



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

December 2019 Issue 108

## Support Groups ~ Drop in!

### Weekly Cancer Support Group

All types of cancer & caregivers welcome.  
Wednesdays; Dec. 18th ~ Potluck  
6:00 - 7:30 pm

### Breast Cancer

Funded by *The Breast Cancer Fund of OH*  
Tues., Dec. 10th ~ Potluck  
6:00 - 7:30 pm



### Caregiver Meeting

Tues., Dec. 10th ~ Potluck  
6:00 - 7:30 pm

### Blood Cancer

In Partnership with: *L & L Society*  
Mon., Dec 9th ~ Potluck  
6:00 - 7:30 pm

### Daytime Cancer Support Group

All types of cancer & caregivers welcome.  
Mon., Dec. 16th  
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., Dec. 5th  
6:00 - 7:30 pm/ Held at: TVC@Perrysburg

## We want to showcase your art or craft!

TVC's Annual Cancer Survivor Art Show will be held in January and we need you! We accept submissions for items created at TVC or at home. Submissions are only accepted from cancer survivors affiliated with TVC. Any art or craft is welcome. **RSVP to Penny if you intend to submit something.** Thanks!  
Here's what you need to know:

- ◆ Artwork due from Jan. 20th-24th
- ◆ Have items framed or ready to display
- ◆ Submit up to 3 pieces
- ◆ Fill out title & description form
- ◆ Attend show either Fri. or Sat. or both
- ◆ Cookies or snack donations welcome

**TVC Art Show Save the date:**

**Friday, Jan. 31st (4-6pm)**

**& Saturday, Feb. 1st (1-3pm)**

REGISTER EARLY  
Space is limited!  
\*how many guests  
\*what you're bringing



DOOR

Prizes, too!



## 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 holiday celebration!

## Healthy Spirit Art Therapy ~ Areka Foster, Art Therapist

Art Therapy is funded through a grant from Buckeye Broadband

### Mason Jar Luminaries

**Friday, Dec. 6th  
10:00am-12:00pm**



In the art therapy session, we will be creating mason jar luminaries. We will use paint and paint pens that can be used free hand or with the use of a stencil or print out. If you have a silhouette in mind, please print it out and bring it to the class. Width should be no more than 8 inches wide and 3-4 inches tall. We will be painting on the outside of the glass. w/Areka Foster. Class limit 15. RSVP

### Manor House Tour ~Meet-up! Thurs., Dec. 12th 10:00am

Meet up with fellow cancer survivors for "Holidays at the Manor House", a free tour of the beautifully decorated Manor House, inside Wildwood Metropark.

Address: 5100 Central Ave. Toledo, OH 43615 ▶ Park near the stables.

- ▶ We have to be in line to enter, so please arrive a few minutes early. We will not stay out of line for late comers.
- ▶ Dress warm as there may be a wait outside.
- ▶ Please RSVP so we look for you!



### Zentangle Note Cards

**Thursday, Dec. 12th  
12:30-3:00pm**



Zentangle your way to interesting note cards to share with family and friends during the holidays and beyond! Everyone will be given notecards and design inspiration, but you will be able to make them your own! Prerequisite: Fundamentals of Zentangle. Harley King, Certified Zentangle Instructor. Class of 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!**

### Wire and Bead Wrapped Star Ornament

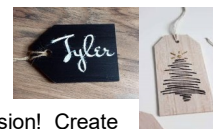
**Monday, Dec. 16th  
5:00pm-7:00pm**



Bring your reading glasses and jewelry tools (wire cutters and needle nose pliers) to this art therapy session. We will be stringing beads on wire to embellish a pre-shaped wire star ornament. Make one for you and one to give away! Feel free to bring your own beads if you have a certain color or look in mind. w/Areka Foster. Class limit 15. RSVP

### Decorated Holiday Gift Tags

**TVC@Perrysburg!  
Monday, Dec. 9th  
1:00pm-3:00pm**



This will be a fun art therapy session! Create your own wood gift tags or ornaments using paint, paint pens, stencils and ribbon. If you have letter or other stencils, please bring them. Please also bring reading glasses if you need them. You will be able to paint and embellish 5 tags. w/Areka Foster. Class limit 15. RSVP.

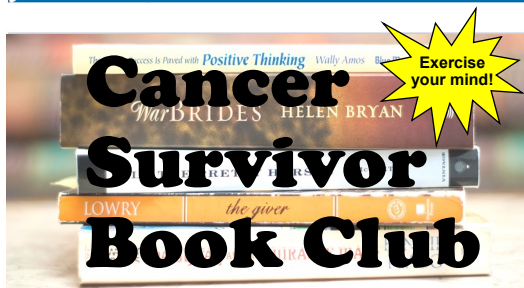
### Color Me Christmas!

**TVC@Perrysburg!  
Monday, Dec. 2nd  
10:00am-12:00pm**



Have a relaxing time at this holiday inspired coloring session! Everyone will be supplied wonderful seasonal designs and pencils to bring it to life. You will be given a frame to finish your picture and make it ready for display. w/ Barb Furniss. Limit 10. RSVP.





Next Meeting: Thurs., Jan. 30th, 5-6pm\*

We're reading:

**The Music Shop**

By: Rachel Joyce

New York Times Bestseller

It is 1988. On a dead-end street in a run-down suburb there is a music shop that stands small and brightly lit, jam-packed with records of every kind. Frank, the shop's owner, has a way of connecting his customers with just the piece of music they need. Then, one day, into his shop comes a beautiful young woman, Ilse. Terrified of real closeness, Frank feels compelled to turn and run, yet he is drawn to this strangely still, mysterious woman with eyes as black as vinyl. RSVP



**Date:** Friday, February 14, 2020  
**Location:** Hilton Garden Inn, Levis Commons (Perrysburg)  
**Time:** 11:00am-2:00pm

Cocktail hour, followed by three course lunch and fashion show featuring 2020 spring fashions modeled by TVC participants and Friends of TVC

Tickets go on sale at 8:00am on Monday, January 6, 2020  
Call 419-531-7600 to purchase tickets.  
They sell out quickly, so call early!



**WITH THE TOLEDO WALLEYE**  
**Friday, December 6 at 7:15pm**

Join the Toledo Walleye and the Victory Center at the Huntington Center for a fun night out on Friday, December 6 at 7:15PM! A portion of each ticket purchased through this link will be donated back to the Victory Center. Also, the Victory Center will be the recipient of the equipment raffle. Purchase your tickets today and don't miss out on this great night!

Order Your Tickets Today!

[toledowalleye.com/victorycenter](http://toledowalleye.com/victorycenter)

Contact Matthew Snider at 419-720-6544 or via email at [msnider@mudhens.com](mailto:msnider@mudhens.com)

Survivors who buy TVC tickets may win a ride on the Zamboni!

## Aromatherapy for the Holidays!

**Wednesday, December 4th, 1:00-3:00pm**

We will discuss the benefits of aromatherapy as a health practice with emphasis on the holiday season. Learn to identify therapeutic grade oils and their properties. We will review and smell commonly used oils during the season. Together, we will prepare an aromatic blend and potpourri for your personal use for the holidays! Please bring one of the following items that will be part of a group potpourri: dried flowers, herbs, or spices. You will take a portion home to enjoy all season! Facilitated by Deb Reis, RN, MSN, Certified Clinical Aromatherapist. Sponsored by ProMedica. Class limit of 20. RSVP to reserve your spot.



**Aromatherapy Consultation w/ Deb Reis RN, MSN**

**Certified Clinical Aromatherapist**  
Sponsored by ProMedica



**Wed., Dec. 18th**  
**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 "Forgiveness"**

**Friday, Dec. 13th**  
**1:00pm-2:30pm**

Using meditation and discussion, we'll give ourselves and others the gift of forgiveness as we let go of hurts and resentment. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. Class of 12. RSVP



**Line Dancing**  
**Friday, Dec. 6th**  
**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., Dec. 14th**  
**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, and what accessories and products are compatible. She has over 25 years experience, so come learn tricks of the trade! RSVP or drop-in.



**Stress Reduction & Guided Imagery For Survivors**

**Thurs., Dec. 19th 3:00-5:30pm**

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



**Paper Cone Wreaths**

**Friday, Dec. 13th**  
**10:00am-12:00pm**

Return of a holiday favorite! Using various papers, you will learn the technique to roll the paper and secure it, making a delicate, beautiful wreath for indoor or enclosed porch use. You may add holiday embellishments to the center. You will need to bring glue guns, glue sticks and scissors. Facilitator: Dottie Huls, retired art teacher and survivor. Class limit-15. RSVP.



**Aromatherapy Consultation w/ Patti Leupp RN, CRNA**

**Certified Clinical Aromatherapist**



**Fri., Dec. 13th**  
**1:30pm-2:30pm**  
(TVC@Perrysburg)

**Belly Dancing!**

**Thursday, Dec. 12th**  
**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.



**Portraits 102**  
**Friday, Dec. 20th**  
**10am-12pm**

Join Dottie for the next step in drawing a face, and bring a 5x7 family photo or personal photo to draw from. A close up of just the face is best. Bring 2 pencils, a ruler and an eraser. This class is reserved for those who've taken Portraits 101 in November. Facilitator: Dottie Huls, retired art teacher and survivor. Class limit 15. RSVP.



**Greenery Arrangement**

**Wednesday, Dec. 11th**  
**4:00-5:00pm**

Join us to create your own holiday centerpiece with fresh greenery that you will enjoy all season long! A six inch basket or planter, greens, and other holiday items will be supplied to help jazz up your creation. You may also bring your own 6 inch basket or container to use instead of ours. And, you may bring in decorations to use in your greenery basket, or to share with others. Nippers will be available to share, but if you have your own pruners or nippers, please bring them. Limit-15. With Mary Machon



**BENSELL Greenhouse**

**Healing Service**  
**Tuesday, Dec. 17th**  
**7:00pm-8:00pm**

Join us at Epworth United Methodist Church for this monthly service for prayer, reflection, and anointing (if desired). \*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.

# December 2019

Visit [www.thevictorycenter.org](http://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
1	2 10:00 Color Me Christmas* 10:30 Yoga	3 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 5:00 TVC Holiday Potluck	4 11:30 Nia Fitness 1:00 Aromatherapy for the Holidays* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	5 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps 6:00 Young Ca Survivor SG 6:00 Planetarium Double Feature*	6 10:00 Art Therapy* Mason Jar Luminaries 12:00 Restorative Yoga 1:00 Line Dancing*	7  12:00 Restorative Yoga 1:00 Line Dancing*
8	9 10:30 Yoga 1:00 Art Therapy* Decorated Holiday Tags 6:00 Blood Cancer SG ~potluck	10 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 6:00 Breast Cancer SG ~potluck 6:00 Caregiver SG	11 10:12 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 4:00 Greenery Arrangement* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	12 10:00 Manor House Tour Meet-up* 12:30 Zentangle Cards* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Healthy Steps 7:00 Belly Dancing*	13 10:00 Paper Wreaths* 12:00 Restorative Yoga 1:00 Power of Acceptance* 1:30 Aromatherapy Consultation*	14  10-12 Wig Bank 10:00 Wig Tips*
15	16 10:30 Yoga 1:00 Daytime Cancer SG 5:00 Art Therapy* Wire and Bead Wrapped Star Ornament	17 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 7:00 Healing Service*	18 11:30 Nia Fitness 1:00 Aromatherapy Consult* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG ~potluck	19 1:30 Chair Yoga 2:30 Group Meditation & Guided Imagery* 5:30 Yoga Nights 6:30 Healthy Steps	20 10:00 Portraits 102* 12:00 Restorative Yoga	21 
22	23 10:30 Yoga	24 TVC Closed	25 TVC Closed	26 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:30 Sorry, NO Healthy Steps	27 12:00 Restorative Yoga	28
29	30 10:30 Yoga	31 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga Sorry, NO Breast Cancer or Caregiver Support Groups	Do you want to put something under the tree for TVC?  Visit <a href="http://Amazon.com">Amazon.com</a> and search The Victory Center's Wish List for our office needs!		 happy holidays.	

**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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Toledo, Ohio  
Permit No. 840

## The Victory Center News

**December 2019 Issue 108**

### **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

### **TVC Holiday Schedule**

~Both Central and Perrysburg TVC offices will be closed on Christmas Eve, Christmas Day & New Years Day.

~No Healthy Steps on 12/26. 

### **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.

### **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](http://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.