



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

April 2020 Issue 112

## 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., April 14th & 28th

6:00 - 7:30 pm

### Metastatic Breast Cancer

Offered in partnership with Mercy Health

Weds., April 1st

6:00 - 7:30 pm

### Blood Cancer

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

Mon., April 13th

6:00 - 7:30 pm

### Daytime Cancer Support Group

All types of cancer & caregivers welcome.

Mon., April 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., April 2nd

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

### Caregiver Meeting

Tues., April 14th & 28th

6:00 - 7:30 pm

### ~INTRODUCING~

### Metastatic Breast Cancer Support Group

- First meeting: Weds., April 1st, from 6-7:30pm
- Will meet on the 1st Wed. each month
- Meets at Mercy St. Anne Cancer Center
- Drop in to attend!
- Offered by Mercy & The Victory Center
- Facilitators: Deirdre Manning, Mercy Chaplin, and Lori Knous, MBC Thriver, Advocate, and METAVivor Peer to Peer Support Group Leader



### Celebrity Wait Night

### Vintage Vegas

Tuesday, April 21

at 5:30pm

The Premier  
4480 Heatherdowns  
Blvd., Toledo

Tickets are \$55 each and include dinner and an open bar. Please call 419-531-7600 or email [jcummins@thevictorycenter.org](mailto:jcummins@thevictorycenter.org) for your tickets or a table that seats 10.

## Healthy Spirit Art Therapy ~Areka Foster, art therapist

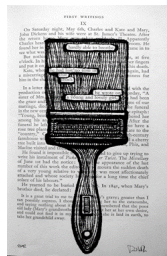
Art Therapy is funded through a grant from Buckeye Broadband

### Blackout Poetry

Friday, April 17th

10:00am-12:00pm

Blackout poetry is a type of "found" poetry. Its origins started with Author/Artist Austin Kleon creating a daily "blackout" poem using the newspaper that he then posted online. Blackout poems are created by exploring the text on pages of books or newspapers. The poet/artist finds and pieces together single words or short phrases to create a poem or message. The remaining un-used words on the page are "blacked out" or they can be incorporated into imagery or designs. Blackout poetry is like a treasure hunt since you find your own hidden meanings and secret messages. Bring your reading glasses if you wear them. w/Areka Foster. Class limit 15. RSVP

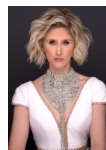
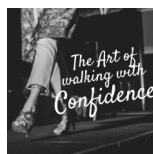


### The Art of Walking with Confidence

Monday, April 27th

6:00pm-7:30pm

"A woman's confident walk starts by clearing out the negativity and secretly celebrating your perks and flaws. Let your presence and walk be a celebration of your journey." Learn how to stand tall and walk with the confidence of a top model in this fun "Runway 101" class with Runway Walking Coach and our very own annual TVC Fashion Show Choreographer and Producer, Katie Maskey. Wear or bring your heels or favorite shoes. Limit 15. RSVP



~Katie has been involved in the modeling and pageant industry for years as a runway model, commercial print model and state and national titleholder. Katie has held several titles including Mrs. Ohio United States 2015 and Mrs. US Continental 2016.~

### Wig Tips with Kristen

Sat., April 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!

Free WIG TRIMMING on the spot! RSVP or drop-in.



The Victory Center and Baskets of Care Presents...

## Intimacy & Cancer

A Frank Discussion of Sexuality for Women Survivors

Coming in May! Look for a date to be announced soon!

**LADIES ONLY**, please join us for our 6th Annual Intimacy & Cancer event, held at The Victory Center on Central. You will be able to discuss your most intimate concerns as a survivor and delve into delicate subject areas. Seating is very limited. RSVP will be required. **Wine, cheese and desserts will be served during this special event.**

### Small Canvas

Monday, April 13th

5:00pm-7:00pm

The possibilities are endless when painting on small canvas. Some artists choose to create small paintings due to the short time needed; others like to paint in open air and they're just easier to carry; still others like exploring new techniques and experimenting. I like small paintings with words or phrases to create a meaningful message. Come explore the possibilities of small canvas and let the small size help you leave with a finished meaningful project. w/Areka Foster. Class limit 15. RSVP



### Picture Frames

TVC@Perrysburg!

Monday, April 27th

1:00pm-3:00pm

Who says the photo should draw more attention than the frame? Sometimes they both can be a "WOW". Join us in creating a photo frame for those special photos! We will be using handmade papers like mulberry, rice and other specialty types, as well as embellishments to create a unique photo frame that is just as special as the person or memory in your photo. Please feel free to bring your own embellishments such as scrapbooking items, buttons, old jewelry, etc. w/Areka Foster. Class limit 15. RSVP



### Medical Marijuana 101

Wednesday, April 22nd

4:00pm-5:00pm

-Are you a cancer patient or survivor? -Are you curious about whether medical marijuana is right for you?

Join us for this informative presentation for those of you who have heard about the medical uses for marijuana but don't know where to start. You will hear how to qualify, what conditions are covered, the ways the products can be used, methods of administration, and the possible negative side effects to be aware of. Presenter is Meagan Jackson, Health Education & Patient Support Specialist from Bloom Medicinals. Limit 20. RSVP.



### Nia Fitness Moving into Spring!

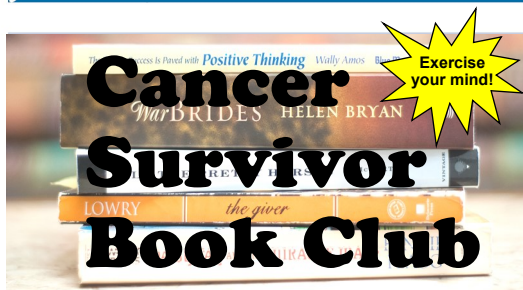
Wed., April 8th

11:30am-12:30pm

Have you tried Nia Fitness?

Nia is where exercise meets dance! Have fun and use the whole room to move. Nia connects the body, mind and spirit, and helps to release tension and emotions, making room for healing & balance. This month, a special session will celebrate the turning of the season! Facilitator: Deb Reis, RN, MSN and certified Nia instructor. Bring a friend and try it out! RSVP, please.





## Fight Back with Nutrition

Friday, April 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. RSVP



## Aromatherapy Consultation w/ Deb Reis RN, MSN

Certified Clinical Aromatherapist  
Sponsored by ProMedica



Wed., April 1st & 15th  
1:00pm-2:00pm  
(TVC@Central)

## Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



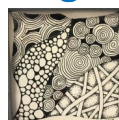
Friday, April 17th  
12:00pm-1:00pm  
(TVC@Perrysburg)

~April 1st ~ Topic: Spring Clean with Essential Oils~

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.

## Fundamentals of Zentangle

Tues., April 21st  
1:00pm-3:30pm



Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. 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

## Zentangle Group

TVC@Perrysburg- Thurs. April 16th 10am-12pm  
TVC@Central- Weds. April 29th 1:30- 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. If you've started an OPUS tile, bring it to work on it. 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.

## The Power of Acceptance "Exploring Our Gifts"

Friday, April 24th  
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

## Line Dancing

Friday, April 17th  
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!



## Belly Dancing!

Thurs., April 9th & 23rd  
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. SORRY, NO NEW STUDENTS THIS MONTH. We are learning a dance for the Belly Flea Agora 4/25. Instructor: Cheryl Johnson. RSVP.

## Healing Service

Tues., April 21st  
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

## Lymphedema Education

Thurs., April 30th  
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.



**Weds., April 1st— May 6th**  
10:00-11:00am~pre-register only!

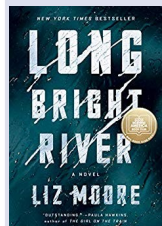
The Pink Ribbon Program is a Pilates-based post operative exercise program to help breast cancer survivors regain mobility & improve quality of life. This 6 week program is intended to help improve strength, range of motion, and sense of wellbeing. Participants register for the entire 6 weeks. Facilitator: Kathy Farber, Ph.D., Pilates Instructor, Certified Post Rehabilitative BC Exercise Specialist. Limited to 6 new students plus class alumni. RSVP only.

Next Meeting: Thurs., May 28th, 5-6pm\*

We're reading:

Long, Bright River

By: Liz Moore



In a Philadelphia neighborhood rocked by the opioid crisis, two once inseparable sisters find themselves at odds. One, Kacey, lives on the streets in the vise of addiction. The other, Mickey, walks those same blocks on her police beat. They don't speak anymore, but Mickey never stops worrying about her sibling. Then Kacey disappears, suddenly, at the same time that a mysterious string of murders begins in Mickey's district, and Mickey becomes dangerously obsessed with finding the culprit--and her sister--before it's too late. (Amazon) RSVP

## Glass Mosaic

Mon., April 6th  
5:00-8:00pm (required)  
Fri., April 10th  
10:00am-1:00pm (optional)



Each participant will learn glass mosaic technique from nationally recognized glass artist, Gail Christofferson. This is a two part class. The project will be an individual size of approximately 8x12. There will be many designs to choose from to suit different tastes, or create your own! During the first class you will complete the mosaic, and in the second class you will be able to grout your project. If you are not able to be there, your project will be grouted for you. There will also be a group project to work on which will be utilized in a fundraiser for The Victory Center. LIMITED TO 12 new and 12 return attendees! Register early! RSVP required.

## Calla Lily in Clay

Thurs., April 9th  
2:00-4:00pm



These calla lilies are more easy to make than you think! You will learn the technique to make these flowers, and make about 6 flowers, enough for a small bouquet. The material is model magic, which is clean to work with and air dries. Please bring a tall heavy glass or vase to place your flowers in as you make them. All supplies provided. Please bring a small vase to place your flowers in as you work. Facilitator: Dottie Huls, retired art teacher and survivor. Class of 15.

**Save the Date:**

The Victory Center's Annual

National Cancer Survivors Day Picnic Celebration

Sunday, June 7th

More information and registration to begin in May!





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

# April 2020

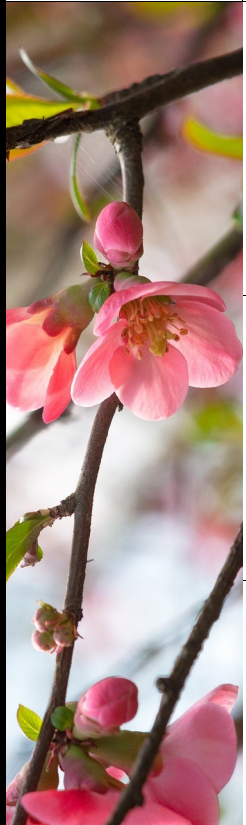

















Visit [www.thevictorycenter.org](http://www.thevictorycenter.org) or FACEBOOK

## Central Hours:

Mon., Tues., Thurs. 8-4pm  
Wed. 8-7pm  
Fri. 8-3pm  
2nd Sat 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
<b>5</b> 	<b>6</b> 10:30 Yoga 1:30 Chair Yoga 5:00 Glass Mosaics* 	<b>7</b> 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 4:15 Yoga 	<b>1</b> 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consultation*  1:30 Healthy Steps 6:00 Metastatic Breast Ca SG 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	<b>2</b> 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:00 Young Ca Survivor SG	<b>3</b> 12:00 Restorative Yoga	<b>4</b>
<b>12</b>	<b>13</b> 10:30 Yoga 1:30 Chair Yoga 5:00 Art Therapy* Small Canvas 6:00 Blood Cancer SG 	<b>14</b> 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	<b>8</b> 10:00 Pink Ribbon* 10-12 Wig Bank 11:30 Nia Fitness— Moving Into Spring* 1:30 Healthy Steps  6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	<b>9</b> 1:30 Chair Yoga 2:00 Calla Lily in Clay* 2:30 Group Meditation 5:30 Yoga Nights 7:00 Belly Dancing* 	<b>10</b> 10:00 Glass Mosaics*  12:00 Restorative Yoga	<b>11</b> 10-12 Wig Bank 10:00 Wig Tips* 
<b>19</b>	<b>20</b> 10:30 Yoga 1:00 Daytime Cancer SG 1:30 Chair Yoga	<b>21</b> 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 1:00 Fundamentals of Zentangle* 4:15 Yoga 7:00 Healing Service* 	<b>15</b> 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consultation*  1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	<b>16</b> 10:00 Zentangle Group* 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights	<b>17</b> 10:00 Art Therapy* Blackout Poetry  12:00 Restorative Yoga 1:00 Line Dancing* 12:00 Aromatherapy Consultation* 	<b>18</b>
<b>26</b>	<b>27</b> 10:30 Yoga 1:30 Chair Yoga 1:00 Art Therapy* Picture Frames 6:00 The Art of Walking with Confidence* 	<b>28</b> 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	<b>22</b> 10:00 Pink Ribbon* 10-12 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 4:00 Medical Marijuana 101*  6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	<b>23</b> 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 7:00 Belly Dancing* 	<b>24</b> 10:00 Fight Back With Nutrition*  12:00 Restorative Yoga 1:00 Power of Acceptance* 	<b>25</b>
LOVE CAN HOPE WHERE REASON WOULD DESPAIR. --GEORGE LORD LYTTLETON						

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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## The Victory Center News

**April 2020 Issue 112**

### **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



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](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.