



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

March 2020 Issue 111

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., March 10th & 24th
6:00 - 7:30 pm

Caregiver Meeting

Tues., March 10th & 24th
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*

Mon., March 9th
6:00 - 7:30 pm

Daytime Cancer Support Group

All types of cancer & caregivers welcome.

Mon., March 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., March 5th
6:00 - 7:30 pm/ Held at: TVC@Perrysburg

New Tax Laws

Presented by
Laura Walker, JD.



**Tuesday,
March 31st
5:30-
7:00pm**

There is new tax legislation that could possibly impact your retirement and estate planning. Laura Walker will explain what to look for and how it could affect you. Plenty of time for Q & A will be provided.

This seminar is open to survivors, family members, donors, and any interested members of the public.

RSVP

A light dinner will be served.

Healthy Spirit Art Therapy ~ Areka Foster, Kayt Harden

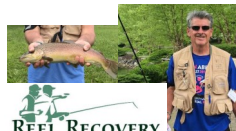
Art Therapy is funded through a grant from Buckeye Broadband

Poem Collage Friday, March 13th 10:00am-12:00pm

Don't consider yourself a poet? This workshop is designed to let someone else do the hard part of coming up with the words. Individuals will be given an assortment of words from magazines, newspapers, or even letters of which they will be able to cut out and collage those that jump out and inspire. These words will be collaged alongside found materials to create a visual collage. It is encouraged that prior to this workshop you have a topic or story in mind, and individuals may also bring images, words, books, letters etc. to craft your poem collage. The idea is that by creating a poem from a pre-existing pool of words, the creator is able to construct an un-self-conscious poem that molds pre-existing words to your own feelings. w/Kayt Harden. Class limit 15. RSVP



Reel Recovery Mon., March 23rd 2-3pm-TVC@Perrysburg 6-7pm-TVC@Central



Reel Recovery is a wonderful cancer survivor retreat just for men! It serves to teach a life skill and provide peace, serenity, and a chance to bond with other survivors. No previous fishing experience required. All equipment, meals, lodging and one-on-one instruction are provided. Come hear more about this FREE retreat set for June 8-10th in Clyde, OH. Since retreat spaces are limited, you may register before this informational meeting by going to: www.reelrecovery.org. RSVP to TVC at 419-531-7600. Drop-ins welcome!

Zentangle Opus Challenge

TVC@Central- Tues. March 17th 12:30- 3:30pm
TVC@Perrysburg- Thurs. March 19th 10am-1pm

Enough with the small stuff. We are going to take Zentangle to the next level. We are going big: 10.5" X 10.5". This tile you will not be able to complete in one sitting. All tiles, pens and workbooks will be provided. Prerequisite: Fundamentals of Zentangle class. NO Exceptions. This is an advanced class.

Questions? Please ask Lynn or Penny.
Instructor: Harley King
Certified Zentangle Teacher. Limit 15. RSVP



Wig Tips with Kristen Sat., March 14th 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! Bonus...she can even do some WIG TRIMMING on the spot! RSVP or drop-in.

Watercolor Techniques Monday, March 30th 5:00pm-7:00pm

Watercolor painting can seem intimidating. Once you've learned a few techniques, it can be a relatively inexpensive and relaxing way to get the creative juices flowing. Watercolor paints offer many opportunities to explore and many different ways to use them. In this fun and non-threatening group you can learn and practice watercolor techniques. Whether you're new to painting or have been painting for years join us for this art therapy group! Please wear old clothes or bring a paint shirt. w/Areka Foster. Class limit 15. RSVP.



Velour Paper Drawing TVC@Perrysburg! Monday, March 16th 1:00pm-3:00pm

Velour paper is one of the most satisfying types of paper to draw on with oil or chalk pastels. This fuzzy paper "holds" onto the pastels and the colors pop creating a bright and bold image. Bring your own image to draw or try your hand at creating a colorful mandala (circle drawing). w/Areka Foster. Class limit 15. RSVP.



INK RIBBON PROGRAM Post-Operative Workout Enhancing Recovery

Weds., April 1st— May 6th 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.

Nia Fitness Celebrates St. Patrick's Day!

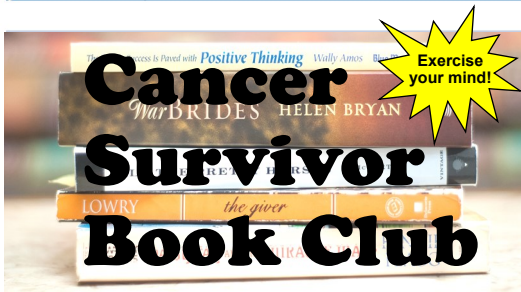
Wed., March 11th 11:30am-12:30pm



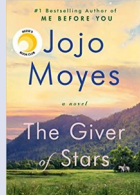
Have you ever tried Nia Fitness? Nia is where exercise meets dance! Have fun and use the whole room to move. This month, a special session will take inspiration from a fun holiday. Wear shamrocks or anything green if you have it, and be ready to have a...WEE BIT 'O FUN! Facilitator: Deb Reis, RN, MSN and certified Nia instructor. Bring a friend and try it out! RSVP, please.

Save the Date:

**The Victory Center's Annual
National Cancer Survivors Day Picnic Celebration
Sunday, June 7th**



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



We're reading:

The Giver of Stars

By: Jojo Moyes

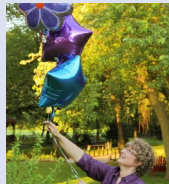
Alice Wright marries American Bennett Van Cleve hoping to escape her stifling life in England. But small-town Kentucky quickly proves equally claustrophobic. So when a call goes out for a team of women to deliver books as part of Eleanor Roosevelt's new traveling library, Alice signs on enthusiastically.

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

Releasing the Ties that Bind

**Tuesday, March 24th
1:00pm-2:30pm**

What's holding you back?
What do you want to let go of?
Do you want to feel more freedom in your life?



Learn how you can let go of old issues that affect your emotional and physical health. Karen Kiernec, an accredited Journey practitioner, will lead you in experiential exercises that bring peace, comfort, and a letting go of stress. Call Karen at 419 345-3986 with any questions about the session. Limit of 15. RSVP to TVC at 419-531-7600.

The Potato Famine and the Coming of the Irish ~ Meet-up!

**Thurs., March 12th
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 Irish Potato Famine 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, March 27th 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., March 4th & 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 "Courage"

**Friday, March 20th
1:00pm-2:30pm**

"Courage is being scared to death and saddling up anyway." John Wayne

Using discussion and meditation, we'll broaden and deepen our capacity for courage. Facilitator: Jane V. Lutz, MSN, meditation teacher & holistic practitioner. Class limit of 12. RSVP



QiGong

**Wed., March 18th
11:30am-12:30pm**

"Higher Energy Qigong Healing Movements" will be taught with the option of standing or sitting. This is from Spring Forest Qigong, created by Chunyi Lin, and is a practice of simple movements, mental focus, breathing and meditation. These are blended together into a system that is simple yet very powerful.

Facilitated by Glenna Frey, MSN, CNS.
Sponsored by ProMedica. Limit 15. Please RSVP.



Seated Movement Class

**Wed., March 25th
11:30am-12:30pm**

This class will focus on stretching, flexibility and strength exercises one can do from a chair, although many can also be done standing. We will start with a seated stretches for neck, upper body and lower body, followed by seated upper body exercises (chest, arms, shoulders) and lower body (thighs, buttocks, calves). The "take-away" is that this is an "easy" way to sneak in a full body stretching and strengthening throughout one's day with no special equipment or skill level. With Jamie Topp, RN, BSN, BA
Sponsored by ProMedica. Limit 15. Please RSVP.



Stress Reduction & Guided Imagery For Survivors

Thurs., March 25th 1:30pm-4:00pm

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.



Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



**Friday, March 20th
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.

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.

Belly Dancing!

**Thurs., March 12th + 26th
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

**Tues., March 17th
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



Line Dancing

**Friday, March 13th
1:00pm-2:00pm**

Come Dance with Me!

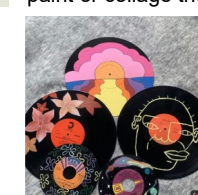
Want to learn the Electric Slide or Cuban Shuffle? Join us and learn to line dance. It is also great exercise! Facilitated by survivor Mary Leugers, line dance instructor for 3 years with Olander Park. Class limit of 15. RSVP, please!



Record Art

**Friday, March 20th
10:00am-12:00pm**

Bring your creative self and join us for Record Art! You will be provided a vinyl record that will be the foundation for your artwork. Instructions to make a dot art design will be given, or you may paint or collage the record in any other way you like.



Magazines and paints will be provided as well as dot paint tools. If you have specific collage ideas, please bring any clippings or items you wish to add. Facilitator: Dottie Huls, retired art teacher and survivor. Class limit-15. RSVP.





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

March 2020

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
1	2 10:30 Yoga 1:30 Chair Yoga	3 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga	4 10:00 Pink Ribbon* 11:30 Nia Fitness 1:30 Aromatherapy Consultation* 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 6:00 Young Ca Survivor SG	6 12:00 Restorative Yoga	7
8	9 10:30 Yoga 1:30 Chair Yoga 6:00 Blood Cancer SG	10 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	11 10-12 Wig Bank 11:30 Nia Fitness-St Pat's* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	12 10:00 The Potato Famine & the Coming of the Irish-Meet-up* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 7:00 Belly Dancing*	13 10:00 Art Therapy* Poem Collage 12:00 Restorative Yoga 1:00 Line Dancing*	14 10-12 Wig Bank 10:00 Wig Tips*
15	16 10:30 Yoga 1:00 Daytime Cancer SG 1:00 Art Therapy* Velour Paper Drawing 1:30 Chair Yoga	17 Happy St. Pat's! 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Zentangle Opus Tile* 12:30 Yoga 4:15 Yoga 7:00 Healing Service*	18 11:30 QiGong* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	19 10:00 Zentangle Opus Tile* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights	20 10:00 Record Art* 12:00 Restorative Yoga 1:00 Power of Acceptance* 1:30 Aromatherapy Consultation*	21
22	23 10:30 Yoga 1:30 Chair Yoga 2:00 Reel Recovery* 6:00 Reel Recovery*	24 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 1:00 Releasing the Ties That Bind* 4:15 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	25 10-12 Wig Bank 11:30 Seated Movement Class* 1:30 Stress Reduction & Guided Imagery* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	26 1:30 Chair Yoga 2:30 Group Meditation 5:00 Book Club* 5:30 Yoga Nights 7:00 Belly Dancing*	27 10:00 Fight Back With Nutrition* 12:00 Restorative Yoga	28
29	30 10:30 Yoga 1:30 Chair Yoga 5:00 Art Therapy* Watercolor Techniques	31 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 5:30 New Tax Laws*	MAY YOU HAVE THE HINDSIGHT TO KNOW WHERE YOU'VE BEEN, THE FORESIGHT TO KNOW WHERE YOU ARE GOING, AND THE INSIGHT TO KNOW WHEN YOU HAVE GONE TOO FAR. - IRISH SAYING -			

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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March 2020 Issue 111

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
Class!*

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.
Drop-in class!

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



Aquatic Exercise Wednesdays from 6-7:00pm Pre-register only



The Victory Center's FREE weekly exercise class is held in the heated pool at Central Park West Health Center. You must be a registered participant at TVC to participate. **FOR A LIMITED TIME, YOU MAY ALSO REGISTER A GUEST FOR CLASS WITH YOU!** Call Lynn at The Victory Center for more information or to register. Thanks!

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!**



**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.