



**Stewart's
CARING PLACE**

CANCER WELLNESS CENTER

SEPTEMBER – DECEMBER 2024 PROGRAM GUIDE



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





Stewart's CARING PLACE

CANCER WELLNESS CENTER

Serving over 36 counties

Holiday Closings

Sept. 2 Labor Day

Nov. 27 Closing at 1:00pm

Nov. 28–29 Thanksgiving

Dec. 24–25 Christmas

Dec. 31 New Year's Eve

Jan. 1 New Year's Day

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 Miletto
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

330.836.1772
StewartsCaringPlace.org



Dear Friends of Stewart's Caring Place,

As we look towards the fall and holiday seasons, I want to extend a heartfelt invitation to each one of you to join us for a program or service you may not have experienced before. We understand the holiday season can bring joy, but also can be a time of deep emotions. Our team is here to support and guide you through any feelings you may encounter, offering a range of resources and compassionate assistance.

From wellness workshops to family-friendly activities, our goal is to provide a nurturing environment where everyone feels valued and empowered. Our programs have a profound impact on families, offering them a safe space to connect, heal, and grow together. Whether it's through our support groups, educational sessions, or recreational activities, we strive to create opportunities for families to bond and find strength in each other.

May the rest of 2024 be filled with love, deep friendship, and positivity. I look forward to connecting with you soon!

Warm regards,

Sarah Vojtek
President & CEO
svojtek@stewartscaringplace.org

FACILITATORS OF STEWART'S CARING PLACE

Al Barracato: Prostate Cancer Support and Education 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

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: CarsonStrong Book Club

Leia Love: Love Your Look

Jenny Masloski: Healing Touch

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 Turски: Crystal Singing Bowls

Josi U'Ren: Aroma Touch

Kate Valentine: Ann Amer Caregiver & Healing Spirit Support Group

Tina Wagner: Yoga for Balance & Mobility

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.

September: *The Reason I Jump* by Naoki Higashida

October: *Arsenic and Adobo* by Mia P. Manansala

November: *Crazy Rich Asians* by Kevin Kwan

December: *The Book of Delights* by Ross Gay

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 9/12

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

Halloween Party 10/20

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

Soup & Go 11/21

Stop by Stewart's Caring Place 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.

Holiday Party 12/15

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.

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 and 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.

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.

September 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 <hr/> LABOR DAY CLOSED <hr/>	3 9:00am Yoga for Balance & Mobility 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	6	7 10:00am Essential Oils 10:00am Poetry is Life* 11:00am Crystal Singing Bowls 12:00pm All Levels Yoga 1:00pm Guided Meditation
8	9	10 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation	11 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	12 5:30pm Family Fun Night**	13 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 Elana's Blessings Breast Cancer	18 4:00pm Strength Building	19 9:30am Healing Spirit Support Group 3:30pm Color Street Nails 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

* Virtual Only

** Registration Required

October 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:00am Yoga for Balance & Mobility 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 Essential Oils 10:00am Poetry is Life* 11:00am Crystal Singing Bowls
6	7 3:00pm Qigong	8 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation	9 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	10 12:00pm Love Your Look**	11 10:00am Chair Yoga	12
13	14	15 9:00am Yoga for Balance & Mobility 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	18	19

20

1:00pm
Halloween Party**

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

27

28

29

9:00am Yoga for
Balance & Mobility

30

4:00pm
Strength Building

31

NOTES

** Virtual Only*

*** Registration Required*

November 2024

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

20

4:00pm
Strength Building

21

9:30am
Healing Spirit
Support Group

3:30pm
Color Street Nails

4:00pm Soup & Go**

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

THANKSGIVING
CLOSING AT 1:00PM

28

THANKSGIVING
CLOSED

29

THANKSGIVING
CLOSED

30

NOTES

* Virtual Only
** Registration Required

December 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 3:00pm Qigong	3 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Essential Oils 5:30pm Gynecologic	4 4:00pm Strength Building	5 9:30am Healing Spirit Support Group 12:00pm Love Your Look**	6	7 10:00am Poetry is Life*
8	9	10 9:00am Yoga for Balance & Mobility 10:30am Crystal Singing Bowls 12:00pm Guided Meditation	11 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	12	13 10:00am Chair Yoga	14
15 1:00pm Holiday Party**	16 3:00pm Qigong	17 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer 5:30pm Elana's Blessings Breast Cancer	18 4:00pm Strength Building	19 9:30am Healing Spirit Support Group 3:30pm Color Street Nails 5:30pm The CarsonStrong Foundation Book Club for Adults* **	20	21

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23

24

CHRISTMAS EVE
CLOSED

25

CHRISTMAS DAY
CLOSED

26

27

28

29

30

31

NEW YEAR'S EVE
CLOSED

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.

Family Programs

FAMILY FUN NIGHT

Thursday, September 12th
5:30pm-7:30pm

SOUP & GO

Thursday, November 21st
4:00pm-6:00pm

HALLOWEEN PARTY

Sunday, October 20th
1:00pm-3:00pm

HOLIDAY PARTY

Sunday, December 15th
1:00pm-3:00pm

Registration Required.

Please reach out to Allison Bailey to secure your spot!
Allison@stewartscaringplace.org
330-836-1772

