



Stewart's CARING PLACE

CANCER WELLNESS CENTERS

JANUARY – APRIL 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





Stewart's CARING PLACE

CANCER WELLNESS CENTERS

Serving over 36 counties

Holiday Hours

Jan. 1 New Year's Day Closed

Jan. 2 10:00am – 2:00pm

Jan. 3 10:00am – 2:00pm

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

STAFF

Sarah Vojtek
President & CEO

Susan Aylward
Vice President

Audra Milbrandt
Director of Development

Allison Bailey
Events & Marketing Manager

Goldie Haren
Office Manager

Andi Lamphier
Project Manager

Mariana Miletta
Volunteer & Program Coordinator

Sarah Oaks
Family & Child Life Specialist

Diane Dziewisz
Team Support Specialist

Tom Klein
Team Support Specialist

Joey Arrietta
Community Outreach

Yvonne Oliver
Community Outreach

Sandi Roux
Office Coordinator

StewartsCaringPlace.org



Dear Friends,

As you may have read, Stewart's Caring Place: Thomas and Lisa Mandel Cancer Wellness Center in Fairlawn has recently merged with Aunt Susie's Cancer Wellness Center in Canton.

This merger is a fantastic opportunity for us to broaden our reach and enhance the support we offer to individuals and families affected by cancer. By combining our efforts, we can serve more people throughout Ohio and beyond, ensuring that those in need receive the care and support they deserve.

To our new friends from the Canton community and clients of Aunt Susie's Cancer Wellness Center, we warmly welcome you to the Stewart's Caring Place family! We are thrilled to have you join us and look forward to supporting you with our expanded services and programs.

With our pooled resources and expertise, we will be able to provide even more comprehensive services and programs, positively impacting the lives of many more individuals and families.

Rest assured, the programs and services you rely on will continue without interruption. Our aim is to build on our strong foundation and improve our offerings to better serve our community.

We are excited to embark on this new journey with you and continue making a meaningful difference in the lives of those affected by cancer.

Thank you for being an incredible part of our growing Stewart's community! If you have any questions, please feel free to reach out to me or our team at 330-836-1772. We look forward to connecting with you.

Warm regards,

Sarah Vojtek
President & CEO
svojtek@stewartscaringplace.org

FACILITATORS OF STEWART'S CARING PLACE

Al Barracato: Prostate Cancer Support and Education Group

Emily Bishop: Cancer Patient Support Group

Jennifer Bishop: Chair Yoga

Jason Blakely: Poetry is Life Restorative Writing Group

Jeff Caldwell: Massage Therapist & Qigong

Shannon Conley: Massage Therapist

Susan Durnan: Reiki Master

Cathy Eaglen: Reiki Master

Cindy Farrell: Reiki Master

Jim Helmuth: Counselor & Grief Support Group

Joelle Hicks: Lung Cancer Support Group

Mary Kay Huesdash: Essential Oils

Jenny Kelly-Masloski: Healing Touch

Logan Johnson: Counselor

Greg Kendzior: Massage Therapist

Michelle Knoblock: Color Street Nails

Sandra Kohut: Lung Cancer Support Group

Kari Kovach: Elana's Blessings Breast Cancer Support Group

BG Labbe: Counselor, Coping with Cancer Support Group

Cory Langenbeck: Massage Therapist

Wendi Lawson Gissinger: All Levels Yoga & Guided Meditation

Susan Lewis: CarsonStrong Book Club

Leia Love: Love Your Look

Satya Muhammad: Reiki Master

Dee Dee Pitts: Counselor & Gynecologic Support Group

Eileen Schonfeld: Ann Amer Caregiver & Healing Spirit Support Group

Jill Smith: Young Adult Support Community

Jacqui Sukie: Strength Building

Natalie Sydorenko: All Levels Yoga, Guided Meditation, Reiki Master, & Small Group Yoga

Lesley Turski: Crystal Singing Bowls

Josi U'Ren: Aroma Touch

Kate Valentine: Ann Amer Caregiver & Healing Spirit Support Group

Tina Wagner: Yoga for Balance & Mobility

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.

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.

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

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

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.

Small Group Yoga Therapy: These small group yoga sessions focus on individual needs using methods that are gentle, restorative, and help unwind old movement patterns for a freer physical experience.

Individual and Family Counseling

Referrals & Resources

Library

Visit our newly redesigned and restocked library, with a little something for everyone. Open during normal operating hours.

Stephen A. Comunale Jr. Family Cancer Foundation Food Pantry

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

Wig and Beauty Room

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.

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.

Bankruptcy Consultations

Navigate the filing process and learn about financial options from a professional bankruptcy consultant.

Debt Management Consultations

Learn about debt resolution strategies during a comprehensive family budget review.

Financial Planning Consultations

Manage your 401k options, insurance information, retirement goals, and investments.

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.

Insurance Consultations

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

Social Security & Disability Consultations

Gain a better understanding about social security and disability benefits.

Wills, Trusts, and Estate Planning Consultations

Receive assistance with estate planning, wills, living wills, medical power of attorney, and trusts.

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.

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.

Connectivity and Friendship

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

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

January: *Can't Spell Treason Without Tea* by Rebecca Thorne

February: *The Restaurant of Lost Recipes* by Hisashi Kashiwai

March: *The Sentence* by Louise Erdrich

April: *The Storied Life of A.J. Fikry* by Gabrielle Zevin

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.

Family Programs

Family Fun Night 2/13

Join us for a night of family fun filled with crafts, activities and more. Registration required.

Spring Party 3/9

Join us at Stewart's Caring Place for our annual Spring Party! There will be plenty of activities, treats and more! 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.

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.

Qigong

Qigong is a system of coordinated body-posture, movement, breathing, and meditation said to be useful for the purposes of health, spirituality, and martial arts training.

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.

Yoga for Balance & Mobility

Increase your personal energy flow with this basic yoga routine.

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.

Essential Oils

Learn about the benefits of incorporating essential oils into your daily routine. Presented by doTERRA.

Guided Meditation

A 30- or 45- minute guided meditation.

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.

Cancer Patient Support Group

A safe space for individuals diagnosed with any type of cancer to share experiences and receive emotional support from others facing similar challenges.

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.

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.

Grief Support Group

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

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.

Lung Cancer Support Group

Receive support and education and join a larger conversation about the emotional and physical challenges of lung cancer.

Prostate Cancer Support & Education Group

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

Healing Spirit Support Group

A conversational support group that explores spiritual approaches to coping with cancer.

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.

*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.

January 2025



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|---|---|--|---|---|--|
| | | | <p>1</p> <hr/> <p>NEW YEAR'S DAY CLOSED</p> <hr/> | <p>2</p> <hr/> <p>HOLIDAY HOURS 10:00 AM – 2:00 PM</p> <hr/> | <p>3</p> <hr/> <p>HOLIDAY HOURS 10:00 AM – 2:00 PM</p> <hr/> | <p>4</p> <p>10:00am Poetry is Life </p> |
| <p>5</p> | <p>6</p> <p>3:00pm Qigong  </p> | <p>7</p> <p>9:00am Yoga for Balance & Mobility  </p> <p>2:00pm Cancer Patient Support </p> <p>5:30pm Ann Amer Brennan Caregiver  </p> <p>5:30pm Coping with Cancer  </p> <p>5:30pm Gynecologic  </p> | <p>8</p> <p>4:00pm Strength Building  </p> <p>5:30pm Grief  </p> <p>5:30pm Lung Cancer  </p> <p>6:00pm Prostate Cancer  </p> | <p>9</p> | <p>10</p> <p>10:00am Chair Yoga  </p> | <p>11</p> <p>10:00am Essential Oils </p> <p>10:30am Crystal Singing Bowls </p> <p>11:30am All Levels Yoga  </p> <p>12:30pm Guided Meditation  </p> |
| <p>12</p> | <p>13</p> | <p>14</p> <p>9:00am Yoga for Balance & Mobility  </p> <p>12:00pm Guided Meditation  </p> | <p>15</p> <p>4:00pm Strength Building  </p> | <p>16</p> <p>9:30am Healing Spirit Support Group  </p> <p>3:30pm Color Street Nails </p> <p>6:00pm Young Adult Support Community </p> | <p>17</p> | <p>18</p> |



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 Elana's Blessings
Breast Cancer  

22

4:00pm
Strength Building  

23

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

31

NOTES

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required

February 2025



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------|---|--|--|--|---|--|
| | | | | | | 1 10:00am Poetry is Life  |
| 2 | 3 3:00pm Qigong   | 4 9:00am Yoga for Balance & Mobility   2:00pm Cancer Patient Support  5:30pm Ann Amer Brennan Caregiver   5:30pm Coping with Cancer   5:30pm Gynecologic   | 5 4:00pm Strength Building   | 6 9:30am Healing Spirit Support Group   12:00pm Love Your Look   | 7 | 8 10:00am Essential Oils  11:30am All Levels Yoga   12:30pm Guided Meditation   |
| 9 | 10 | 11 9:00am Yoga for Balance & Mobility   12:00pm Guided Meditation   | 12 4:00pm Strength Building   5:30pm Grief   5:30pm Lung Cancer   6:00pm Prostate Cancer   | 13 5:30pm Family Fun Night   | 14 10:00am Chair Yoga   | 15 |


16



17



3:00pm
Qigong  


18

9:00am Yoga for
Balance & Mobility  



10:30am Crystal
Singing Bowls 

5:30pm Ann Amer
Brennan Caregiver  



5:30pm
Coping with Cancer  


5:30pm Elana's Blessings
Breast Cancer  


19

4:00pm
Strength Building  

20

9:30am Healing Spirit
Support Group  

3:30pm
Color Street Nails 

6:00pm
Young Adult Support
Community 



21



22

23



24

25

9:00am Yoga for
Balance & Mobility  



5:30pm
The CarsonStrong
Foundation Book Club
for Adults  

26





4:00pm
Strength Building  

27

28

10:00am
Chair Yoga  

NOTES

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required

March 2025


| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---------------------------------------|--|---|--|---|---|
| | | | | | | 1 10:00am Poetry is Life 📺 |
| 2 | 3 3:00pm Qigong 📺 | 4 9:00am Yoga for Balance & Mobility 📺 2:00pm Cancer Patient Support 📺 5:30pm Ann Amer Brennan Caregiver 📺 5:30pm Coping with Cancer 📺 5:30pm Gynecologic 📺 | 5 4:00pm Strength Building 📺 | 6 9:30am Healing Spirit Support Group 📺 12:00pm Love Your Look 📺✓ 5:30pm Elana's Blessings Pampering Night 📺✓ | 7 | 8 |
| 9 1:00pm Spring Party 📺✓ | 10 | 11 9:00am Yoga for Balance & Mobility 📺 12:00pm Guided Meditation 📺 | 12 4:00pm Strength Building 📺 5:30pm Essential Oils 📺 5:30pm Grief 📺 5:30pm Lung Cancer 📺 6:00pm Prostate Cancer 📺 | 13 | 14 10:00am Chair Yoga 📺 | 15 10:30am Crystal Singing Bowls 📺 11:30am All Levels Yoga 📺 12:30pm Guided Meditation 📺 |



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 Elana's Blessings
Breast Cancer  


19

4:00pm
Strength Building  

20

9:30am Healing Spirit
Support Group  

3:30pm
Color Street Nails 

6:00pm
Young Adult Support
Community 

21



22

23



24

25

9:00am Yoga for Balance
& Mobility  



5:30pm
The CarsonStrong
Foundation Book Club
for Adults  

26

4:00pm
Strength Building  

27

28





10:00am
Chair Yoga  

29

30

31

NOTES

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required

April 2025

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------|--|---|--|--|--|---|
| | | 1 9:00am Yoga for Balance & Mobility   2:00pm Cancer Patient Support  5:30pm Ann Amer Brennan Caregiver   5:30pm Coping with Cancer   5:30pm Gynecologic   | 2 4:00pm Strength Building   | 3 9:30am Healing Spirit Support Group   | 4 | 5 10:00am Poetry is Life  |
| 6 | 7 3:00pm Qigong   | 8 9:00am Yoga for Balance & Mobility   12:30pm Guided Meditation   | 9 4:00pm Strength Building   5:30pm Essential Oils  5:30pm Grief   5:30pm Love Your Look  ✓ 5:30pm Lung Cancer   6:00pm Prostate Cancer   | 10 | 11 10:00am Chair Yoga   | 12 11:30am All Levels Yoga   12:30pm Guided Meditation   |
| 13 | 14 | 15 9:00am Yoga for Balance & Mobility   10:30am Crystal Singing Bowls  5:30pm Ann Amer Brennan Caregiver   5:30pm Coping with Cancer   5:30pm Elana's Blessings Breast Cancer   | 16 4:00pm Strength Building   | 17 9:30am Healing Spirit Support Group   3:30pm Color Street Nails  6:00pm Young Adult Support Community  | 18 | 19 |



20

21



3:00pm
Qigong  

22

9:00am Yoga for Balance
& Mobility  



5:30pm
The CarsonStrong
Foundation Book Club
for Adults  

23

4:00pm
Strength Building  

24

25

10:00am
Chair Yoga  

26

9:00am-12:00pm
Hope Walk



Walk as an individual or
gather a team to show
support for those who
have been touched by
cancer!



27

28





29

9:00am Yoga for Balance
& Mobility  

30

4:00pm
Strength Building  

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.



Stewart's CARING PLACE

CANCER WELLNESS CENTERS

Thomas and Lisa Mandel Cancer Wellness Center

Monday-Friday
9:00am-5:00pm

Aunt Susie's Cancer Wellness Center

Monday & Wednesday
10:00am-4:00pm
Tuesday & Thursday
10:00am-2:00pm

