



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

February 2020 Issue 110

Support Groups ~ Drop in!

Weekly Cancer Support Group

All types of cancer & caregivers welcome.

Wednesdays
6:00 - 7:30 pm

Breast Cancer

Funded by *The Breast Cancer Fund of OH*

Tues., Feb. 11th & 25th
6:00 - 7:30 pm

Caregiver Meeting

Tues., Feb. 11th & 25th
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*

Mon., Feb. 10th
6:00 - 7:30 pm

Daytime Cancer Support Group

All types of cancer & caregivers welcome.

Mon., Feb. 17th
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., Feb. 6th
6:00 - 7:30 pm/ Held at: TVC@Perrysburg

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



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 ~ Kayt Harden, Art Therapist

Art Therapy is funded through a grant from Buckeye Broadband

Abandoned Art: Hope Rocks/Shells

Friday, Feb. 21st
10:00am-12:00pm



During this workshop, individuals will be encouraged to pick a few stones or shells to decorate with words and images that instill empowerment and hope for them personally. Each participant will be encouraged to create a piece to keep for themselves as a reminder of hope, personal strength and endurance, and they will also be asked to design a piece to use as a purposeful abandoned piece of art which they can leave somewhere for someone else to find. When the stone or shell is left somewhere in the community, it is the hope that a piece of their wisdom can be passed on and found in a meaningful way by someone else. Please wear old clothing or a paint shirt. w/Kayt Harden. Class limit 15. RSVP

Wig Tips with Kristen

Sat., Feb. 8th
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...NEW service...she can even do some trimming on the spot! RSVP or drop-in.

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.



Gratitude Jars

Monday, Feb. 17th

5:00pm-7:00pm

This workshop entails the exploration of personal affirmations, and the expression of daily gratitude through the creation of a gratitude jar. Mason jars will be provided to embellish, as well as small gratitude cards. These cards are encouraged to be utilized by individuals to write personal affirmations and moments of thanks throughout the year, with the intention of reading each entry at the end of the year. w/Kayt Harden. Class limit 15. RSVP



Inside/Outside Boxes

TVC@Perrysburg!

Monday, Feb. 24th
1:00pm-3:00pm

This workshop explores self-discovery, stress reduction, and self-care through the creation of an inside-outside self-box. Individuals are encouraged to gather art materials to embellish the outside of their box in a way that resembles how they feel they portray themselves to individuals on the outside, while the inside is decorated in a way that focuses on personal feelings or experiences that individuals carry with them, or possibly conceal from others. The creation of the box is then used as an opportunity to discuss and process the experience, allowing a voice for any images or feelings associated with the box to be expressed. Please bring any meaningful quotes, family photos, pictures or very small items to fit the theme for the inside or outside. w/Kayt Harden Class limit 15. RSVP.



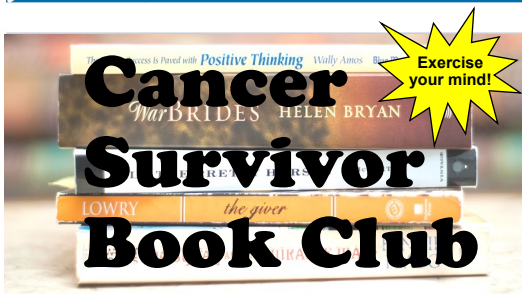
"Love Is..." Craft Class

TVC@Perrysburg!

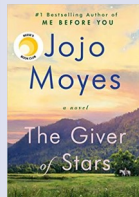
Mon., Feb. 10th
10am-12pm TVC@Perrysburg!

What does love mean to you? In this class, you will have the opportunity to decorate a special folder and picture frame with your choice of meaningful sayings about love, and add some pretty papers, heart stickers and embellishments to personalize it even more. Everyone will also be provided a Valentine's Day coloring page to sit, relax, and socialize. With Barb Furniss, 14 yr survivor & instructor of inspirational art. Class limit 10. RSVP





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



We're reading:

The Giver of Stars

By: Jojo Moyes

Alice Wright marries American Bennett Van Cleve hoping to escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic. So when a call goes out for a team of women to deliver books as part of Eleanor Roosevelt's new traveling library, Alice signs on enthusiastically.

And though they face all kinds of dangers in a landscape that is at times breathtakingly beautiful, at others brutal, they're committed to their job: bringing books to people who have never had any, arming them with facts that will change their lives. 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 went on sale January 6, 2020

Call 419-531-7600 to see if there are still seats available. Cost is \$75 per ticket. They sell out quickly, so call early!

Inside Story of the Battle of Fallen Timbers ~ Meet-up!

**Thurs., Feb. 27th
10:00am-12:00pm**

Are you interested in local history? Would you like to attend an interesting presentation with other TVC survivors?

This is just such an opportunity! Meet up with fellow survivors from The Victory Center at the Maumee Library and enjoy hearing about the battle of Fallen Timbers from those who know it best. This FREE program is part of the Wolcott House Museum Guild's annual lecture series, and is sponsored by the Toledo Lucas County Public Library.

Meet-Up Location:

Maumee Branch (of Toledo-Lucas Co. Library)
501 River Road

Maumee, Ohio 43537 (auditorium)

Please RSVP to The Victory Center so we know you plan on attending. Limit 15.



Fight Back with Nutrition

Friday, Feb. 28th 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.** RSVP



Aromatherapy Consultation w/ Deb Reis RN, MSN

**Certified Clinical Aromatherapist
Sponsored by ProMedica**



**Wed., Feb. 5th & 19th
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 "Exploring Our Gifts"

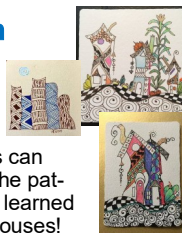
**Friday, Feb. 21st
1:00pm-2:30pm**



Using discussion and meditation, we will identify and explore our strengths, joys, and satisfactions as a way of deepening self love. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. Class of 12. RSVP

Tangle Town Zentangle

**Thursday, Feb. 27th
1:00am-3:30pm**



Come visit our Tangle Town this month and create a whimsical home that your family and friends can enjoy for years. You will take all the patterns and skills you've previously learned and use them to create tangled houses! Materials provided.

Prerequisite: Fundamentals of Zentangle. (You must take the beginners class before attending this one.) Questions? Please ask Lynn or Penny. Instructor: Harley King & Maureen Hines, Certified Zentangle Teachers. Limit 15. RSVP

Stress Reduction & Guided Imagery For Survivors

Thurs., Feb. 13th 9:30am-12:00pm

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.

Learn to Meditate!

**Weds., Feb. 5th, 12th & 19th
4:00pm-5:30pm**

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! Min 6, max 8, per session. RSVP.



Like us on
Facebook

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



**Friday, Feb. 28th
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.

Belly Dancing!

**Thurs., Feb. 6th & 20th
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! Hip scarves provided for class use. We are learning a dance for the Belly Flea Agora. Instructor: Cheryl Johnson. RSVP.

Healing Service

**Tuesday, Feb. 18th
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

Reiki Workshop TVC@Perrysburg!

**Monday, Feb. 17th
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.

Heart w/Book Page Roses

**Friday, Feb. 7th
10:00am-1:00pm**



Join us for this Valentine's Day themed art project, in just enough time to display for the season! You will learn how to make paper roses, using book pages, and they will all be assembled for this lovely wall decoration. You will need to bring your own pair of sharp scissors. Facilitator: Dottie Huls, retired art teacher and survivor. Class limit-15. RSVP.



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

February 2020





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

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

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 <p><i>Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakens.</i> - Carl Jung -</p>						
2	3 10:30 Yoga 1:00 Laughter Yoga* 1:30 Chair Yoga	4 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 1:00 Circut Fun! * 4:15 Yoga	5 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consultation* 1:30 Healthy Steps 4:00 Learn to Meditate* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	6 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:00 Young Ca Survivor SG 7:00 Belly Dancing*	7 10:00 Heart w/Book Page Roses* 12:00 Restorative Yoga	1 1:00 TVC Cancer Survivor Art Show 
9	10 10:00 "Love Is..." Craft Class* 10:30 Yoga 1:30 Chair Yoga 6:00 Blood Cancer SG	11 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	12 10-12 Wig Bank 10:00 Pink Ribbon* 11:30 Nia Fitness 1:30 Healthy Steps 4:00 Learn to Meditate* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	13 9:30 Stress Reduction & Guided Imagery* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights	14 TVC Closed TVC's Luncheon & Fashion Show 12:00 Restorative Yoga <i>happy Valentine's day</i>	15 10-12 Wig Bank 10:00 Wig Tips*
16	17 10:00 Reiki Workshop* 10:30 Yoga 1:30 Chair Yoga 1:00 Daytime Cancer SG 5:00 Art Therapy* Gratitude Jars	18 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 7:00 Healing Service*	19 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consultation* 1:30 Healthy Steps 4:00 Learn to Meditate* 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	20 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 7:00 Belly Dancing*	21 10:00 Art Therapy* Abandoned Art: Hope Rock/Shells 12:00 Restorative Yoga 1:00 Power of Acceptance*	22 
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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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February 2020 Issue 110

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

NEW CHAIR YOGA!

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

Join Michele Baran every Monday at 1:30pm. 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 winter)



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.