is Life Restorative Writing Group – Virtual Only

Novice writers are welcome to freely share their life stories or cancer journey through the expressive form of prose and poetry, while embracing the friendship and conversation of fellow participants.
Facilitator: Jason Blakely

Family Programs

Family Fun Nights

Join us at one of our two Fall Family Fun Nights for an offsite adventure. Registration required with additional details available on our website. To ensure everyone has a chance to participate, families are kindly asked to choose one location—either Fairlawn or Canton.

Halloween Party

Bring your friendly ghosts and goblins for tasty treats and spooky activities! Costumes are encouraged. Registration required.

Soup & Go

Stop by Stewart's Caring Place in Fairlawn or Canton for fresh soup, salad, and rolls to take home to your family. You don't even have to get out of your car! Registration required, one location only.

Holiday Party

Join us for Holiday fun at Stewart's Caring Place. Light snacks and drinks will be provided. Registration required.

Group Fitness and Betsy's Bliss Yoga

All fitness levels welcome! Wear comfortable clothing and bring your own yoga mat, water bottle, and weights, if desired.

All Levels Yoga

A strengthening class for mobility, stability, and range of motion. *Facilitator: Wendi Lawson Gissingner*

Chair Yoga

A gentle type of yoga performed while seated. This program is especially appropriate for those looking to increase flexibility and range of motion without performing complicated poses. Choose a sturdy seat for ease of movement.
Facilitator: Jennifer Bishop

Chair Yoga – Cancer Wellness Toolbox

Learn practical tools, breathing techniques, and essential oil benefits to assist with anxiety related to a cancer journey in a primarily chair-based yoga practice.
Facilitator: Sigrid Stephens

Qigong

Qigong is a great way to stimulate the lymphatic system and restore energy. Standing or sitting, you will follow the instructor's simple movements of light tapping, pounding, swinging, and stretching.
Facilitator: Jeff Caldwell

Strength Building

Use light hand weights to gradually regain muscle tone, core strength, and energy. Participate at your own comfort level by standing or remaining seated.
Facilitator: Jacqui Sukie

Yoga for Balance & Mobility

Increase your personal energy flow with this basic yoga routine.
Facilitator: Tina Wagner

Holistic Care

Crystal Singing Bowls

Sound healing is a meditative practice that uses vibrations to induce a state of relaxation and promote a balanced mind-body connection. Wear comfortable clothing and bring your own yoga mat.
Facilitator: Patty Nayder

Essential Oils

Learn about the benefits of incorporating essential oils into your daily routine. Presented by doTERRA.
Facilitator: Mary Kay Huesdash

Guided Meditation

A 30- or 45- minute guided meditation.
Facilitator: Wendi Lawson Gissingner

Support Groups

Support groups encourage conversation and understanding for those who are newly diagnosed or in treatment, completed treatment, and anyone who is supporting a loved one in their cancer journey.

Ann Amer Brennan Caregiver Support Group

Education and emotional support for those helping someone through any stage of their cancer journey. This group is open to caregivers only.
Facilitators: Eileen Schonfeld, Kate Valentine

Canton Cancer Connect

This group offers a safe space to discuss your cancer journey, whether you're celebrating successes or facing challenges. Our goal is to provide a supportive community where you can share your story and receive strength, guidance, and love from those who understand.
Facilitator: Sue Peters

Coping with Cancer Support Group

For individuals diagnosed with any type of cancer who are interested in participating in group discussions about coping strategies, approaches to navigating your cancer journey and building connections. This group is not recommended for Caregivers.
Facilitator: BG Labbe

Elana's Blessings Breast Cancer Support Group*

Build your emotional support system with fellowship and breast health education in a caring and safe space to share experiences and concerns.
Facilitator: Kari Kovach

Grief Support Group

An ongoing, supportive, and expressive space open to adults who are experiencing grief from a loss or a cancer diagnosis.
Facilitator: Jim Helmuth

Gynecologic Support Group

A safe space for those seeking to share experiences and build a support system with others who are diagnosed with gynecologic cancers.
Facilitator: Dee Dee Pitts

Inspiration for the Journey Support Group

A comforting space for sharing inspirational readings and stories, providing insight, encouragement, and reflection throughout the cancer journey.
Facilitators: Eileen Schonfeld, Kate Valentine

Lung Cancer Support Group

Receive support and education and join a larger conversation about the emotional and physical challenges of lung cancer.
Facilitator: Joelle Hicks, Sandra Kohut

Prostate Cancer Support & Education Group

A speaker-led series providing education and support to assist in the prostate cancer diagnosis, treatment, and recovery process.
Facilitator: Al Barracato

Young Adult Support Community

A group for young adults ages 18-30 going through their own cancer journey. This group will meet up to have fun, relieve stressors, and find community.
Facilitator: Jill Smith

Holiday Closings

Sept. 1

Nov. 27–28

Dec. 24–26

Dec. 31

As the months of inclement weather approach, please call Fairlawn at 330-836-1772 or Canton at 330-400-1215 to verify that we are open. We want to make sure that you and our staff remain safe during those snowy days!

*Elana's Blessings, a non-profit dedicated to helping improve the self-esteem and quality of life of women battling cancer, is proud to sponsor our Breast Cancer Support Group and Pampering Nights.

**The CarsonStrong Foundation, a non-profit committed to improving the lives of children and families impacted by cancer and other significant life challenges, is proud to sponsor our Book Club in honor of Carson's love of reading.

September 2025



Be sure to visit
stewartscaringplace.org
for pop up programming,
community events,
and more!









SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <div>HOLIDAY CLOSED</div>	2 9:00am Yoga for Balance & Mobility   2:00pm Canton Cancer Connect  5:30pm Ann Amer Brennan Caregiver   5:30pm Coping with Cancer   5:30pm Gynecologic  	3 4:00pm Strength Building  	4 9:30am Inspiration for the Journey   11:00am Chair Yoga – Cancer Wellness Toolbox  12:00pm Love Your Look  	5	6 10:00am Poetry is Life 
7	8	9 9:00am Yoga for Balance & Mobility   10:30am Crystal Singing Bowls  11:00am Just Yarning 	10 4:00pm Strength Building   5:30pm Grief   5:30pm Lung Cancer   6:00pm Prostate Cancer  	11 11:00am Chair Yoga – Cancer Wellness Toolbox  5:30pm Elena’s Blessings Pampering Night  	12 10:00am Chair Yoga  	13 11:30am All Levels Yoga   12:30pm Guided Meditation  

14

15

3:00pm
Qigong  






16

9:00am Yoga for
Balance & Mobility  
5:30pm Ann Amer
Brennan Caregiver  
5:30pm Coping with
Cancer  
5:30pm Elena's Blessings
Breast Cancer  



17

4:00pm
Strength Building  

18

9:30am Inspiration for
the Journey  
11:00am Chair Yoga –
Cancer Wellness
Toolbox 
4:00pm Color Street 
6:00pm Young Adult
Support Community 

19





5:30pm
Family Fun Night  

20

21

22




23

9:00am Yoga for
Balance & Mobility  
5:30pm
The CarsonStrong
Foundation Book Club
for Adults  



24

4:00pm
Strength Building  

25

11:00am
Chair Yoga – Cancer
Wellness Toolbox 
5:30pm Family Fun
Night  

26



10:00am
Chair Yoga  

27





28

29

30

9:00am Yoga for
Balance & Mobility  

NOTES

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required



October 2025



Be sure to visit
stewartscaringplace.org
for pop up programming,
community events,
and more!





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 4:00pm Strength Building	2 9:30am Inspiration for the Journey 11:00am Chair Yoga – Cancer Wellness Toolbox	3	4 10:00am Poetry is Life
5	6 3:00pm Qigong	7 9:00am Yoga for Balance & Mobility 2:00pm Canton Cancer Connect 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	8 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	9 11:00am Chair Yoga – Cancer Wellness Toolbox	10 10:00am Chair Yoga	11 10:00am Essential Oils 11:30am All Levels Yoga 12:30pm Guided Meditation

12



1:00pm
Halloween Party  

13

14

9:00am Yoga for
Balance & Mobility  
10:30am
Crystal Singing Bowls 
11:00am Just Yarning 

15

4:00pm
Strength Building  

16

9:30am Inspiration for
the Journey  
11:00am Chair Yoga –
Cancer Wellness Toolbox 
12:00pm
Love Your Look  
4:00pm Color Street 
6:00pm Young Adult
Support Community 

17









18

19



20

3:00pm
Qigong  


21

9:00am Yoga for
Balance & Mobility  
5:30pm Ann Amer
Brennan Caregiver  
5:30pm Coping with
Cancer  
5:30pm Elena's Blessings
Breast Cancer  



22

4:00pm
Strength Building  

23

11:00am
Chair Yoga – Cancer
Wellness Toolbox 

24





10:00am
Chair Yoga  

25



26

27


28

9:00am Yoga for
Balance & Mobility  
5:30pm
The CarsonStrong
Foundation Book Club
for Adults  

29





4:00pm
Strength Building  

30

11:00am
Chair Yoga – Cancer
Wellness Toolbox 

31

NOTES

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required

November 2025







Be sure to visit
stewartscaringplace.org
for pop up programming,
community events,
and more!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00am Poetry is Life 4:00pm - 7:00pm Pasta for a Purpose Join us for an evening filled with delicious food, heart-warming company and a meaningful cause. Please see additional detail on the back cover.
2	3 3:00pm Qigong	4 9:00am Yoga for Balance & Mobility 2:00pm Canton Cancer Connect 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	5 4:00pm Strength Building	6 9:30am Inspiration for the Journey 11:00am Chair Yoga – Cancer Wellness Toolbox	7	8 10:00am Essential Oils 11:30am All Levels Yoga 12:30pm Guided Meditation









9

10




11

9:00am Yoga for
Balance & Mobility  
10:30am
Crystal Singing Bowls 
11:00am Just Yarning 



12

4:00pm
Strength Building  
5:30pm Grief  
5:30pm
Lung Cancer  
6:00pm
Prostate Cancer  

13

11:00am
Chair Yoga – Cancer
Wellness Toolbox 
12:00pm
Love Your Look  

14

10:00am
Chair Yoga  









15

16

17

3:00pm
Qigong  









18

9:00am Yoga for
Balance & Mobility  
5:30pm Ann Amer
Brennan Caregiver  
5:30pm Coping with
Cancer  
5:30pm Elena's Blessings
Breast Cancer  

19

4:00pm
Strength Building  

20

9:30am Inspiration for
the Journey  
11:00am Chair Yoga –
Cancer Wellness
Toolbox 
4:00pm Color Street 
4:00pm Soup & Go   
6:00pm Young Adult
Support Community 





21

22

23

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25

9:00am Yoga for
Balance & Mobility  
5:30pm
The CarsonStrong
Foundation Book Club
for Adults  

26

HOLIDAY HOURS
9am-1pm

27

HOLIDAY
CLOSED





28

HOLIDAY
CLOSED

29

30

NOTES

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required

December 2025



Be sure to visit
stewartscaringplace.org
for pop up programming,
community events,
and more!










SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 3:00pm Qigong	2 9:00am Yoga for Balance & Mobility 2:00pm Canton Cancer Connect 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic 	3 4:00pm Strength Building	4 9:30am Inspiration for the Journey 11:00am Chair Yoga – Cancer Wellness Toolbox 5:30pm Elena's Blessings Pampering Night ✓	5	6 10:00am Poetry is Life
7 1:00pm Holiday Party ✓	8	9 9:00am Yoga for Balance & Mobility 10:30am Crystal Singing Bowls 11:00am Just Yarning	10 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	11 11:00am Chair Yoga – Cancer Wellness Toolbox	12 10:00am Chair Yoga	13

14



15

3:00pm
Qigong  






16

9:00am Yoga for
Balance & Mobility  
5:30pm Ann Amer
Brennan Caregiver  
5:30pm The Carson
Strong Foundation Book
Club for Adults  ✓
5:30pm Coping with
Cancer  
5:30pm Elena's Blessings
Breast Cancer  

17

4:00pm
Strength Building  

18

9:30am Inspiration for
the Journey  
11:00am Chair Yoga –
Cancer Wellness Toolbox 
4:00pm Color Street 
6:00pm Young Adult
Support Community 

19

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22

HOLIDAY HOURS
10am-2pm

23

HOLIDAY HOURS
10am-2pm

24

HOLIDAY
CLOSED

25

HOLIDAY
CLOSED

26

HOLIDAY
CLOSED

27

28

29

HOLIDAY HOURS
10am-2pm




30

HOLIDAY HOURS
10am-2pm

31

HOLIDAY
CLOSED

NOTES

-  Fairlawn
-  Canton
-  Virtual
- ✓ Registration Required



Stewart's CARING PLACE

CANCER WELLNESS CENTERS

Stewart's Caring Place
Thomas and Lisa Mandel Cancer Wellness Center
3501 RIDGE PARK DRIVE • FAIRLAWN, OH 44333

ELECTRONIC SERVICE REQUESTED

VISIT STEWARTSCARINGPLACE.ORG FOR MORE INFORMATION.



Pasta

FOR A PURPOSE

Dinner | Live Music | Raffles | Kids Games | Prizes & MORE!



Stewart's CARING PLACE

Aunt Susie's Cancer Wellness Center



November 1

4:00pm - 7:30pm



**Alex D. Krassas
Event Center**



Purchase Tickets Today!

