The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

March 2019 Issue 99

Support Groups ~ Drop in!

Weekly Cancer Support Group
All types of cancer & caregivers welcome.
Every Wednesday
6:00 - 7:30 pm

Breast Cancer
Funded by ***The Breast Cancer Fund of OH***
Tues., March 12th & 26th
6:00 -7:30 pm

Caregiver Meeting
Tues., March 12th & 26th
6:00 -7:30 pm

Blood Cancer
In Partnership with: ***L & L Society***
Mon., March 4th
6:00 - 7:30 pm

Daytime Cancer Support Group
All types of cancer & caregivers welcome.
Mon., March 18th
1:00 - 2:30 pm/ Held at: TVC@Perrysburg

Young Cancer Survivors
For those in their 20's, 30's, and 40's
Offered in partnership with Mercy Health
Thurs., March 7th
6:00 - 7:30 pm/ Held at: TVC@Perrysburg

TVC and St. Anne's

NEW!

TWO Exercise Classes are being offered in partnership with Mercy St. Anne.

Just drop in to attend either class:

Healthy Steps, Thursdays at 6:15pm

Yoga, Tuesdays at 4:15pm

The classes will regularly be held in the 3rd floor Conference Room #3

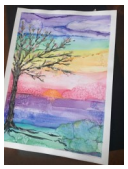
Mercy St Anne Cancer Center
3404 West Sylvania Ave.
Toledo, OH 43623

Healthy Spirit Art Therapy~ Areka Foster, Art Therapist

RSVP!

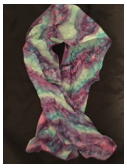
Watercolor Weather Paintings

Friday, March 8th
10:00am-12:00pm



March is full of different kinds of weather. It comes in like a lamb and out like a lion. In this art therapy session we will be using watercolor paints to create a weather scene. Weather can be a great metaphor and imagery to convey an emotion. Weather can convey peace and calm or stormy tumultuous times. Come explore how your own imagery related to weather. Please wear old clothes or a paint shirt. w/Areka Foster. Class limit 15. RSVP

Silk Scarf Painting



Monday, March 18th
5:00pm-7:00pm

During this session, we will be creating our own silk scarf. You will add color and design to a plain white silk scarf with this art therapy project. It's fun and you'll have a colorful masterpiece to wear with your favorite outfit. These make a great gift for yourself or someone else. The finished scarves are 8 x 54 inches. Please wear old clothing. w/Areka Foster. Class limit 15. RSVP

Velour Paper Drawing *TVC@Perrysburg!*

Friday, March 15th
1:00pm-3:00pm

Velour paper is one of the most satisfying types of paper to draw on with oil or chalk pastels. This fuzzy paper "holds" onto the pastels and the colors pop creating a bright and bold image.
Bring your own image to draw or try your hand at creating a colorful mandala (circle drawing). w/Areka Foster. Class limit 15. RSVP.

Lymphedema Education

Thursday, March 7th
5:30pm-6:30pm

NEW DATE!

This session will educate survivors of any type cancer about cancer-related lymphedema. RSVP please. Class limit 15.
Facilitator: Mary Pollock, Certified Lymphedema Therapist, DR/OT

Learn:
- what is lymphedema
- what are the risk factors
- the signs and symptoms
- how to reduce chance of occurrence

PINK RIBBON PROGRAM
Post-Operative Workout Enhancing Recovery

Weds., April 3rd - May 8th
10:00-11:00am ~*pre-register only!*

The Pink Ribbon Program is a Pilates-based post-operative exercise program to help breast cancer survivors regain mobility & improve quality of life.
This 6 week program is intended to help improve strength, range of motion, and sense of wellbeing.
Participants register for the entire 6 weeks.
Facilitator: Kathy Farber, Ph.D., Pilates Instructor, Certified Post Rehabilitative BC Exercise Specialist
Limited to 6 *new* students. Alumni may continue to attend future sessions. RSVP only.

Welcome Spring

Tuesday, March 19th
5:00pm- 6:30pm

Join us on a sunset nature walk and experience the restorative benefits of spring. The whole family is welcome! Early wildflowers and migrating birds are the gifts of a March walk in the woods. Learn the paths to continue your spring walk throughout the season. Researchers are amassing a body of evidence, proving what we all know to be true: nature is good for us and has both long and short term mental and physical health benefits: Come start your journey with nature! Patty Toneff, Ruth Esther Retreats. Meet at: Wildwood Metropark, Visitors Center. Note: If there's more than a sprinkle, class will not meet. RSVP.

"Improving the Experience for Breast Cancer Patients"

Tuesday, April 23rd 6:00pm- 7:30pm *TVC@Perrysburg!*

Doors Open 5:30

Breast cancer is a complex and often frightening disease that can affect not only a woman's physical being and life, but also her self-confidence and quality of life. But knowledge is power and the best defense that can unite women in dealing with breast cancer. The breast cancer experience involves not only treatment, but also the important aspects of prevention, early detection, post treatment care and ongoing quality of life for patients as well as their families.

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PLASTIC SURGERY & MEDICAL AESTHETICS
BY FRANK BARONE, MD, FACS

Dr Frank Barone and Dr Peter Koltz are local board-certified plastic surgeons who have also completed post graduate fellowships and specialized training in comprehensive breast surgery and breast cancer reconstruction. They will be speaking about the latest advancements in breast cancer surgical care including prophylactic or prevention choices, microsurgical advancements in breast reconstruction and breast conservation, new options in biomaterials and implants, and procedures that reduce downtime and discomfort and provide more natural appearing and functioning results. In addition, Drs Barone and Koltz will address their unique approach to comprehensive care for the breast cancer patient and improving the overall experience and quality of life for breast cancer patients of any age. RSVP, please.

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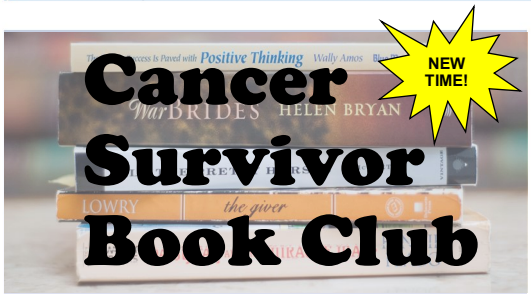


Next Meeting: Thurs., March 28th, 5-6pm*

We're reading:

America's First Daughter

Stephanie Dray and Laura Kamoie

New York Times Bestseller

In a compelling, richly researched novel that draws from thousands of letters and original sources, authors tell the fascinating, untold story of Thomas Jefferson's eldest daughter, Martha "Patsy" Jefferson Randolph--a woman who kept the secrets of our most enigmatic founding father and shaped an American legacy. As Thomas Jefferson's oldest daughter, she becomes his helpmate, protector, and constant companion in the wake of her mother's death, traveling with him when he becomes American minister to France. RSVP.

Fundamentals of Zentangle

Wed. March 20th 9:00am-11:00am

Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. In Zentangle, you focus on process, not outcome. The Zentangle method is an art form, a life skill, a tool, a perspective, and an approach to mindfulness. The method enables you to easily access your intuition and develop your creativity. You learn how to shift your state of mind towards relaxation, focus, and inspiration. Zentangle art is non-representational and abstract. You are not trying to draw a person, object or scene. Instructor: Harley King, certified Zentangle Teacher. Limit 15. RSVP

Line Dancing

Friday, March 22nd 1:00pm-2:00pm

Come Dance with Me!
Want to learn the Electric Slide or Cuban Shuffle? Join us and learn to line dance. It is also great exercise! Facilitated by survivor Mary Leugers, line dance instructor for 3 years with Olander Park. Class limit of 15. RSVP, please!

Reiki Workshop

Friday, March 15th 1:00pm-3:00pm

Have you ever wondered if you could learn to do reiki? Well, the answer is yes!
Learn the basics of reiki to work on both yourself and others. Use simple hand positions to balance inner energies. Handouts provided.
You will learn by actually working on each other during this workshop. This class is intended for personal use only and is not a certification class. You must have received a reiki session before registering for this class. Offered by Peggy Granger, Reiki Master. Limit to 6 cancer survivor participants. RSVP.

Fight Back with Nutrition

Friday, March 22nd 10:00am-11:30am

►Are you in treatment and have questions about what to eat?
►Are you a survivor who would like nutritional information to maintain your health?
Then this class is for you! Meet in a casual, small group setting to learn how your nutrition can help you with your wellness goals. Plenty of information and time for individual questions. Register by calling TVC at 419-531-7600. **Facilitated by Marcia Grandsko, Clinical Dietician. Sponsored by ProMedica**.

Aromatherapy Consultation w/ Deb Reis RN, MSN

Certified Clinical Aromatherapist
Sponsored by ProMedica

Wed., March. 6th & 20th 1:00pm-2:00pm (TVC@Central)

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist

Fri., March 29th 1:30pm-2:30pm (TVC@Perrysburg)

Discuss the benefits of aromatherapy with an aromatherapist experienced in the concerns of cancer patients. Learn to identify therapeutic-grade essential oils and their properties, and how they can be integrated into your health practices.
Bring a list of symptoms or side effects you would like to improve, as there will be plenty of time for questions and answers based upon the interests of the group. Each session has a class size limit of 15, but you may register for each session. Caregivers welcome. RSVP, please.

Healing Service

Tuesday, March 19th 7:00pm-8:00pm

Join us in the Sanctuary of Epworth United Methodist Church for this monthly service that provides an opportunity for prayer, reflection and meditation. Other guests welcome, too. The service includes music, Scripture reading and anointing with intercessory prayer (if desired). PLEASE RSVP to TVC.
SIGN IN at the church when you attend.

Epworth United Methodist Church
4855 W. Central Ave.
Toledo, OH 43615

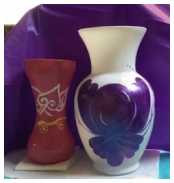
Plant Your Zentangle Garden

Thurs., March 21st 9:00am-12:00pm

Come to class and plant a Zentangle fantasy garden! You will learn new tangles and explore patterns in nature. Bring your own Micron pens. Zentangle tiles will be supplied.
Prerequisite: Fundamentals of Zentangle class.
Other supplies available for purchase from the instructor if needed. Instructor: Harley King, Certified Zentangle Teacher. Class limit of 20. RSVP.

Hand Painted Vases

Friday, March 29th 1:00pm-3:00pm



Each participant will select from an assortment of glass vases, which vary in size, shape and height, and which have already been spray painted with a base coat as your background color. Then, you will create your own designs using a variety of accent paints in order to make a one-of-a-kind piece of art work!
The suggested use for this hand painted vase is for dried or silk flower arrangements.
Facilitator: Dottie Huls, retired art teacher and survivor. Class limit,15. RSVP.

Search "The Victory Center" LIKE US ON FACEBOOK

Wig Tips *with Kristen*

Sat., March 9th 10am-12pm *TVC@Perrysburg!*

Join Professional Hair Stylist Kristen Comer as she shares wig fitting and styling tips.

She will discuss what can be done to make your wig look more natural, what accessories can be added, if coloring it is possible, and what products are compatible with your wig. She has over 25 years experience, so come learn the tricks of the trade! RSVP or drop-in.

Stress Reduction & Guided Imagery

For Survivors:

Friday, March 22nd 7:00pm-9:30pm

A wonderful way to provide relaxation for the mind and body. Please bring pillow & blanket.
Identify stressors and practice deep breathing and progressive relaxation. Experience a wonderful guided imagery! Facilitator: Devorah Shulamit, RN, LSW. RSVP. Class size minimum 4, maximum 8.

Belly Dancing!

Thurs., March 14th & 28th 7:00pm-8:00pm

Belly Dancing is a low impact dance technique that can help you achieve a more joyful body image. Dance in your socks, barefoot, or in soft shoes. Ladies...survivors, friends, and family are welcome!
Facilitator: Cheryl Johnson, Aegela Center.
►The class is learning a dance for a recital in late April. (participation is optional) RSVP

The Power of Acceptance

"Mobilize Your Self Healing Powers"

Friday, March 15th 1:00pm-2:30pm

Using meditation and discussion, we'll explore the innate self healing powers present in each one of us.
Presenter: Jane V. Lutz, MSN, meditation teacher and holistic practitioner.
Class limit 12. RSVP.

THE VICTORY CENTER
Reaching out to cancer patients & their families.

Visit www.thevictorycenter.org or FACEBOOK

March 2019

Central Hours:
Mon., Tues., Thurs. 8-4pm
Wed. 8-7pm
Fri. 8-3pm
2nd Sat 10-2pm (No Wig Bank)

Perrysburg Hours:
Mon., Tues., Wed., Thurs. 8:30-4pm
Fri. 8:30-3pm
2nd Sat 10-2pm (Wig Bank only)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	May you always be blessed with walls for the wind, a roof for the rain, a warm cup of tea by the fire, laughter to cheer you, those you love near you, and all that your heart may desire. Irish Proverb				1 12:00 Restorative Yoga	2
3	4 10:30 Yoga 6:00 Blood Cancer SG	5 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga NEW!	6 10:00 Healthy Steps 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consultation* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	7 1:30 Chair Yoga 2:30 Group Meditation 5:30 Lymphedema Ed.* 5:30 Yoga Nights 6:15 Healthy Steps NEW!	8 10:00 Art Therapy* Watercolor Weather Paintings 12:00 Restorative Yoga	9 10-12 Wig Bank 10:00 Wig Tips w/Kristen*
10	11 10:30 Yoga	12 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga NEW! 6:00 Breast Cancer SG 6:00 Caregiver SG	13 10-12 Wig Bank 10:00 Healthy Steps 10:00 Pink Ribbon* 11:30 Nia Fitness-St Patrick's Day Theme* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	14 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:15 Healthy Steps NEW! 7:00 Belly Dancing*	15 12:00 Restorative Yoga 1:00 Reiki Workshop* 1:00 Art Therapy* Velour Paper Drawing 1:00 Power of Acceptance*	16
17 St. Patrick's Day	18 10:30 Yoga 1:00 Daytime Cancer SG 5:00 Art Therapy* Silk Scarf Painting	19 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga NEW! 5:00 Welcome Spring* 7:00 Healing Service*	20 9:00 Fundamentals of Zentangle* 10:00 Healthy Steps 11:30 Nia Fitness 1:00 Aromatherapy Consultation* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	21 9:00 Plant Your Zentangle Garden* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:15 Healthy Steps NEW!	22 10:00 Fight Back with Nutrition* 12:00 Restorative Yoga 1:00 Line Dancing* 7:00 Stress Reduction & Guided Imagery*	23
24 31	25 10:30 Yoga	26 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga NEW! 6:00 Breast Cancer SG 6:00 Caregiver SG	27 10-12 Wig Bank 10:00 Healthy Steps 11:30 Nia Fitness 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	28 1:30 Chair Yoga 2:30 Group Meditation 5:00 Book Club* 5:30 Yoga Nights 6:15 Healthy Steps NEW! 7:00 Belly Dancing*	29 12:00 Restorative Yoga 1:00 Painted Vases* 1:30 Aromatherapy Consultation*	30

TVC@Perrysburg~inside the Mercy Health Perrysburg Cancer Center, 12623 Eckel Junction Road, Perrysburg, OH 43551

Mercy St Anne Cancer Center 3404 West Sylvania Ave. Toledo, OH 43623

Restorative Yoga is held at Toledo Yoga, 4324 west central avenue, toledo, ohio 43615

***RSVP needed, call 419-531-7600**

The Victory Center News is published by The Victory Center at 5532 W. Central Ave., Suite B, Toledo, OH 43615-0713

THE VICTORY CENTER
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Restorative Yoga Friday 12:00-1:00pm

Restorative yoga is a slow-flow class, with props to provide support and comfort. Certified instructor is David Schmenk.

Drop-in to attend! Held At: toledoyoga

4324 west central avenue
toledo, ohio 43615

Nia Fitness– St. Patrick's Day Theme!

Wed., March 13th 11:30am-12:30pm

Have you ever tried Nia Fitness? Nia is where exercise meets dance! Have fun and use the whole room to move. This month, a special session will take inspiration from a fun holiday. Wear shamrocks or anything green if you have it, and be ready to have a...WEE BIT 'O FUN! Facilitator: Deb Reis, RN, MSN and certified Nia instructor. Bring a friend! RSVP please.

Aquatic Exercise
Wed. from 6:00-7:00pm

This FREE weekly exercise class is held at the Central Park West Health Center heated pool. You must be a registered participant at TVC to participate. Call Lynn at The Victory Center for more information or to register.
Pre-registration required. Thanks!

Exercise Programs for All Survivors! *Drop-in classes*

- **Yoga** Mon-10:30-12pm
  Tues-12:30-1:30pm
  Tues-4:15-5:30pm
  Thurs- 5:30-7pm

Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Involves some floor positions; mats are provided. Led by Certified Yoga Instructor, Mike Zerner or Caroline Dawson.

- **Healthy Steps** Tues-10-11am
  Wed- 10-11am
  Thurs-6:15-7:15pm

Healthy Steps is a gentle exercise which moves the lymph system, using music and props. Can be done standing or seated. Led by Sandy Witt, Certified & Licensed in Lebed Method.

- **Nia Fitness** Wed-11:30-12:30pm

This type of movement connects body, mind, and spirit, and helps to release tension and emotions, making room for healing & balance. Led by RN Deb Reis, Certified Nia Instructor.

- **Chair Yoga** Thurs-1:30-2:30pm

Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructor, Caroline Dawson.

An ACS Program at The Wig Bank

If you or anyone you know is a cancer patient, tell them about this FREE service!
Most wigs are brand new straight from the manufacturer and provided through ACS. Survivors are here to help with fittings and practical advice. Complete a simple registration form to receive a wig. Proof of income not required. Caregivers may pick up a wig when necessary; please call Katie at 419-531-7600 for more information. One wig per person per calendar year.
No appointment needed BUT you must come when the Wig Bank is open.

Wig Bank OPEN HOURS: NEW Schedule!

- 2nd & 4th Wednesday, and 2nd Saturday each month.
- 10:00 am—12:00 pm ONLY
- LOOK in the calendar for the ACS symbol to confirm the date:
- At our PERRYSBURG Office!