

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

October 2019 Issue 106

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., Oct. 8th & 22nd
6:00 - 7:30 pm

Caregiver Meeting

Tues., Oct. 8th & 22nd
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*

Mon., Oct. 7th
6:00 - 7:30 pm

Daytime Cancer Support Group

All types of cancer & caregivers welcome.

Mon., Oct. 21st
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., Oct. 3rd
6:00 - 7:30 pm/ Held at: TVC@Perrysburg

Fun & Fabulous Trivia

Tues., Oct. 29th
6:00pm-7:30pm

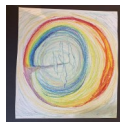


Trivia games have been a staple at bars and restaurants for some time. Now it's time for The Victory Center to host its very own Fun & Fabulous version! Come join in the fun. Bring a team of 4, or a friend, or come alone and we'll set you up as part of a team. Prizes will be awarded for teams finishing at the top—but a good time will be had by all. Hosted by TVC's own Karen Evans and Chelsea Seger. Limit 24. RSVP.

Healthy Spirit

Exploration of Mindfulness & the Felt Sense

Friday, Oct. 4th
10:00am-12:00pm



Have you ever tried to describe an experience or emotion and found that words don't accurately convey it? In this Art Therapy session, we will learn about mindfulness practices, the felt sense (what our body experiences) and how it can safely be explored and communicated through art. We will use chalk and oil pastels to reflect on this practice. Please wear comfortable clothes. w/Areka Foster. Class limit 15. RSVP

JAZZERCISE LO

Thursdays, beg. October 10th
10:00am

Join Certified Jazzercise Instructor/Owner Christy Owed for this low impact version of the classic exercise program. You must be able to move freely, but age is no barrier. Dress comfortably and wear good athletic shoes. Bring a water bottle. This class is not for those battling cancer related fatigue. Bring your own free weights (hand held), one for each hand, 1-5lb each. Class limit 10. RSVP.

Paper Skeletons & Book Pumpkins

Friday, Oct. 18th
10am-12pm



Celebrate Halloween with either this adorable happy skeleton or unique book pumpkin! Dottie will lead you through these fun projects, so you will have a great result. Bring a sharp pair of scissors, glue guns, and glue sticks. Facilitator: Dottie Huls, retired art teacher and survivor. Class limit 15. RSVP.

Coloring For Grown-Ups

TVC@Perrysburg

Tues., Oct. 15th
6:00pm-8:00pm



Did you know that coloring for adults is relaxing and meditative. You will be able to choose from a variety of designs, and color them using mediums like colored pencils, markers, pens, pastels, etc. If you're already into coloring, please bring your favorite coloring pens/pencils to class. RSVP. Class limit 20. Staff Facilitator

Art Therapy~

Areka Foster, Art Therapist

RSVP!

Masks

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

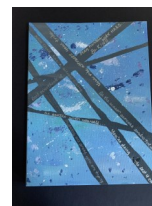


In this Art Therapy session, we will be exploring masks. According to Art Therapist, Cathy Malchiodi, masks encourage "exploring one's persona." Explore your persona or get inspired by the Halloween season. We will use paints and other medium to embellish masks. Please wear old clothes or a paint shirt. Feel free to bring ribbon, buttons, stickers, yarn or other materials to add to your mask. w/Areka Foster. Class limit 15. RSVP

Affirmation Painting

TVC@Perrysburg!

Monday, Oct. 28th
1:00pm-3:00pm



During this Art Therapy session we will be painting on black canvas, which may seem like going backwards from darkest to light—or, black to white. The image will be painted in layers, which will add depth to your painting. Join us for an exploration of bringing an image out of the dark. This is a great time to make a Halloween or other holiday inspired painting. Please wear old clothes or bring a paint shirt. w/Areka Foster. Class limit 15. RSVP.

Lymphedema Education

Thurs., Oct. 17th
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 please. Limit 15.

Healing Service

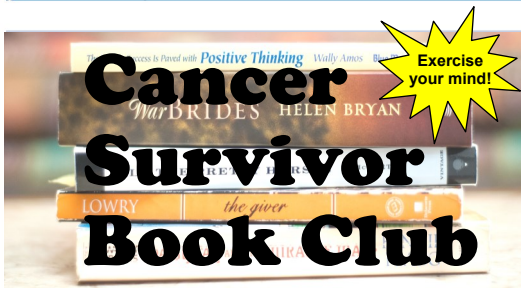
Tues., Oct. 15th
7:00-8:00pm



Join us in the Sanctuary of Epworth United Methodist Church for this monthly service that provides an opportunity for prayer, reflection and meditation. Service includes music, Scripture reading and anointing with intercessory prayer (if desired). Please RSVP to TVC. SIGN IN at church when you attend. 4855 W. Central Ave.

Main Office: 5532 W. Central Ave. Suite B | Toledo, OH 43615-0713 | 419-531-7600 | www.thevictorycenter.org | Facebook

Hours: Mon, Tues, Thurs 8am-4pm | Wed 8am-7pm | Fri 8am-3pm | 2nd Sat every month 10am-2pm



Fight Back with Nutrition

Friday, Oct. 25th 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.**



Next Meeting: Thurs., Nov. 21st, 5-6pm*



We're reading:
Silent Spring
By: Rachel Carson

Rachel Carson's *Silent Spring* was first published in three serialized excerpts in the *New Yorker* in June of 1962. The outcry that followed its publication forced the banning of DDT and spurred revolutionary changes in the laws affecting our air, land, and water. Carson's passionate concern for the future of our planet reverberated powerfully throughout the world, and her eloquent book was instrumental in launching the environmental movement.

Aromatherapy Consultation w/ Deb Reis RN, MSN

Certified Clinical Aromatherapist



**Weds., Oct. 2nd & 16th
1:00pm-2:00pm**

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.

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



**Fri., Oct. 18th
1:30pm-2:30pm**

Belly Dancing!

**Thursday, Oct. 17th
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.

The Power of Acceptance

"Silence"



**Friday, Oct. 18th
1:00pm-2:30pm**

Using discussion, meditation and quiet, we will explore the pleasures and power of silence. Jane V. Lutz, MSN, meditation teacher and holistic practitioner. Class of 12. RSVP

Line Dancing

**Friday, Oct. 25th
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!



**Weds., Oct. 9th - Nov. 13th
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.**

"Plant Sense"

At UT's Stranahan Arboretum



**Wed., Oct. 2nd
6:00pm-7:30pm**

Join us for a beautiful fall evening at the University of Toledo's Stranahan Arboretum! There will be a presentation on "Plant Sense" by UT professor Heidi Appel, PhD. Plants sense their environment and interact based on what they sense. This interactive presentation will take place at the courtyard area across from the Arboretum. Park in the stone lot and follow the paved walkway to the courtyard. There are picnic tables or you may bring your own chair. You may also bring snacks and drinks. If there is rain, the presentation will be moved into a covered area. **TOURING THE ARBORETUM:** You may choose to tour the Arboretum on your own before the presentation, OR, you may take part in a guided tour after the presentation. See many beautiful trees in full fall color! Limit 30. RSVP.

Stress Reduction & Guided Imagery For Survivors

Mon., Oct. 28th 5:30-8:00pm

Identify stressors and practice deep breathing and progressive relaxation. Experience a wonderful guided imagery with Facilitator Deborah Shulamit, RN, LSW. RSVP. Class size 4-8. **Please bring pillow & blanket.**



965 Art - Studio Experience Tues., Oct. 8th 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.

Rockin' Holiday Paperweight Zentangle



**Friday, Oct. 11th
10:00am-12:00pm**

Begin your holiday shopping by attending the Rockin Holiday Paperweight Zentangle workshop. Come and tangle pre-painted rocks in a holiday motif. Keep the rock for yourself or give the paperweight as a holiday gift. Must have taken Fundamental of Zentangle before this class. Limit 15. Maureen Hines, Certified Zentangle Instructor. Class limit of 25. RSVP.



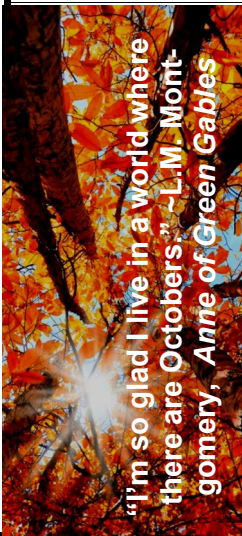



THE VICTORY CENTER
Reaching out to cancer patients & their families.

October 2019

Visit www.thevictorycenter.org or FACEBOOK

Central Hours:
Mon., Tues., Thurs. 8-4pm
Wed. 8-7pm
Fri. 8-3pm
2nd Sat 10am-12pm
(Wig Bank 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	
 <p>"I'm so glad I live in a world where there are Octobers." ~L.M. Montgomery, <i>Anne of Green Gables</i></p>	6  10:30 Yoga 5:00 Art Therapy* Masks 6:00 Blood Cancer SG	7  10:30 Yoga 5:00 Art Therapy* Masks 6:00 Blood Cancer SG	8 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 12:30 965 Art* 4:15 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	9 10-12 Wig Bank 10:00 Pink Ribbon* 11:30 Nia Fitness 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	10 10:00 Jazzercise* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps	11 10:00 Zentangle: Rockin' Holiday* 12:00 Restorative Yoga	12 10-12 Wig Bank
	13 10:30 Yoga	14 10:30 Yoga	15 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 6:00 Adult Coloring* 7:00 Healing Service*	16 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consultation* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	17 10:00 Jazzercise* 1:30 Chair Yoga 2:30 Group Meditation 4:00 Lymphedema Education* 5:30 Yoga Nights 6:30 Healthy Steps 7:00 Belly Dancing*	18 10:00 Paper Skeletons & Book Pumpkins* 12:00 Restorative Yoga 1:00 Power of Acceptance* 1:30 Aromatherapy Consultation*	19
	20	21 10:30 Yoga 1:00 Daytime Cancer SG	22 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	23 10-12 Wig Bank 10:00 Pink Ribbon* 11:30 Nia Fitness 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	24 10:00 Jazzercise* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps	25 10:00 Fight Back with Nutrition* 12:00 Restorative Yoga 1:00 Line Dancing*	26
	27	28 10:30 Yoga 1:00 Art Therapy* Affirmation Painting 5:30 Stress Reduction & Guided Imagery*	29 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 6:00 Fun & Fabulous Trivia*	30 10:00 Pink Ribbon* 11:30 Nia Fitness 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	31 10:00 Jazzercise* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps	 <p>HAPPY HALLOWEEN</p>	

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 Ave., Toledo, OH 43615



THE VICTORY CENTER

Reaching out to cancer patients & their families.

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

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October 2019 Issue 106

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

Wig Donations SPECIAL ANNOUNCEMENT:

The Victory Center is now able to accept donations of clean, gently worn wigs. Those in good condition will be made available at the Wig Bank, to help other survivors.



Aquatic Exercise Wednesdays from 6-7:00pm



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. 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- 1:30-2:30pm
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.



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.

➤ 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.