



THE SUMMIT FM

music + WELLNESS

2024-2025 COMMUNITY IMPACT SUMMARY



THE SUMMIT FM
91.3 FM AKRON-CANTON
90.7 FM YOUNGSTOWN
90.1 FM ATHENS



2024–2025

COMMUNITY IMPACT SUMMARY

Over the past 18 months, the Summit FM Music + Wellness program has expanded its reach and deepened its impact. While nearly 50% of our donor base calls Summit County home, our airwaves cover an impressive 5,000 square miles and 21 counties through Ohio. From free, community-based events to on-air public service announcements, the program continues to use music, movement, and storytelling to support emotional well-being and foster stronger social connections.

Designed to promote reflection, creativity, and a sense of belonging, these inclusive offerings help reduce isolation, encourage healthy coping strategies, and engage individuals of all ages and backgrounds. By meeting people where they are—whether in community agencies, recovery community centers, or churches—the program plays a meaningful role in advancing mental health and wellness through the power of music.

SUMMIT MUSIC + WELLNESS COMMUNITY EVENTS

Our Music + Wellness team curated and supported 10+ free, public-facing events reaching hundreds of community members. In total, more than 500 individuals participated in these community-centered experiences, many of which were made possible through partnerships with trusted organizations like the *Akron Art Museum*, *Direction Home*, *Community Support Services*, *Summit Recovery Hub*, and *Hope and Healing*.

CAREGIVING SPOTLIGHT: JUNE 14, 2025

Location: Akron Art Museum

Theme: Caregiving

Participants: 40+

A heartfelt community event centered on the caregiving journey, featuring clips from the Bradley Cooper-produced documentary *Caregiving* on PBS. In partnership with the *Akron Art Museum's Creative Aging Institute* and *Direction Home*, the event offered storytelling, reflection, and a meaningful panel discussion with personal and professional insights.

The afternoon concluded with a moving sound experience led by board-certified music therapist Beth Friedman, highlighting music's powerful role in healing for caregivers and their loved ones.



MUSIC AND MOVEMENT: MAY 31, 2025

Location: Rialto Theatre

Theme: Music and Wellness

Participants: 15

In partnership with *Trust Drum Circles*, the Music + Wellness team led an engaging workshop with chair yoga, live music by Marc Lee Shannon, and a community drum circle. The Rialto Theatre asked for our participation to help celebrate their 10th anniversary.

NEO OUTDOOR ADVENTURE FEST: MAY 17, 2025

Location: Downtown Cuyahoga Falls

Theme: Music and Wellness

Participants: 200

Summit FM's Music + Wellness program sponsored local reggae favorites Umojah Nation at the first-ever NEO Outdoor Adventure Fest on May 17 in downtown Cuyahoga Falls. Their uplifting set energized the festival, which celebrated Northeast Ohio's outdoor spaces with activities, speakers, and community connections.



INTERSECTION OF ART AND HEALING: APRIL 12, 2025

Location: Balch Street

Theme: Music and Wellness

Participants: 40+

The Summit FM Music + Wellness team was honored to present at the local Intersection of Art and Healing conference, hosted by the *Center for Applied Theatre and Active Culture*. Music + Wellness Coordinator Sarah Swirsky presented on the

health benefits of music and movement and led an interactive workshop blending music, mindful movement, and rhythm to support mind-body wellness, with beautiful live ambient music by Marc Lee Shannon.

SOBER ST PATTY'S DAY: MARCH 16, 2025

Location: Summit Recovery Hub

Theme: Recovery

Participants: 40+

The Music + Wellness program sponsored live music by Caty Petersilge at *Summit Recovery Hub's* sober celebration of St Patty's Day. Participants enjoyed an interactive performance of authentic Irish music.

BODY AND SOUL: MARCH 16, 2025

Location: Church At Silver Lake

Theme: Body Image

Participants: 40+

With support from *The Hull Institute* and *The Emily Program*, we hosted an event in honor of National Eating Disorder Awareness Week. The event featured live music by Shelby Olive, yoga, meditation, art-making, and chair massages—all in a supportive, welcoming space.



NEW YEAR'S EVE AFTERNOON CELEBRATION: DEC. 31, 2024

Location: House 330

Theme: Recovery

Participant total: 70+

Held at *House 330* in collaboration with *Summit Recovery Hub*, this festive event offered art-making, music, intention-setting, and a free lunch. Highlights included

Marc Lee Shannon's reflections, Amber Keaton's art activities, Chrissy Strong's musical performance, and Berhane Okantah's drum circle.

MUSIC AND MOVEMENT PILOT: OCTOBER 14, 2024

Location: Community Support Services

Theme: music and wellness

Participants: 20+

This pilot event for a unique series blend live music, gentle yoga-inspired movement, and mindfulness workshops. Led by Music + Wellness Coordinator Sarah Swirsky, and guided musically by recovery coach Marc Lee Shannon, the program debuted at *Community Support Service*, supporting individuals with severe and persistent mental illness—and left a meaningful impact!



THE REMEMBER BALLOONS PERFORMANCE: OCT. 12, 2024

Location: Bath UCC Church

Theme: Alzheimer's and other brain diseases

Participants: 100+

Summit Wellness proudly sponsored *The Remember Balloons*, a powerful live performance blending music and dance to tell an intergenerational story about Alzheimer's. Featuring original choreography by Dominic Moore-Dunson and music by Theron Brown, the production brought together local dancers and musicians to create a moving experience celebrated for its emotional depth and artistic brilliance.





INTERNATIONAL RECOVERY DAY: SEPT. 30, 2024

Location: Galt Park

Theme: Recovery

Participants: 75+

The Summit FM Music + Wellness program attended *Summit Recovery Hub's* celebration of International Recovery Day. Live music by Chrissy Strong was sponsored; Strong told stories about her recovery journey and original music.

ARTISTRY THROUGH ADVERSITY: JULY 19, 2024

Location: HUG

Theme: Trauma

Participants: 60+

This event featured local artist Angie Haze, who presented a powerful musical event celebrating community resilience. Haze debuted her audio-musical memoir, sharing her personal journey of healing through music. The performance featured moving contributions from Justin Tibbs on saxophone and vocalist Rachel Osherow. *Hope and Healing* was also present to offer support and resources for survivors of trauma.



SUMMIT FM MUSIC + WELLNESS MEMBER EVENTS AT STUDIO C

AN EVENING WITH ZACH: MAY 1, 2025

An intimate, musical performance by Zach Friedhof, with mindful moments and reflections led by Sarah Swirsky.

DANCING FOR WELLNESS: MAY 31, 2024

With Brian Murphy; professional dancer and wellness enthusiast, featuring live dance performances with music from across the decades, and an educational talk on creative movement for mental/physical health, followed by optional participation in chair-dance instruction.

GRIEF & ART THERAPY EXPERIENCE: APRIL 2024

An intimate members event featuring musician Zach Freidhof sharing his personal grief journey through song. Participants then took part in art therapy, symbolically repairing broken flowerpots to process loss and healing.

AWARENESS CAMPAIGNS

Over the past year, 3,000+ Public Service Announcements (PSAs) have aired across Summit FM platforms in partnership with the *Summit County ADM Board*. These short, engaging messages are broadcast daily on-air, online, and shared via social media—helping to educate, inspire, and connect listeners to important wellness topics. **Listen to samples at thesummit.fm/wellness**

KEY TOPICS COVERED

- **Suicide Prevention** *PSAs spotlight the national 988 crisis line, sharing messages of hope, prevention, and support across radio, streaming, and social platforms.*
- **Celebration of Diversity** *Inclusive messaging for Pride Month, Juneteenth, and Disability Awareness—highlighting the importance of representation, community, and equity.*
- **Gun Violence Awareness** *In 2024, we issued a strong call to action, encouraging support for Akron's Gun Violence Prevention Fund.*

HEALTH & WELLNESS AWARENESS MONTHS

Monthly campaigns validating lived experiences and raising awareness around **Mental Health, Substance Abuse Recovery, Domestic Violence, Eating Disorders, Alzheimer's Awareness, Men's Health**, and more.

YOUTH-FOCUSED WELLNESS

Timely messages on youth vaping prevention and back-to-school tips to support young people and families.

MUSIC & WELLNESS

Creative PSAs explored the healing power of music—featuring topics like **rhythm, vocal techniques, and music-making for mental health.**

EVERYDAY WELLNESS TIPS

Practical, accessible ideas for healthier living, including **gardening for mental health, the benefits of trees and nature, simple mindful breathing exercises, and more.**

TESTIMONIALS

"I had the most beautiful experience at the Body and Soul event with Shelby Olive and Julie Norman! I felt very connected with the other women and the heartfelt music and lyrics from Shelby. It was very emotional and heart opening. I'm so grateful and thankful for that incredible experience! I hope there will be more in the future!"

Amanda Becker, person in recovery - Akron Resident

"I recently participated in the Music and Movement event at the Rialto Theater. It was a wonderful and exhilarating community experience and it brought me much joy to be there. I danced to the music and beats while playing sound instruments with others. I believe it brought on a genuine feeling of connectedness among all involved. I appreciate the opportunity to be a part of these events -- I was at another one at Balch Street Community Center that was very inspiring as well. Thank you for facilitating these events!"

Brandon McCutcheon, CPRST - Akron Resident

LOOKING AHEAD

Looking forward, our next steps will focus on expanding access and deepening our reach. With additional support from a recent ArtsNow grant, we are committed to growing Music and Movement (see page 5) by bringing it to historically underserved populations—ensuring individuals who have often been left out of traditional wellness spaces can experience its restorative benefits.

We're especially excited to expand in-person programming like Music and Movement—an original workshop series that blends live music, mindful movement, and rhythm to promote emotional well-being and meaningful connection. Whether in recovery centers, mental health agencies, or culturally diverse neighborhoods, we will continue partnering with trusted community organizations to ensure our offerings remain accessible, inclusive, and responsive to the needs of all

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Music + Wellness Coordinator | Sarah Swirsky | sarah@thesummit.fm

General Manager | Tommy Bruno | tommy@thesummit.fm