



Stewart's CARING PLACE

CANCER WELLNESS CENTER

JANUARY – APRIL 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

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

Melissa McWilliams
Director of Development

Allison Bailey
Events & Marketing Manager

Goldie Haren
Office Manager

Andi Lamphier
Project Manager

Mariana Miletti
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



Dear Friends,

As we embark on the new year, I want to take this opportunity to thank our dedicated and passionate staff, who work tirelessly to serve the unique needs of every individual and family we serve. In addition to our staff, we couldn't continue our work without the unwavering commitment of our volunteers and facilitators. They are an indispensable extension of

our team, ensuring that Stewart's Caring Place remains a comforting haven of care and support.

Throughout the year, you may notice that our programs and services will continue to evolve with a constant focus on serving those impacted by a cancer diagnosis. As a reminder, if you or a loved one are unable to attend in person at Stewart's Caring Place many of our programs and services offer a virtual option.

I hope you will find your experience with us continues to offer support and healing.

Gratefully,

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

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

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

Leia Love: Love Your Look

Aileen McDonald: Aroma Touch

Traci Peltz: Gardening 101

Dee Dee Pitts: Counselor

Eileen Schonfeld: Ann Amer Caregiver Support Group & Spirituality & Cancer

Jill Smith: Coping with Cancer

Jacqui Sukie: Strength Building

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

Lesley Turski: Crystal Singing Bowls

Kate Valentine: Ann Amer Caregiver Support Group & Spirituality & Cancer

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, aroma touch, and small group yoga therapy.

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

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

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.

*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.

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 add color to your changing skin tone, bring glow to the surface, and accentuate your beautiful features. Registration required.

Connectivity and Friendship

Book Club for Adults – Virtual Only

Stewart's will provide the books!

January: *The Wind Knows My Name* by Isabel Allende

February: *Our Missing Hearts* by Celeste Ng

March: *Such a Fun Age* by Kiley Reid

April: *Eat, Pray, Love* by Elizabeth Gilbert

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 2/15

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

Spring Party 4/14

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.

Rest & Restore

This class puts you in restorative yoga poses for deep rest, relaxation, and healing for the mind, body, and spirit.

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

Create Your Own Naturescape

Join Dr. Joe Blanda as he describes the importance of bringing nature indoors. Learn how to create your own therapeutic spot in your living space with easily accessible materials.

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.

Outdoor Activities

Gardening 101

Organic gardening tips and tricks to help your garden thrive without the use of toxic chemicals.

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.

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 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.

January 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <hr/> NEW YEAR'S DAY CLOSED <hr/>	2 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping with Cancer	3 4:00pm Strength Building	4 9:30am Spirituality & Cancer 12:00pm Create Your Own Naturescape	5	6 10:00am Poetry is Life Restorative Writing Group*
7	8	9 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation	10 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	11	12 10:00am Chair Yoga 3:30pm Color Street Nails	13 10:00am Essential Oils 11:00am Crystal Singing Bowls 12:00pm All Levels Yoga 1:00pm Guided Meditation
14	15	16 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Elana's Blessings Breast Cancer 5:30pm Coping With Cancer	17 4:00pm Strength Building	18 9:30am Spirituality & Cancer	19	20

21

22

23

9:00am
Yoga for Balance &
Mobility

12:00pm
Guided Meditation

5:30pm
Book Club for Adults*

24

4:00pm
Strength Building

25

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

February 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30am Spirituality & Cancer	2	3 10:00am Poetry is Life Restorative Writing Group*
4	5	6 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping With Cancer	7 4:00pm Strength Building	8	9 10:00am Chair Yoga 3:30pm Color Street Nails	10 10:00am Essential Oils
11	12	13 9:00am Yoga for Balance & Mobility 10:30am Crystal Singing Bowls 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 5:30pm Family Fun Night**	16	17

18

19

20

9:00am Yoga for
Balance & Mobility

5:30pm Ann Amer
Brennan Caregiver

5:30pm Elana's
Blessings Breast
Cancer

5:30pm Coping
With Cancer

21

4:00pm
Strength Building

22

23

10:00am
Chair Yoga

24

25

26

27

9:00am
Yoga for Balance &
Mobility

12:00pm
Guided Meditation

5:30pm
Book Club for Adults*

28

4:00pm
Strength Building

29

5:30pm
Elana's Blessings
Pamper Yourself
Night**

NOTES

* Virtual Only ** Registration Required

March 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 10:00am Poetry is Life Restorative Writing Group*
3	4	5 9:00am Yoga for Balance & Mobility 5:30pm Ann Amer Brennan Caregiver 5:30pm Coping With Cancer	6 4:00pm Strength Building	7 9:30am Spirituality & Cancer	8 10:00am Chair Yoga	9 10:30am Crystal Singing Bowls
10	11	12 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation	13 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	14	15 3:30pm Color Street Nails	16

17

18

19

9:00am Yoga for
Balance & Mobility

5:30pm Ann Amer
Brennan Caregiver

5:30pm Elana's
Blessings Breast
Cancer

5:30pm
Coping With Cancer

20

4:00pm
Strength Building

21

9:30am
Spirituality & Cancer

12:00pm
Love Your Look**

22

10:00am
Chair Yoga

23

24

31

25

26

9:00am
Yoga for Balance &
Mobility

12:00pm
Guided Meditation

5:30pm
Book Club for Adults*

27

4:00pm
Strength Building

28

29

12:00pm
Essential Oils

30

NOTES

April 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	3 4:00pm Strength Building	4 9:30am Spirituality & Cancer	5	6 10:00am Poetry is Life Restorative Writing Group*
7	8	9 9:00am Yoga for Balance & Mobility 12:00pm Guided Meditation	10 4:00pm Strength Building 5:30pm Grief 5:30pm Lung Cancer 6:00pm Prostate Cancer	11	12 10:00am Chair Yoga 3:30pm Color Street Nails	13
14 1:00pm Spring Party**	15	16 9:00am Yoga for Balance & Mobility 10:30am Crystal Singing Bowls 5:30pm Ann Amer Brennan Caregiver 5:30pm Elana's Blessing Breast Cancer 5:30pm Coping With Cancer	17 4:00pm Strength Building	18 9:30am Spirituality & Cancer	19	20 10:00am Essential Oils 11:00am All Levels Yoga 12:15pm Guided Meditation 1:00pm Rest & Restore

21

22

23

9:00am
Yoga for Balance &
Mobility

12:00pm
Guided Meditation

5:30pm
Book Club for Adults*

24

4:00pm
Strength Building

25

4:30pm
Gardening 101

26

10:00am
Chair Yoga

27

28

29

30

9:00am
Yoga for Balance &
Mobility

31

NOTES

* Virtual Only ** Registration Required



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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.



HOPE WALK

SATURDAY, MAY 4TH

Show support for those who have been touched by cancer!

Walk as an individual or gather a team!
Proceeds make it possible to provide
supportive services at no cost for individuals
and families along their cancer journey.



For more
information
scan the QR
code

