The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

August 2019 Issue 104

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., Aug. 13th & 27th
6:00 -7:30 pm

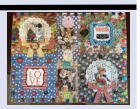
Caregiver Meeting
Tues., Aug. 13th & 27th
6:00 -7:30 pm

Blood Cancer
In Partnership with: ***L & L Society***
Mon., Aug. 5th
6:00 - 7:30 pm

Daytime Cancer Support Group
All types of cancer & caregivers welcome.
Mon., Aug. 19th
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., Aug. 1st
6:00 - 7:30 pm/ Held at: TVC@Perrysburg

Inspiration Board



Thurs., Aug. 29th
10am-12pm ***TVC@Perrysburg!***

Join us for a relaxing opportunity to make a Mary Engelbreit-inspired, "Inspiration Board". Each participant will receive a small 14x22 poster board. You will select from various design elements and inspirational words from "M.E". If you like, bring your own pictures or other items to add. Facilitator: Barb Furniss, a 14 yr breast cancer survivor &12 yr creator of inspirational art! Class of 8. RSVP.

Lymphedema Education

Thurs., Aug. 22nd
4:00-5:00pm

This session will educate survivors of any type cancer about cancer-related lymphedema. Learn about the risk factors, the signs and symptoms, and how to reduce the chance of occurrence. Facilitator: Denise Braden, Certified Lymph. Therapist, DR/OT. RSVP

Healthy Spirit Art Therapy~ Areka Foster, Art Therapist *RSVP!*

Silhouette Self Collage

Friday, Aug. 16th
10:00am-12:00pm

Who are you? What words and images describe who you are? In this group we will use collage materials to create a piece of art about you! We will trace your silhouette and then you can explore and fill it with all things "YOU". Materials will be provided, but feel free to bring magazines, old greeting cards, photocopies, and any other 2-D material to use in your project. w/Areka Foster. Class limit 15. RSVP

Hula Hoop for Fitness & Fun!

Wed., Aug. 7th
11:30am-12:30pm

This is basic hula hoop so no prior knowledge or skill is needed, just a desire to learn and have fun. Adult size hula hoops will be provided. Wear comfortable clothing and supportive flat shoes (like sneakers). Physical benefits include: builds core strength, reduces stress & increases vitality, & tones entire body. Instructor: Glenna Frey, RN, MSN Certified Hoopnotica Instructor. Sponsored by ProMedica. Limit 8. RSVP.

Painted Barn Wood

Aug. 14th
1:00pm-3:00pm

Really cool and up to date! Take a simple image or phrase, and paint your design using acrylics, leaving a bit of the barn wood to show through. Edges of the piece are left rough-cut or uneven. This project can be incorporated into any home décor as an accent piece, and could be hung or propped against a wall or fireplace, the choice is yours! Generous wood pieces provided for this class. Facilitator: Dottie Huls, retired art teacher and survivor. RSVP. Class limit 15.

Wig Tips *with Kristen*

Sat., Aug. 10th
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.

Watercolor Handmade Cards

Monday, Aug. 5th
5:00pm-7:00pm

Handmade cards are one of the nicest things to give and can be meaningful gifts when you fill it with kind words and love. In this art therapy class, we will be creating up to 6 handmade cards using watercolor paints and various types of resists (crayon, oil pastel and wax) to draw images or designs. Watercolor painting techniques will be offered, but play and experimentation is encouraged. Bring a paint shirt and glasses if you wear them. w/Areka Foster. Class limit 15. RSVP

Wire Beaded Trees

TVC@Perrysburg!

Monday, Aug. 26th
1:00pm-3:00pm

Wire beaded trees are unique, elegant, and best of all, the entire project can be completed in less than two hours. They are a fun centerpiece that can be created with your own colors or style. You can create a bonsai, a spring weeping cherry or a fall oak tree; the possibilities are endless. Please bring your creativity, a pair of needle nose pliers, work gloves and if you have a certain color in mind, bring a small container of beads (larger beads are easier to handle).
w/Areka Foster. Class limit 15. RSVP.

Healing Service

Tuesday, Aug. 20th
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

Belly Dancing!

Thursday, Aug. 22nd
7:00pm-8:00pm

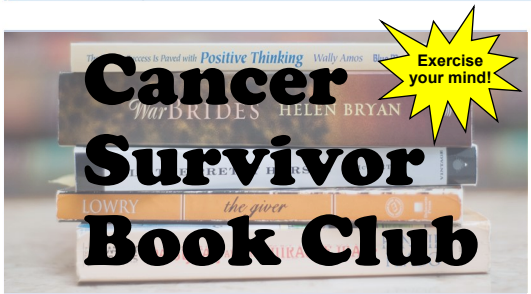
Belly Dancing is a low impact dance technique that can help you achieve a more joyful body image. Dance in your socks, barefoot, or in soft shoes. Ladies only….survivors, friends, and family are welcome! No dance experience required. Hip scarves provided for class use. Instructor: Cheryl Johnson. RSVP.

Intimacy Issues for Cancer Survivors

Wednesday
Sept. 25th
6-8:00pm
TVC@Perrysburg!

Register Early! LADIES ONLY, please join us for this special opportunity to discuss intimacy issues ranging from reestablishing closeness to exploring sexuality after a diagnosis. Speakers will be Alyssa Kitts, PA-C, Gynecology Oncology, and Tina Kerr, RN, representative for Pure Romance products. You may anonymously submit questions when you register. Wine, cheese, and desserts will be served. Sorry, no children allowed. Doors open at 5:30pm. RSVP

The Victory Center *News* August 2019 Issue 104



Next Meeting: Thurs., Sept. 26th, 5-6pm*

New York Times Bestseller

We're reading:

The Magnolia Story

By: Chip and Joanna Gaines

By renovating homes...and changing lives in such a winsome and engaging way, Chip and Joanna have become more than just the stars of Fixer Upper, they have become America's new best friends. The Magnolia Story is the first book from Chip and Joanna, offering their fans a detailed look at their life together. From the very first renovation project they ever tackled together, to the project that nearly cost them everything; from the childhood memories that shaped them, to the twists and turns that led them to the life they share on the farm today.

Magical Zentangle Letters

Fri., Aug. 9th 10:00am-12:00pm

The written word is magical because it allows us to communicate our thoughts, feelings and ideas without being present. And every word we share is built out of letters. This month we will celebrate magical letters by tangling our favorite ones. Come celebrate with us.

Harley King, Certified Zentangle Instructor. Class limit of 25. RSVP.

RELAY Fest! With The Victory Center!

Saturday, Sept. 7th 12:30pm-8:30pm

Join THE VICTORY CENTER TEAM!
~ ALL CANCERS INVITED!~
This is a festival, not a walk!

Would you like to join The Victory Center at the Lucas County Relay for Life? It will be held Saturday, Sept. 7th from 12:30-8:30 at Centennial Terrace in Sylvania. It is FREE to register as a survivor or caregiver.

They do have a survivor parade near the beginning of the event, so come early! Stay for a little or stay for the whole event!

The American Cancer Society WILL occasionally email you to encourage you to fundraise, because that is sent out via bulk email. BUT you DO NOT have to fundraise to register or to come! Meet your friends or make new ones with The Victory Center!

Groups will be selling food and many interesting things, so you may want to consider eating there or purchasing items to support ACS. This is totally up to you. But I hope we can have a big group this year, and I hope YOU can make it!

►**Register with ACS at 1-877-957-7848**
OR online at: https://tinyurl.com/relay-TVC-2019

►Please also RSVP to The Victory Center so we have your name on our list, too!

Fight Back with Nutrition

Friday, Aug. 23rd 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

Weds., Aug. 7th & 21st 1:00pm-2:00pm
(TVC@Central)

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist

Fri., Aug. 23rd 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.

965 Art - Studio Experience

Tues., Aug. 13th 12:30-3:00pm

Join a group of fellow TVC cancer survivors as they meet at 965 Art, an art studio at the home of art teacher Kelly Kelly. You'll have a fun art project and can choose from relaxing experiences such as adult coloring, enjoying a walk around the beautiful property, feeding or brushing the ponies, sitting by the fire pit or relaxing with a cup of tea or coffee.

You may bring snacks. Limit 12.
Meet at: 965 ART (home studio)
Address: 965 Albon Rd., Holland, OH 43528.
This home is in a residential neighborhood south of Angola. Look for the 965 sign in the front yard. (Picture above) Pull past the garage & park in back.

Race for the Cure– with The Victory Center!

Sunday, Sept. 29th 9:30am Race Start

Join The Victory Center team! Here's how:
1) Go to komennwo.org
2) Under the EVENTS tab, click on Race for the Cure, then click Toledo
3) Click on JOIN A TEAM
4) Enter THE VICTORY CENTER GALS
5) Click "Join"
6) Complete your registration!

The team is led by survivors from TVC's Breast Cancer Support Group!

Reiki Workshop

TVC@Perrysburg!

Monday, Aug. 12th 10:00am-12:00pm

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 experienced a reiki session before registering for this class. Offered by Peggy Granger, Reiki Master. Limit to 6 cancer survivor participants. RSVP.

Line Dancing

Friday, Aug. 9th 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!

The Power of Acceptance

"Courage"

Friday, Aug. 23rd 1:00pm-2:30pm

True courage comes from the heart. We will meditate and discuss ways to enhance this aspect of personal power. Presenter: Jane V. Lutz, MSN, meditation teacher and holistic practitioner.
Class of 12. RSVP

Beginning Meditation

Friday, Aug. 2nd 10:00am-12:00pm

Have you tried mediation? It's a great way to find inner peace and relaxation. This class will cover mindfulness meditation and breathing techniques. There will also be a guided healing meditation.
Offered by Peggy Granger, Reiki Master.
Limit to 10 participants or caregivers. RSVP.

Pink Ribbon Program

Post-Operative Workout Enhancing Recovery

Weds., Aug. 7th - Sept. 11th 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.

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

Visit www.thevictorycenter.org or FACEBOOK

August 2019

Central Hours:
Mon., Tues., Thurs. 8-4pm
Wed. 8-7pm
Fri. 8-3pm
2nd Sat 10-2pm (Services only)

Perrysburg Hours:
Mon., Tues., Wed., Thurs. 8:30-4pm
Fri. 8:30-3pm
2nd Sat 10am-12pm
(Wig Bank only)

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	There is always music amongst the trees in the garden, but our hearts must be very quiet to hear it. - Minnie Aumonier -			1 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps 6:00 Young Cancer Survivor SG	2 10:00 Beginning Meditation* 12:00 Restorative Yoga	3
4	5 10:30 Yoga 5:00 Art Therapy* Watercolor Handmade Cards 6:00 Blood Cancer SG	6 10:00 Healthy Steps 11:00 Knit Wits and More 2:30 Yoga 4:15 Yoga	7 10:00 Healthy Steps 10:00 Pink Ribbon* 11:30 Hula Hooping* 1:00 Aromatherapy Consultation* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	8 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps	9 10:00 Magical Zentangle Letters * 12:00 Restorative Yoga 1:00 Line Dancing* 	10 10-12 Wig Bank 10:00 Wig Tips*
11	12 10:00 Reiki Workshop* 10:30 Yoga 	13 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 965 ART* 12:30 Yoga 4:15 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	14 10-12 Wig Bank 10:00 Healthy Steps 10:00 Pink Ribbon* 11:30 Sorry, NO Nia Fitness 1:00 Barn Wood Art * 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	15 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps	16 10:00 Art Therapy* Silhouette Self Collage 12:00 Restorative Yoga	17
18	19 10:30 Yoga 1:00 Daytime Cancer SG	20 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 7:00 Healing Service* 	21 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	22 1:30 Chair Yoga 2:30 Group Meditation 4:00 Lymphedema Ed.* 5:30 Yoga Nights 6:30 Healthy Steps 7:00 Belly Dancing* 	23 10:00 Fight Back with Nutrition* 12:00 Restorative Yoga 1:00 Power of Acceptance* 1:30 Aromatherapy Consultation* 	24
25	26 10:30 Yoga 1:00 Art Therapy* Wire Beaded Trees 	27 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	28 10-12 Wig Bank 10:00 Healthy Steps 10:00 Pink Ribbon* 11:30 Nia Fitness 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	29 10:00 Inspiration Board* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps	30 12:00 Restorative Yoga	31

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
Reaching out to cancer patients & their families.

5532 W. Central Ave., Suite B
Toledo, OH 43615-0713

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The Victory Center *News*

August 2019 Issue 104

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

Event: Over the Edge for Victory
Date: Friday, September 6
Location: Toledo Edison Building, 300 Madison Ave., Downtown Toledo
Time: 9:00am-6:00pm
Building Specs: 16 stories, 225 feet

over the EDGE for Victory

Details: The first 86 individuals to raise a minimum of $1,000 to support The Victory Center will have the opportunity to rappel.

Contact: Karen Evans, Special Events Manager at 419-531-7600

Web Address: www.ote4victory.org to register

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-6:30-7:30pm

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

Wigs are FREE, and are brand new or are donated & gently used. Survivors are here to help with fittings and practical advice. Complete a simple registration form to receive a wig. Proof of income not required. Please call Sandy 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:

- 2nd & 4th Wednesday, and 2nd Saturday each month from 10-12.
- LOOK in the calendar for:
- **Held at our PERRYSBURG Office!**

Are YOU enrolled? It helps so much!

Register your Kroger Card online at:

www.krogercommunityrewards.com

Thank You!

They'll make a donation to TVC based on how much you shop! Don't worry, your fuel rewards remain the same.