



# Stewart's CARING PLACE

CANCER WELLNESS CENTERS

## MAY – AUGUST 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](mailto:info@stewartscaringplace.org) • [StewartsCaringPlace.org](http://StewartsCaringPlace.org)





Serving over 36 counties

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## Holiday Closings

**May 26** Memorial Day

**July 4** Independence Day

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### STAFF

Sarah Vojtek  
President & CEO

Susan Aylward  
Vice President

Audra Milbrandt  
Director of Development

Allison Bailey  
Events & Marketing Manager

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Team Support Specialist

Tom Klein  
Team Support Specialist

Christine Milcetic  
Project Team Member

Joey Arrietta  
Community Outreach

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**StewartsCaringPlace.org**



## Hello!

My name is Mariana, and I have the privilege of serving as the Volunteer and Program Coordinator here at Stewart's Caring Place. In my role I lead approximately 130 dedicated volunteers, ensuring that our daily needs, as well as those for special events and programming, are met. I oversee all our programs and manage everything from ordering supplies, room setup, schedule coordination, tracking services in our database, and brainstorming innovative new programming ideas.

What I love most about my job is seeing the impact our services have on our participants. Meeting such resilient and kind individuals and hearing about how Stewart's is helping them through their journey is incredibly rewarding. Cancer is deeply personal for me, as many of my family members and close friends have faced their own battles with the disease. In 2017, I lost my dear friend to a rare cancer. She was a beacon of strength, light, and positivity. I strive to honor her and my other loved ones who have been impacted by cancer through the work I do here.

Stewart's Caring Place is truly special. We often see people walk into our building distressed, then walk out much more relaxed and with a smile on their face. Every person who walks through our doors has their own story and struggles, and it is an honor to be part of their journey. I am deeply committed to making sure they feel valued, seen, heard, and supported. We can't cure cancer, but we can extend a helping hand to ease some of the burden.

Warm regards,

### Mariana Miletta

Volunteer & Program Coordinator  
Mmiletta@stewartscaringplace.org

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## FACILITATORS OF STEWART'S CARING PLACE

**Al Barracato:** Prostate Cancer Support and Education Group

**Emily Bishop:** Canton Cancer Connect

**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

**Logan Johnson:** Counselor

**Jenny Kelly-Masloski:** Healing Touch

**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

**Dee Dee Pitts:** Counselor & Gynecologic Support Group

**Eileen Schonfeld:** Ann Amer Brennan 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 Brennan 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 beautiful library during normal operating hours. We've got a little something for everyone.

## 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.

**May:** *This Changes Everything* by Tyler Merritt

**June:** *Joan Is Okay* by Weike Wang

**July:** *Beneath A Scarlet Sky* by Mark T. Sullivan

**August:** *The Warmth of Other Suns* by Isabel Wilkerson

## 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 9-13**

**July 14-18**

**August 4-8**

# 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.

## 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.

## 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.

# May 2025

SUNDAY

MONDAY

TUESDAY



WEDNESDAY

THURSDAY

FRIDAY


SATURDAY

1

9:30am Healing Spirit  
Support Group  

2



3

10:00am  
Poetry is Life 

4



5

6

9:00am Yoga for  
Balance & Mobility  

10:45am  
Guided Meditation  



2:00pm Canton Cancer  
Connect 

5:30pm Ann Amer  
Brennan Caregiver  

5:30pm Coping with  
Cancer  



5:30pm Gynecologic  
 

7

4:00pm  
Strength Building  

8

9



10:00am  
Chair Yoga  


10

11



12

13



9:00am Yoga for Balance & Mobility  

10:30am Crystal Singing Bowls 

14



4:00pm Strength Building  

5:30pm Grief  


5:30pm Lung Cancer  

6:00pm Prostate Cancer  

15


9:30am Healing Spirit Support Group  



3:30pm Color Street Nails 



6:00pm Young Adult Support Community 

16

17

10:00am Essential Oils 

11:00am All Levels Yoga  



12:00pm Guided Meditation  



18



19



3:00pm Qigong  

20



9:00am Yoga for Balance & Mobility  

5:30pm Ann Amer Brennan Caregiver  

5:30pm Coping with Cancer  



5:30pm Elena's Blessings Breast Cancer  

21

4:00pm Strength Building  

22

23

10:00am Chair Yoga  



24



25

26



MEMORIAL DAY  
CLOSED

27

9:00am Yoga for Balance & Mobility  

5:30pm The CarsonStrong Foundation Book Club for Adults  

28





4:00pm Strength Building  

29


30

31

NOTES

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required

# June 2025



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 3:00pm Qigong 📍	3 9:00am Yoga for Balance & Mobility 📍 10:45am Guided Meditation 📍 2:00pm Canton Cancer Connect 📍 5:30pm Ann Amer Brennan Caregiver 📍 5:30pm Coping with Cancer 📍 5:30pm Gynecologic 📍	4 4:00pm Strength Building 📍	5 9:30am Healing Spirit Support Group 📍 5:30pm Elana's Blessings Pampering Night 📍✓	6	7 10:00am Poetry is Life 📍
8	9  <i>Stewart's Summer Camp Week</i> June 9-13 9:00am-12:00pm 📍✓	10 9:00am-12:00pm <i>Summer Camp</i> 📍✓ 9:00am Yoga for Balance & Mobility 📍 10:30am Crystal Singing Bowls 📍	11 9:00am-12:00pm <i>Summer Camp</i> 📍✓ 4:00pm Strength Building 📍 5:30pm Grief 📍 5:30pm Lung Cancer 📍 6:00pm Prostate Cancer 📍	12 9:00am-12:00pm <i>Summer Camp</i> 📍✓	13 9:00am-12:00pm <i>Summer Camp</i> 📍✓ 10:00am Chair Yoga 📍	14



15



16



3:00pm  
Qigong  

17



9:00am Yoga for  
Balance & Mobility  

5:30pm Ann Amer  
Brennan Caregiver  



5:30pm  
Coping with Cancer  


5:30pm Elena's Blessings  
Breast Cancer  

18

4:00pm  
Strength Building  

19

9:30am Healing Spirit  
Support Group  

6:00pm  
Young Adult Support  
Community 



20



21

22



23

24

9:00am Yoga for  
Balance & Mobility  



5:30pm  
The CarsonStrong  
Foundation Book Club  
for Adults  

25

4:00pm  
Strength Building  

26

27





10:00am  
Chair Yoga  

28


29

30

**NOTES**

-  Fairlawn
-  Canton
-  Virtual
-  Registration Required

# July 2025

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		<b>1</b> <b>9:00am</b> Yoga for Balance & Mobility   <b>10:45am</b> Guided Meditation   <b>2:00pm</b> Canton Cancer Connect  <b>5:30pm</b> Ann Amer Brennan Caregiver   <b>5:30pm</b> Coping with Cancer   <b>5:30pm</b> Gynecologic  	<b>2</b> <b>4:00pm</b> Strength Building  	<b>3</b> <b>9:30am</b> Healing Spirit Support Group  		<b>4</b> <hr/> <b>INDEPENDENCE DAY</b> <b>CLOSED</b> <hr/>	<b>5</b> <b>10:00am</b> Poetry is Life 
<b>6</b>	<b>7</b> <b>3:00pm</b> Qigong  	<b>8</b> <b>9:00am</b> Yoga for Balance & Mobility   <b>10:30am</b> Crystal Singing Bowls 	<b>9</b> <b>4:00pm</b> Strength Building   <b>5:30pm</b> Essential Oils  <b>5:30pm</b> Grief   <b>5:30pm</b> Lung Cancer   <b>6:00pm</b> Prostate Cancer  	<b>10</b>	<b>11</b> <b>10:00am</b> Chair Yoga  	<b>12</b>	



13

14   
Stewart's Summer  
Camp Week

July 14-18  
9:00am-12:00pm  
F ✓

15

9:00am-12:00pm  
Summer Camp F ✓

9:00am Yoga for Balance  
& Mobility F

5:30pm Ann Amer  
Brennan Caregiver F

5:30pm  
Coping with Cancer F

5:30pm Elena's Blessings  
Breast Cancer F

16

9:00am-12:00pm  
Summer Camp F ✓

4:00pm  
Strength Building F

17

9:00am-12:00pm  
Summer Camp F ✓

9:30am Healing Spirit  
Support Group F

3:30pm  
Color Street Nails F

6:00pm  
Young Adult Support  
Community F

18

9:00am-12:00pm  
Summer Camp F ✓

19

11:00am  
All Levels Yoga F

12:00pm  
Guided Meditation F

20

21

3:00pm  
Qigong F

22

9:00am Yoga for Balance  
& Mobility F

5:30pm  
The CarsonStrong  
Foundation Book Club  
for Adults

23

4:00pm  
Strength Building F

24

25

10:00am  
Chair Yoga F

26

27

28

29

9:00am Yoga for Balance  
& Mobility F

30

4:00pm  
Strength Building F

31

NOTES

- F Fairlawn
- C Canton
- V Virtual
- ✓ Registration Required

# August 2025

SUNDAY

MONDAY

TUESDAY

WEDNESDAY



THURSDAY

FRIDAY

SATURDAY

1

2

10:00am  
Poetry is Life  

3

4





*Stewart's Summer  
Camp Week*


August 4-8  
9:00am-12:00pm  
 

3:00pm  
Qigong  



5

9:00am-12:00pm  
*Summer Camp*  

9:00am Yoga for  
Balance & Mobility  

10:45am  
Guided Meditation  

2:00pm Canton Cancer  
Connect 


5:30pm Ann Amer  
Brennan Caregiver  

5:30pm Coping with  
Cancer  

5:30pm Gynecologic  
 

6

9:00am-12:00pm  
*Summer Camp*  



4:00pm  
Strength Building  

7



9:00am-12:00pm  
*Summer Camp*  



8

9:00am-12:00pm  
*Summer Camp*  

10:00am  
Chair Yoga  

9



11:00am  
All Levels Yoga  


12:00pm Guided  
Meditation  

10



11


12

**9:00am** Yoga for Balance & Mobility  



**10:30am** Crystal Singing Bowls 



13

**4:00pm** Strength Building  

**5:30pm** Essential Oils 

**5:30pm** Grief  

**5:30pm** Lung Cancer  

**6:00pm** Prostate Cancer  

14

15



16



17



18



**3:00pm** Qigong  

19



**9:00am** Yoga for Balance & Mobility  

**5:30pm** Ann Amer Brennan Caregiver  



**5:30pm** Coping with Cancer  


**5:30pm** Elena's Blessings Breast Cancer  

20



**4:00pm** Strength Building  

21

**9:30am** Healing Spirit Support Group  

**6:00pm** Young Adult Support Community 

22



**10:00am** Chair Yoga  



23

24



25

26

**9:00am** Yoga for Balance & Mobility  

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

27

**4:00pm** Strength Building  





28

29

30

31

**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](http://STEWARTSCARINGPLACE.ORG) FOR MORE INFORMATION.

# DUCK OFF CANCER

Join us at Canal Park for a fun-filled evening of community spirit, baseball, and heartfelt support for Stewart's Caring Place! Bring your family and friends to enjoy the excitement and festivities while making a difference. We can't wait to see you there!

 **Akron RubberDucks vs Baysox**

 **Friday, June 6<sup>th</sup>**

 **7:05pm**

(Gates open at 5:00pm)

 **Canal Park**

300 S Main St, Akron, OH 44308

**A portion of ticket sales will benefit Stewart's Caring Place! Use this link to receive your tickets at a special rate.**

**\$16/ Ticket**

