



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

January 2020 Issue 109

Support Groups ~ Drop in!

Weekly Cancer Support Group

All types of cancer & caregivers welcome.
Wednesdays-Not held on 1/1/20
6:00 - 7:30 pm

Breast Cancer

Funded by *The Breast Cancer Fund of OH*
Tues., Jan. 14th & 28th
6:00 - 7:30 pm

Caregiver Meeting

Tues., Jan. 14th & 28th
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*
Mon., Jan. 13th
6:00 - 7:30 pm

Daytime Cancer Support Group

All types of cancer & caregivers welcome.
Mon., Jan. 20th
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., Jan. 2nd
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 at 419-531-7600 or
pmccloskey@thevictorycenter.org
if you intend to submit something.**

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 Cancer Survivor Art Show

Friday, Jan. 31st, 4:00-6:00pm & Saturday, Feb. 1st, 1:00-3:00pm

The Victory Center is proud to showcase our participant artwork!



Join us during this special annual event to see some of the wonderful pieces of artwork created by our participants. The cancer journey provokes strong emotions, conjures difficult images, and spurs creativity. And each individual represented in the show used art to help cope with their journey in some way.

The artworks have been created through our Healthy Spirit Art Therapy Classes and in other art-related classes, or from individuals exploring their creativity at home.

Bring a friend and see the journey through the eyes of an artist!

Refreshments will be served. RSVP appreciated, but not required.

Free admission, public welcome!



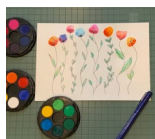
Healthy Spirit Art Therapy ~ Areka Foster, Art Therapist

Art Therapy is funded through a grant from Buckeye Broadband

Line & Wash Technique

**Friday, Jan. 17th
10:00am-12:00pm**

If you like to draw, paint, or you just want to experiment with art, this art therapy session for you! Line drawing with a permanent pen is a great way to provide an outline for a watercolor wash. Many watercolor artists will block out an image in marker and then fill in the spaces with color. Others will use doodle techniques or patterns/shapes with watercolor. Join us for a fun morning of experimenting with all the options of pen and watercolor painting. Please wear old clothing or a paint shirt. w/Areka Foster. Class limit 15. RSVP



Button Art

**Monday, Jan. 13th
5:00pm-7:00pm**

When sorting through an old box of buttons, you can't help but think about the past- clothing styles, your favorite jacket, your grandmother's sewing box or maybe learning your shapes and colors as a child. In this art therapy group, we will be creating fun artwork using some of those old (and new) buttons. Please feel free to bring your own buttons if you would like to include them. Participants can create their own image or embellish one of the images provided such as a butterfly, tree or heart. w/Areka Foster. Class limit 15.



**Weds., Jan. 29th—March 4th
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 register to attend future sessions. RSVP only.

Laughter Yoga- Special Program!

**Mon., Jan. 27th from 6-7pm and
Mon., Feb. 3rd from 1-2pm** *Caregivers, too!*

Laughter is the best medicine! Laughter Yoga is the practice of combining laughter exercises with yogic breathing. The many benefits of laughter include: lowering the negative effects of stress, oxygenating the body and brain, and improving mood and overall health. The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same health benefits, whether laughter is real or simulated. It was started by a medical doctor, Dr. Madan Kataria, in India in 1995. Facilitator: Jenn McCullough, Certified Laughter Yoga Leader. You may attend both sessions if desired. Held at our Central Ave. office. RSVP.



Intention Mandalas

**TVC@Perrysburg!
Monday, Jan. 6th
1:00pm-3:00pm**

A mandala can be a form of meditation to access the knowledge that resides within you. Often times before meditating, you set an intention. In this art therapy session, we will begin with an intention and then use the concepts of the mandala including wholeness, balance, and repetition to create a container for that intention. Drawing materials, watercolor paints, stamping and other tools will be provided to bring your intention out of your imagination and onto the paper. Bring your creativity, your reading glasses and any other mixed media supplies you might like. w/Areka Foster. Class limit 15. RSVP.

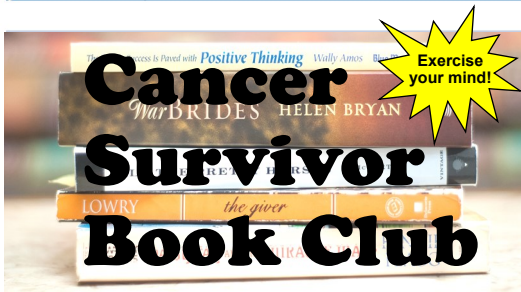


Fundamentals of Zentangle

**TVC@Perrysburg- Thurs. Jan. 16th 10am-12pm
TVC@Central- Thurs. Jan. 23rd 10am-12pm**

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 and inspiration. Zentangle art is usually abstract and not focused on a scene, object or person. Harley King, Certified Zentangle Teacher. Limit 15. RSVP



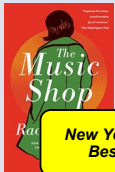


Next Meeting: Thurs., Jan. 30th, 5-6pm*

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!

Cricut Fun!

Tues., Feb. 4th
1:00-3:00pm

ARE YOU INTERESTED IN A CRICUT CUTTING MACHINE, AND FEEL INTIMIDATED? Are you thinking of buying one or just want to learn how to use one?

Instructor Peggy Borell will show you lots of things you can do with a Cricut, and share basic tips and tricks. You'll get to choose a graphic, watch it cut, and make a small glass jar or a mug for pens with your artwork. 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!

Written instructions are provided and you'll follow along with the PowerPoint presentation.

Class limit of 15. RSVP



Fight Back with Nutrition *Healthy Potluck today!*

Friday, Jan. 24th 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., Jan. 15th
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 "Being An Empath"

Friday, Jan. 17th
1:00pm-2:30pm



Empathic people are a joy, a comfort, and a gift to others. However, they often take on too much of other peoples' energy and suffer because of it. We'll use discussion and meditation to explore ways to be a healthy empath. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. Class of 12. RSVP

Line Dancing Friday, Jan. 10th 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., Jan 11th 10am-12pm TVC@Perrysburg!



Join Professional Hair Stylist Kristen Comer as she shares wig fitting & 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, and can even do some trimming on the spot! RSVP or drop-in.

Stress Reduction & Guided Imagery For Survivors

Thurs., Jan. 23rd 1:00-3:30pm

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.



Lymphedema Education Tues., Jan. 28th 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.

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



Monday, Jan. 27th
1:30pm-2:30pm
(TVC@Perrysburg)

Belly Dancing!

Thursday, Jan. 16th
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.

Reiki Workshop TVC@Perrysburg!

Monday, Jan. 27th
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.

Healing Service

Tuesday, Jan. 21st
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

Desk Organizer

Friday, Jan. 10th
10:00am-12:00pm



Make this adorable divided desk organizer out of recycled gift boxes. You can make the front art work anything that suits you or your family, such as adding a family picture, a team logo, an inspirational word, or the dragonfly as pictured. You can also leave it squared off. You will need to bring glue guns, glue sticks and scissors. Facilitator: Dottie Huls, retired art teacher and survivor. Class limit-15. RSVP.



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

January 2020

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

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
 5	6 10:30 Yoga 1:00 Art Therapy* Intention Mandela 1:30 Chair Yoga	7 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga	8 10-12 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	9 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights	10 10:00 Desk Organizer* 12:00 Restorative Yoga 1:00 Line Dancing*	11 10-12 Wig Bank 10:00 Wig Tips*
	12 10:30 Yoga 1:30 Chair Yoga 5:00 Art Therapy* Button Art 6:00 Blood Cancer SG	13 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	14 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	15 11:30 Nia Fitness 1:00 Aromatherapy Consultation* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	16 10:00 Fundamentals of Zentangle* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 7:00 Belly Dancing*	17 10:00 Art Therapy* Line & Wash Technique 12:00 Restorative Yoga 1:00 Power of Acceptance*
18	19 10:30 Yoga 1:30 Chair 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 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 7:00 Healing Service*	22 10-12 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	23 10:00 Fundamentals of Zentangle* 1:30 Chair Yoga 2:30 Group Meditation 1:00 Stress Reduction & Guided Imagery* 5:30 Yoga Nights	24 10:00 Fight Back With Nutrition* ~Healthy Potluck 12:00 Restorative Yoga
25	26 10:30 Yoga 1:30 Chair Yoga 1:30 Aromatherapy Consultation* 6:00 Laughter Yoga*	27 10:00 Reiki Workshop* 10:30 Yoga 1:30 Chair Yoga 1:30 Aromatherapy Consultation* 6:00 Laughter Yoga*	28 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:00 Lymphedema Ed* 4:15 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	29 10:00 Pink Ribbon* 11:30 Nia Fitness 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	30 1:30 Chair Yoga 2:30 Group Meditation 5:00 Book Club* 5:30 Yoga Nights	31 12:00 Restorative Yoga 4:00 TVC Cancer Survivor Art Show*
Feb 1	1:00 TVC Cancer Survivor Art Show*					1:00 TVC Cancer Survivor Art Show*

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

***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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January 2020 Issue 109

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

SPECIAL ANNOUNCEMENT!

We are now offering a second Chair Yoga class, at St. Anne Cancer Center!

The class will be every Monday at 1:30pm starting Jan. 6th. No registration required. Just drop in!

It is scheduled from January– April, with the possibility for it to become an ongoing class, so try it out soon!



Exercise Programs for All Survivors! Drop-In classes

- ◆ **Yoga (regular)** 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-(Off winters)



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** Mon 1:30-2:30pm
Thurs-1:30-2:30pm
Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructor, Caroline Dawson or Michele Baran.



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.