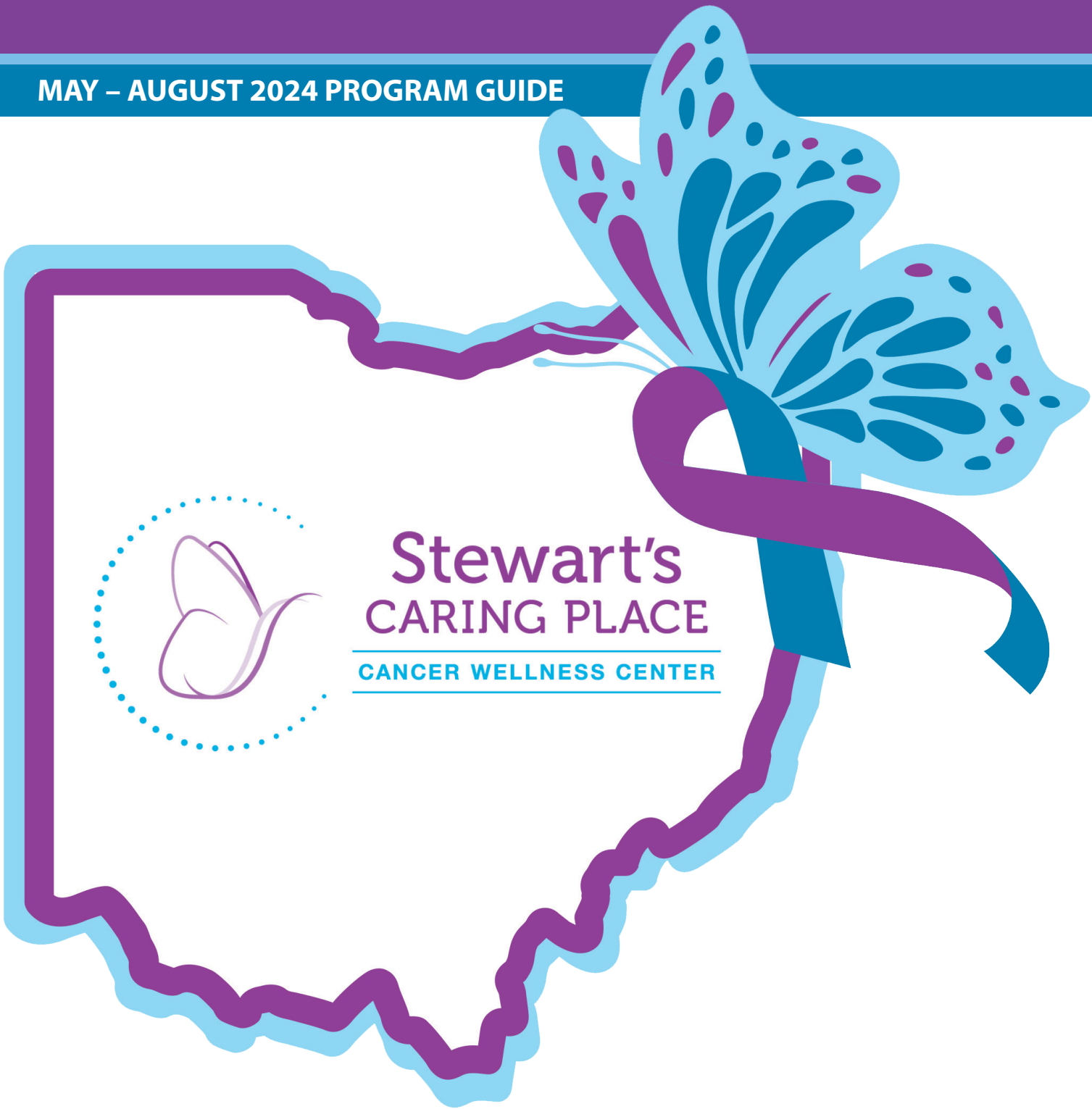


MAY – AUGUST 2024 PROGRAM GUIDE



**Stewart's
CARING PLACE**

CANCER WELLNESS CENTER

Stewart's Caring Place
Thomas and Lisa Mandel Cancer Wellness Center

3501 Ridge Park Drive • Fairlawn, OH 44333
330.836.1772 • info@stewartscaringplace.org

StewartsCaringPlace.org





Serving over 36 counties

Holiday Closings

May 27 Memorial Day

July 4 & 5 Independence Day

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Community Outreach



Dear Friends,

As we welcome in this new season, I want to take a moment to reflect on the resilience and adaptability our community has shown. Despite the recent water damage that presented unexpected challenges, our collective spirit remained unshaken. We pivoted swiftly, ensuring that our programs continued to enrich lives without missing a beat.

This spring, we're not just celebrating the new growth around us; we're also celebrating our ability to come together and overcome adversity. Our Spring Program Guide is a testament to this strength, filled with engaging activities and opportunities that promise to strengthen and inspire.

I extend my heartfelt thanks to our incredible staff, whose dedication and hard work have been the cornerstone of our resilience. To our volunteers, your unwavering support and commitment have been invaluable. And to our community partners, your collaboration has been instrumental in our ability to adapt and thrive.

Let's embrace this season of renewal with optimism and enthusiasm. Together, we will continue to grow, learn, and enjoy all the wonderful experiences our programs have to offer.

Warm regards,

Sarah Vojtek
President & CEO
svojtekat@stewartscaringplace.org

FACILITATORS OF STEWART'S CARING PLACE

Al Barracato: Prostate Cancer Support and Education Group

Jennifer Bishop: Chair Yoga

Dr. Joe Blanda: Mindfulness and Nature Programming

Jeff Caldwell: Massage Therapist

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

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

Susan Lewis: Book Club

Leia Love: Love Your Look

Dee Dee Pitts: Counselor & Gynecologic Support Group

Eileen Schonfeld: Ann Amer Caregiver, Spirituality & Cancer Support Groups

Jill Smith: Coping with Cancer Support Group

Jacqui Sukie: Strength Building

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

Lesley Turski: Crystal Singing Bowls

Kate Valentine: Ann Amer Caregiver, Spirituality & Cancer Support Groups

Tina Wagner: Yoga for Balance & Mobility

330.836.1772
StewartsCaringPlace.org

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.

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 enhance your brows and lashes. Registration required.

Connectivity and Friendship

The CarsonStrong Foundation Book Club for Adults – Virtual Only*

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

May: *Black Cake* by Charmaine Wilkerson

June: *A Little Devil In America* by Hanif Abdurraqib

July: *All the Little Bird-Hearts* by Viktoria Lloyd Barlow

August: *Set Boundaries, Find Peace: A Guide to Reclaiming Yourself* by Nedra Glover Tawwab

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

Stewart's Summer Camp

Join us for summer fun at Stewart's! Children ages 4-12 can participate in summer crafts, colorful experiences, and unique outdoor activities. Registration Required.

9:00am-12:00pm

June 10-14

July 15-19

August 5-9

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.

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.

Walking Club

Walk at your own pace with others who share enthusiasm for nature. Our group meets up at the Bath Nature Preserve when weather permits, and will continue into the fall until weather becomes too unpredictable.

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.

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.



Spirituality & Cancer Support Group

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

*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.

May 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1 4:00pm Strength Building</p>	<p>2 9:30am Spirituality & Cancer 9:30am Walking Club  Bath Nature Preserve</p>	<p>3</p>	<p>4 9:00am-12:00pm <i>Hope Walk</i>  Walk as an individual or gather a team to show support for those who have been touched by cancer!</p>
<p>5</p>	<p>6</p>	<p>7 9:00am Yoga for Balance & Mobility 10:30am Crystal Singing Bowls 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic</p>	<p>8 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer</p>	<p>9 9:30am Walking Club  Bath Nature Preserve</p>	<p>10 10:00am Chair Yoga</p>	<p>11</p>
<p>12</p>	<p>13</p>	<p>14 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation</p>	<p>15 4:00pm Strength Building</p>	<p>16 9:30am Spirituality & Cancer 9:30am Walking Club  Bath Nature Preserve 3:30pm Color Street</p>	<p>17</p>	<p>18</p>

19

20

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

9:30am Walking Club

 Bath Nature Preserve

12:00pm Love Your Look**

24

10:00am Chair Yoga

25

26

27

**MEMORIAL DAY
CLOSED**

28

9:00am Yoga for Balance & Mobility

12:00pm Guided Meditation


5:30pm The CarsonStrong Foundation Book Club for Adults* **

29

4:00pm Strength Building

30

9:30am Walking Club


 Bath Nature Preserve

31

NOTES

* Virtual Only ** Registration Required

June 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 10:00am Poetry is Life*
2	3	4 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	5 4:00pm Strength Building	6 9:30am Spirituality & Cancer 9:30am Walking Club 📍 Bath Nature Preserve 12:00pm Love Your Look**	7	8 10:00am Essential Oils 11:00am Crystal Singing Bowls
9	10  Stewart's Summer Camp Week June 10-14 9:00am-12:00pm Registration Required by May 27	11 9:00am-12:00pm Summer Camp** 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation	12 9:00am-12:00pm Summer Camp** 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	13 9:00am-12:00pm Summer Camp** 9:30am Walking Club 📍 Bath Nature Preserve	14 9:00am-12:00pm Summer Camp** 10:00am Chair Yoga	15

16

17

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 Spirituality & Cancer

9:30am Walking Club

 Bath Nature Preserve

3:30pm Color Street

5:30pm Elana's Blessings Pampering Night**

21

22

23

24

25

9:00am Yoga for Balance & Mobility

12:00pm Guided Meditation


5:30pm The CarsonStrong Foundation Book Club for Adults* **

26

4:00pm Strength Building

27

9:30am Walking Club

 Bath Nature Preserve

28

10:00am Chair Yoga

29

30

NOTES

* Virtual Only ** Registration Required

July 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	3 4:00pm Strength Building	4 <hr/> INDEPENDENCE DAY CLOSED <hr/>	5 <hr/> INDEPENDENCE DAY OBSERVED <hr/>	6 10:00am Poetry is Life*
7	8	9 9:00am Yoga for Balance & Mobility 10:30am Crystal Singing Bowls 12:00pm Guided Meditation	10 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	11 9:30am Walking Club  Bath Nature Preserve	12 10:00am Chair Yoga	13 10:00am Essential Oils 11:30am All Levels Yoga 12:30pm Guided Meditation
14	15  <i>Stewart's Summer Camp Week</i> July 15-19 9:00am-12:00pm <i>Registration Required by July 1</i>	16 9:00am-12:00pm <i>Summer Camp**</i> <hr/> 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Elana's Blessings Breast Cancer	17 9:00am-12:00pm <i>Summer Camp**</i> <hr/> 4:00pm Strength Building	18 9:00am-12:00pm <i>Summer Camp**</i> <hr/> 9:30am Spirituality & Cancer 9:30am Walking Club  Bath Nature Preserve 3:30pm Color Street	19 <hr/> 9:00am-12:00pm <i>Summer Camp**</i>	20

21

22

23

9:00am Yoga for
Balance & Mobility

12:00pm
Guided Meditation


5:30pm
The CarsonStrong
Foundation Book
Club for Adults* **

24

4:00pm
Strength Building

25

9:30am
Walking Club

 Bath Nature
Preserve

26

10:00am
Chair Yoga

27

28

29

30

9:00am Yoga for
Balance & Mobility


31

4:00pm
Strength Building

NOTES

* Virtual Only ** Registration Required

August 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30am Spirituality & Cancer 9:30am Walking Club Bath Nature Preserve 5:30pm Elana's Blessings Pampering Night**	2	3 10:00am Poetry is Life*
4	5  Stewart's Summer Camp Week August 5-9 9:00am-12:00pm Registration Required by July 22	6 9:00am-12:00pm Summer Camp** <hr/> 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Gynecologic	7 9:00am-12:00pm Summer Camp** <hr/> 4:00pm Strength Building	8 9:00am-12:00pm Summer Camp** <hr/> 9:30am Walking Club Bath Nature Preserve	9 9:00am-12:00pm Summer Camp** <hr/> 10:00am Chair Yoga	10 10:00am Essential Oils 11:00am Crystal Singing Bowls 12:00pm All Levels Yoga 1:00pm Guided Meditation
11	12	13 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation	14 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	15 9:30am Spirituality & Cancer 9:30am Walking Club Bath Nature Preserve 3:30pm Color Street	16	17

18

19

20

9:00am Yoga for Balance & Mobility

5:30pm Ann Amer Brennan Caregiver

5:30pm Coping with Cancer


5:30pm Elana's Blessings Breast Cancer

21

4:00pm Strength Building

22

9:30am Walking Club

 Bath Nature Preserve

23

10:00am Chair Yoga

24

25

26

27

9:00am Yoga for Balance & Mobility

12:00pm Guided Meditation


5:30pm The CarsonStrong Foundation Book Club for Adults* **

28

4:00pm Strength Building

29

9:30am Walking Club

 Bath Nature Preserve

30

31

NOTES

* Virtual Only ** Registration Required



**Stewart's
CARING PLACE**
CANCER WELLNESS CENTER

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.

Support those who support us!

Stewart's Caring Place is honored to have several partner events that are thoughtfully hosted by local organizations, families and individuals each year. The proceeds from these events help us continue our mission of offering programs and services at no cost to individuals and families.

**LEARN
MORE!**

