



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

May 2020 Issue 113

Please RSVP if you are NEW to group.

Support Groups ~ RSVP!

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., May 12th & 26th
6:00 - 7:30 pm

Metastatic Breast Cancer

Offered in partnership with Mercy Health
Weds., May 6th
6:00 - 7:30 pm

Blood Cancer

In Partnership with: **L & L Society**
Mon., May 11th
6:00 - 7:30 pm

Daytime Cancer Support Group

All types of cancer & caregivers welcome.
Mon., May 18th
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., May 7th
6:00 - 7:30 pm/ Held at: TVC@Perrysburg

Caregiver Meeting

Tues., May 12th & 26th
6:00 - 7:30 pm

~INTRODUCING~

Metastatic Breast Cancer Support Group

- First meeting: Weds., May 6th, from 6-7:30pm
- Will meet on the 1st Wed. each month
- Meeting place TBD.
- **RSVP for MAY!**
- Offered by Mercy & The Victory Center
- Facilitators: Deirdre Manning, Mercy Chaplin, and Lori Knous, MBC Thrive, Advocate, and METAvivor Peer to Peer Support Group Leader



Save the Date:

National Cancer Survivors
Sunday, June 7th
Plans TBD

Notice: All programs and services held at The Victory Center will be adjusted to meet current social distancing and group gathering guidelines. Because the guidelines may change, please be aware that class sizes may be adjusted from what is printed in the description. There may be times where programs are cancelled or rescheduled for the safety of our participants and facilitators. In some cases, Zoom groups will be set up instead. We are offering individual help with Zoom whenever possible.

The Victory Center and Baskets of Care Presents...

Intimacy & Cancer

A Frank Discussion of Sexuality for Women Survivors

Tuesday

May 19th

6-8:00pm

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. You are encouraged to submit questions anonymously when you register, so that your privacy is preserved during the event. Spaces are limited, register early!
Individually packaged foods & drinks will be offered. Doors OPEN at 5:30pm

Featured Speakers:

- **Dr. Brithany Pawloski, PsyD**- Psychologist with over 10 years clinical experience, speaking on, "Cancer's Emotional Impact on Intimacy";
- **Tina Kerr, BSN, RN**- Breast cancer survivor and advocate on survivor sexuality. Representing Pure Romance products that specifically address cancer survivor issues and concerns.



Each attendee will receive a beautiful red pashmina as a free gift!

Due to the mature nature of the discussion, children will not be permitted.

Healthy Spirit Art Therapy ~Areka Foster, art therapist

Art Therapy is funded through a grant from Buckeye Broadband

"Keep it Close or Let it Go"

Friday, May 15th
10:00am-12:00pm



In this art therapy session, we will explore what things in our lives we want to hold on to or reach towards and what things we want to let go of or leave behind. Using mixed media materials including markers, pencils, watercolor and collage, just to name a few, we will explore ways to represent the themes of holding on and letting go. Materials and inspiration will be provided, but feel free to bring any materials from home! w/Areka Foster.
Class limit 9. RSVP

Small Canvas
Monday, May 18th
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 9. RSVP

Nia Fitness Moving into Spring!

Wed., May 13th
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! Class limit 9. RSVP, please.

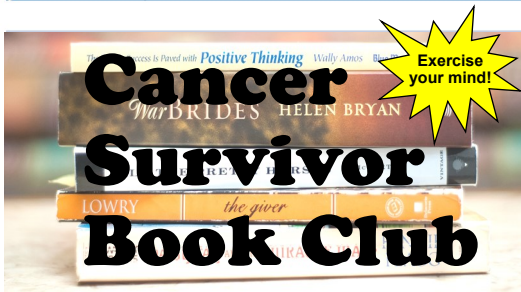
If you can receive this newsletter by email, please let us know. It saves TVC postage and printing costs. Thank you!

Picture Frames
TVC@Perrysburg!

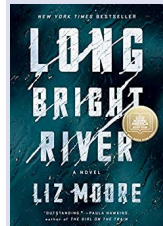
Monday, May 4th
1:00pm-3:00pm



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 9. RSVP



Next Meeting: Thurs., May 28th, 4-5pm*



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

Calla Lily in Clay

**Fri., May 8th
10:00am-12:00pm**

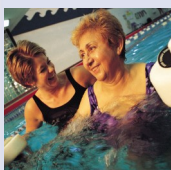
These calla lilies are more easy to make than you think! You will learn the technique to make these flowers, and make about 6 flowers, enough for a small bouquet. The material is model magic, which is clean to work with and air dries. Please bring a tall heavy glass or vase to place your flowers in as 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 9.



Stress Reduction & Guided Imagery For Survivors

**Thurs., May 14th
2:30pm-5:00pm**

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



**Aquatic Exercise
Wednesdays
6:00-7:00pm**

Led exercise program!

This FREE weekly exercise class is held at the Central Park West Health Center heated pool. Pre-registration required.

You must also be a registered participant at TVC to be a part of class.
Call Lynn at The Victory Center for more information.

You will receive class instructions once registered. Caregivers may be registered, too. Thanks!

Fight Back with Nutrition

Class limit of 9; RSVP

Friday, May 29th 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., May 6th & 20th
1:00pm-2:00pm
(TVC@Central)**

~May 20th~ 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. Central sessions have a minimum of 4 to hold class. Caregivers welcome. Both offices have max of 9 attendees. Class limited to RSVP, please.

**Wig Tips with Kristen
Sat., May 9th
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.

Zentangle Group

**TVC@Perrysburg- Thurs. May 14th 10am-1pm
TVC@Central- Weds. May 19th 12:30- 3:30pm**

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 limits of 9. RSVP.



The Power of Acceptance "Exploring Our Gifts"

**Friday, May 22nd
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 10. In person or Zoom. RSVP



**Line Dancing
Friday, May 22nd
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 9. RSVP, please!



Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



**Thursday, May 28th
5:00pm-6:00pm
(TVC@Perrysburg)**

**Belly Dancing!
Thurs., May 21st
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. Instructor: Cheryl Johnson, from the Aegela Centers for Middle Eastern Dance. Class limited to 9. RSVP.

**Healing Service
Tues., May 19th
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., May 21st
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 9.

INK RIBBON PROGRAM
Post-Operative Workout Enhancing Recovery

**Weds., June 3rd— July 8th
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 3 new students plus 6 class alumni. RSVP only.



Like us on
Facebook



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

May 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
<p>Simplicity, patience, compassion. These three are your greatest treasures.</p> <p>- Lao Tzu -</p>						
3	4 10:30 Yoga 1:00 Art Therapy* Picture Frames	5 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga	6 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	7 1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights 6:00 Young Ca Survivor SG	8 10:00 Calla Lily in Clay* 12:00 Restorative Yoga	9 10-12 Wig Bank 10:00 Wig Tips*
10	11 10:30 Yoga 6:00 Blood Cancer SG	12 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	13 10-12 Wig Bank 11:30 Nia Fitness-- Moving Into Spring* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	14 10:00 Zentangle Group* 1:30 Chair Yoga 2:30 Group Meditation 2:30 Stress Reduction & Guided Imagery* 5:30 Yoga Nights	15 10:00 Art Therapy* "Keep it Close or Let it Go" 12:00 Restorative Yoga	16
17	18 10:30 Yoga 1:00 Daytime Cancer SG 5:00 Art Therapy* Small Canvas	19 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 12:30 Zentangle Group* 6:00 Intimacy & Cancer* 7:00 Healing Service*	20 11:30 Nia Fitness 1:00 Aromatherapy Consultation* 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	21 1:30 Chair Yoga 2:30 Group Meditation 4:00 Lymph Ed* 5:30 Yoga Nights 7:00 Belly Dancing*	22 12:00 Restorative Yoga 1:00 Line Dancing* 1:00 Power of Acceptance*	23
24	25 TVC Closed Happy Memorial Day	26 10:00 Healthy Steps 11:00 Knit Wits and More 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	27 10-12 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 6:00 Aquatic Exercise* 6:00 Weekly Cancer SG	28 1:30 Chair Yoga 2:30 Group Meditation 4:00 Book Club* 5:00 Aromatherapy Consultation* 5:30 Yoga Nights	29 10:00 Fight Back With Nutrition* 12:00 Restorative Yoga	30

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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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

Notice: St Anne's Tuesday Yoga and Monday Chair Yoga classes are on hiatus until further notice. We hope to have them back soon!

For the latest updates on The Victory Center's Programs & Services:



Please check our Facebook page or call the office for more information. Your patience is

Support Services

Did you know that many survivors don't reach out for support until after their treatment is completed?

So whether you are newly diagnosed, currently in treatment, or a survivor several years out, these services can help you process how cancer has changed your life:

**-Counseling
-Meditation CD
-Journeywork
-Support Groups
-Life Coaching**



Exercise Programs for All Survivors! Drop-In classes

♦ **Yoga (regular) Mon-10:30-12pm
Tues-12:30-1:30pm
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 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

Thank You!

They'll make a donation to TVC based on how much you shop! Don't worry, your fuel rewards remain the same.