



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

November 2019 Issue 107

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., Nov. 12th & 26th

6:00 - 7:30 pm

Caregiver Meeting

Tues., Nov. 12th & 26th

6:00 - 7:30 pm

Blood Cancer

In Partnership with: **L & L Society**

Mon., Nov. 4th

6:00 - 7:30 pm

Daytime Cancer Support Group

All types of cancer & caregivers welcome.

Mon., Nov. 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., Nov. 7th

6:00 - 7:30 pm/ Held at: TVC@Perrysburg

WEATHER ALERTS:

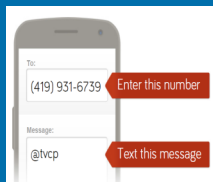
To receive messages via EMAIL:

send an email to: tvcp@mail.remind.com.

You will receive an instant email reply asking for you to confirm your email. After you do that, you are all set up!

To unsubscribe, reply with "unsubscribe" in the subject line.

To receive messages via TEXT:



text @tvcp to (419) 931-6739.

To opt out of messages, reply: "unsubscribe @tvcp".

*See inside for TVC's Weather Cancellation Policy

Healthy Spirit

Art Therapy~ Areka Foster, Art Therapist

RSVP!

Seasons Acrylic Painting

Friday, Nov. 1st

10:00am-12:00pm



Seasons come and seasons go...with this painting we can capture all of it! Join us for a fun art therapy session painting your favorite tree to reflect all the seasons in one painting. Various sized stretched canvases will be offered. Please wear a paint shirt or old clothing. Ideas will be offered, but feel free to bring images or your own ideas. w/Areka Foster. Class limit 15. RSVP

Anti-anxiety Hand Massage for Patients & Caregivers

Friday, Nov. 1st

11:00am-12:00pm



Aromatherapy hand massage incorporates two techniques that reduce stress and anxiety and is beneficial for both the giver and the receiver. We will learn how to do this super simple technique, choose a unique massage blend, and then have the opportunity to practice on each other. It's a win-win! Register in pairs. Limit 10 pairs. RSVP.

Painted Charger

Friday, Nov. 15th

10:00am-12:00pm

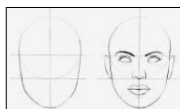


A charger is an oversized decorative plate that is made to be placed under your dinner plate to make a more elegant look. But their unique size and design make them ideal for other decorative uses, too. Join Dottie as she helps you paint your way to a cool holiday home décor item! Facilitator: Dottie Huls, retired art teacher and survivor. Class limit-15 RSVP

Portraits 101

Friday, Nov. 8th

10am-12pm



Have you been interested in drawing a face during an art or craft class and didn't know where to start? Join Dottie as she teaches you the basics! Bring 2 pencils, a ruler and an eraser. Facilitator: Dottie Huls, retired art teacher and survivor. Class limit 15. RSVP.

Planetarium Double Feature!

"Dynamic Earth" and "Planet 9"

Join us for a FREE event for TVC participants at UT's Ritter Planetarium!

Friends & family of all ages are welcome. In "Dynamic Earth", this thrilling program examines the Earth's climate engine, the Carbon Cycle. We will travel from far-flung Venus to beneath the Earth's seas to understand why the Earth is capable of supporting life, and how that life, from plankton to people, interacts with that very same Carbon Cycle. In "Planet 9", follow the planet hunter Mike Brown as he searches for a ninth planet beyond Neptune. Based on clues found in the Kuiper Belt, Brown and others have found evidence for a large planet at the far edges of the Solar System.

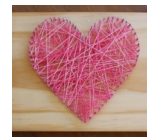
Call TVC to register the number in your group. Guests can park in parking area ONE, adjacent to the planetarium, just past the main entrance off Bancroft Street.

ALSO► For parking, we will need the make, model, year, color, and license plate number of each vehicle that will be coming to UT, to make sure no one gets a campus parking ticket!

String Art

Monday, Nov. 18th

5:00pm-7:00pm



String Art is the "stringing" of colored thread between points to form a shape or design. Thread or string is wound around a pattern of nails hammered into wooden board. String art was popular in the 1960s and is popular again today. Join us for an art therapy session creating your own special piece. Please bring a small hammer. Other supplies will be provided, but if you have a particular color or shade in mind, please bring your own embroidery style thread. This class will be loud due to hammering of nails. w/Areka Foster. Class limit 15. RSVP

Painted Log Coasters

TVC@Perrysburg!

Monday, Nov. 11th

1:00pm-3:00pm



Have you ever wanted to make homemade gifts for those special people on your holiday lists? Well this is the art therapy group for you! We will be preparing and painting log slice coasters. Each participant will be able to make 4 coasters. Ideas will be offered, but if you have stencils or image ideas please bring them. Wear old clothes or bring a paint shirt. w/Areka Foster. Class limit 15. RSVP.

Oils of the Bible

Wed., Nov. 6th

1:00-2:30pm

Special Aromatherapy Class!



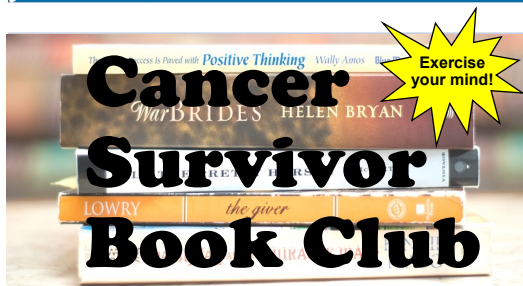
Spices and oils were an integral part of culture in Biblical times. Essential oils were used to anoint kings, leaders and the Christ Child.

Today, modern science is documenting the healing properties of these essential oils. Discover the ancient wisdom of the oils from the Bible and application to modern times. Facilitated by Deb Reis, RN, MSN, Certified Clinical Aromatherapist. Class limit of 20. Sponsored by ProMedica. RSVP

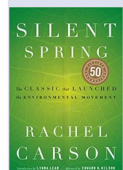
On Wed. Nov. 27th, TVC will be open 8-4, and there will be no Healthy Steps, Weekly Cancer Support Group or Aquatic Program.

Thurs., Dec. 5th 6:00-7:00pm





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. RSVP

Cricut Fun! Iron-on Class!

Tues., Nov. 5th
1:00-3:00pm



ARE YOU INTERESTED IN A CRICUT CUTTING MACHINE, AND FEEL INTIMIDATED? Instructor Peggy Borell will show you lots of things you can do with a Cricut, and share basic tips and tricks. You'll choose a graphic, watch it cut, and make a potholder with iron on vinyl. You'll see how the Design Space program works, and learn how to upload free graphics to your own space. If you're thinking of buying one, you'll understand which machine is best for you and where to find the best deal. ► Toledo libraries have the machines for your use, so once you take the class, you'll be able to start creating! ► PLEASE BRING AN IRON TO CLASS. New or experienced Cricut users. Class of 15. RSVP

The Gifts of Autumn

Friday, Nov. 8th
1:00pm-2:30pm



Enjoy the Gifts of Autumn slide show and music presentation to discover the lessons of the season. Includes nature journaling and activities to provide for continued discovery. Patty Toneff of Ruth Esther Retreats. Class limit of 20. RSVP

REGISTER Starting Nov. 1st!

TVC Annual Holiday Potluck
Tuesday, December 3rd
5:00-7:00pm

Holiday Songs & Sing-Along by:
Sophia Krauss, Joe Kuehn and Rachel Donaldson

All participants and their families are invited to attend this celebration!

Fight Back with Nutrition

Friday, Nov. 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., Nov. 20th
1:00pm-2:00pm
(TVC@Central)

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.

The Power of Acceptance

"Gratitude"

Friday, Nov. 22nd
1:00pm-2:30pm



In this month of giving thanks, we'll use meditation and discussion to expand our awareness of the powers of gratitude. Jane V. Lutz, MSN, meditation teacher and holistic practitioner. Class of 12. RSVP

Line Dancing

Friday, Nov. 15th
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!

Wig Tips with Kristen

Sat., Nov. 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.

Reiki Workshop

TVC@Perrysburg!

Monday, Nov. 18th
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 received a reiki session before registering for this class. Offered by Peggy Granger, Reiki Master. Limit to 6 cancer survivor participants. RSVP.

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



Fri., Nov. 22nd
1:30pm-2:30pm
(TVC@Perrysburg)

Belly Dancing!

Thursday, Nov. 21st
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.

Learn to Meditate!

Wednesdays, Nov. 6-20th
4:30pm-5:45pm



Join Lisa Blake, meditation instructor and breast cancer survivor, as she offers this weekly opportunity to try meditation. Sign up for each week, or just those you are able to attend. She will integrate different methods each week. A great place to start or reinvigorate your meditation goals! Limit 8 per session. RSVP.

Zentangle Group

Tuesday, Nov. 19th
1:00pm-4:00pm



Have you attended a Fundamentals of Zentangle class and want to learn more patterns and share ideas? Well, this group is for you! Attend with other enthusiasts and be ready to pick up more skills. Bring your own supplies, though the instructor may have select supplies on hand to purchase if you need to restock. Instructor: Harley King, Certified Zentangle Instructor. Class limit of 25. RSVP.

Healing Service

Tuesday, Nov. 19th
7:00pm-8:00pm



Join us at Epworth United Methodist Church for this monthly service for prayer, reflection, and anointing (if desired).
Epworth United Methodist Church
*SIGN IN at the church when you attend.
*RSVP ahead to TVC
Address: 4855 W. Central Ave. Toledo, OH 43615







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

Visit www.thevictorycenter.org or **FACEBOOK**

November 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 |
|---|--|--|---|--|--|---|
|  |  | <p>"Appreciation can change a day, even change a life. Your willingness to put it into words is all that is necessary." Margaret Cousins</p> | | |  | |
| | | | | | | |
| 3 | 4 10:30 Yoga 6:00 Blood Cancer SG | 5 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 1:00 Cricut Fun! Iron-on* 4:15 Yoga | 6 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Oils of the Bible* 1:30 Healthy Steps 4:30 Learn to Meditate* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG | 7 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps 6:00 Young Cancer Survivor Group | 8 10:00 Portraits 101* 12:00 Restorative Yoga 1:00 The Gifts of Autumn* | 1 10:00 Art Therapy* Seasons Acrylic Painting 11:00 Anti-anxiety Hand Massage* 12:00 Restorative Yoga |
| 10 | 11 10:30 Yoga 1:00 Art Therapy* Painted Log Coasters | 12 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 | 13 10-12 Wig Bank 10:00 Pink Ribbon* 11:30 Nia Fitness 1:30 Healthy Steps 4:30 Learn to Meditate* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG | 14 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps | 15 10:00 Charger Plates* 12:00 Restorative Yoga 1:00 Line Dancing* | 16 1:00 Line Dancing* |
| 17 | 18 10:00 Reiki Workshop* 10:30 Yoga 1:00 Daytime Cancer SG 5:00 Art Therapy* String Art | 19 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 1:00 Zentangle Group* 4:15 Yoga 7:00 Healing Service* | 20 11:30 Nia Fitness 1:30 Healthy Steps 1:00 Aromatherapy Consultation* 4:30 Learn to Meditate* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG | 21 1:30 Chair Yoga 2:30 Group Meditation 5:00 Book Club* 5:30 Yoga Nights 6:30 Healthy Steps 7:00 Belly Dancing* | 22 10:00 Fight Back with Nutrition* 12:00 Restorative Yoga 1:00 Power of Acceptance* 1:30 Aromatherapy Consultation* | 23 1:30 Aromatherapy Consultation* |
| 24 | 25 10:30 Yoga | 26 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 | 27 10-12 Wig Bank 11:30 Nia Fitness Sorry, NO Healthy Steps Sorry, NO Aquatic Exercise* Sorry, NO Weekly Cancer SG | 28 TVC Closed  | 29 TVC Closed | 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 Ave., Toledo, OH 43615

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

***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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November 2019 Issue 107

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.



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!



TVC's Weather Cancellation Policy:

Level 1: OPEN

Level 2: Check Facebook, TV, and radio stations, or sign up for text or email alerts.

Check Facebook or call the office on days with changing weather situations. We may be open for evening programs even if closed earlier in the day.

Level 3: CLOSED

*Levels are all based on Lucas County, which is the location of TVC's main 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.