



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

June 2020 Issue 114

Policy change: Please RSVP to attend support groups. Limit of 9. (4-Caregiver) All attendees are asked to wear a mask.

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., June 9th & 23rd

6:00 - 7:30 pm

Metastatic Breast Cancer

Offered in partnership with Mercy Health

Weds., June 3rd

6:00 - 7:30 pm

Blood Cancer

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

Mon., June 8th

6:00 - 7:30 pm

Young Cancer Survivors

For those in their 20's, 30's, and 40's

Offered in partnership with Mercy Health

Thurs., June 4th

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

Caregiver Meeting

Tues., June 23

6:00 - 7:30 pm

~INTRODUCING~

Metastatic Breast Cancer Support Group

- First meeting: Weds., June 3rd, from 6-7:30pm
- Will meet on the 1st Wed. each month
- Meeting place: Mercy Perrysburg Cancer Center.
- RSVP for June!**
- 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



ELIGIBILITY UPDATE:

Do to the coronavirus, all survivors who were eligible for one-on-one services will have their eligibility extended by 3 MONTHS.



ZOOM Art Therapy

Monday, June 15th, 1-3pm

Project details and supplies to be determined. Limit of 15. RSVP

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.



Face Mask policy: For the safety of the cancer patients and survivors we serve, we ask that everyone wear a mask or facial covering when entering the center.



National Cancer

Survivors Day

Sunday, June 7th

This year, join The Victory Center as we celebrate National Cancer Survivors Day with a virtual event!

What: Take your picture celebrating NCSD and submit it along with your name to: jcummins@thevictorycenter.org.

You will find the signs shown above at www.thevictorycenter.org under "newsletters". Print, write your message, and snap that pic!

When: Submissions are due Friday, June 5th

Event: Your pictures will be shared on TVC's website in a wonderful photo slideshow with music on June 7th!

Awards: There will be awards for: Most Creative picture, Most Moving picture, Funniest picture, and Best Picture Showcasing Your Cancer Type. Prizes will be gift baskets filled with assorted great items!



Healthy Spirit Art Therapy ~Areka Foster, art therapist

Art Therapy is funded through a grant from Buckeye Broadband

Water Color Doodles

Friday, June 12th
10:00am-12:00pm

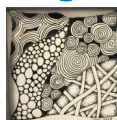
In my second grade classroom, when the students were done with their work, we could go to the art center and make "THUMBUDDIES". They were fingerprints made into people or creatures and I LOVED them! So this will be the grown up version - watercolor doodles made from dots or spots of color. Lots of ideas and inspirations will be offered. Let your inner child have some fun, be playful and creative! Please wear a paint shirt or old clothes. w/Areka Foster. Class limit 9. RSVP



Fundamentals of Zentangle

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

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 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 9. RSVP



TVC's "Over the Edge"! Find Adventure at Home!



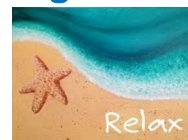
Date:
Friday,
August 28, 2020

Location:
ProMedica Plaza,
300 Madison Ave
Downtown Toledo

The first 85 individuals to raise a minimum of \$1,000 will have the opportunity to rappel 16 stories down ProMedica Plaza on Friday, August 28. Questions? Contact Karen Evans at 419-531-7600 or kevans@thevictorycenter.org

Beach & Sand Painting Monday, June 22nd 5:00pm-7:00pm

I am ready for summer! I love walking on the beach, relaxing and enjoying the outdoors. Let's get in the spirit of summer with a painting of a warm beach scene. Join us for a relaxing and rewarding art therapy morning of textured painting using the beach and water as our inspiration. Please wear an old clothes or a paint shirt. w/Areka Foster. Class limit 9. RSVP

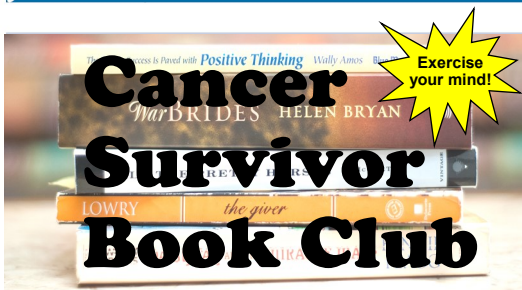


Picture Frames TVC@Perrysburg!

Monday, June 1st
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., July 30th*

We're reading:

American Dirt

By: Jeanine Cummins



Forced to flee, Lydia and eight-year-old Luca soon find themselves miles and worlds away from their comfortable middle-class existence. As they join the countless people trying to reach el norte, Lydia soon sees that everyone is running from something. But what exactly are they running to? Already being hailed as "a Grapes of Wrath for our times" and "a new American classic," Jeanine Cummins's *American Dirt* is a rare exploration into the inner hearts of people willing to sacrifice everything for a glimmer of hope. (Amazon) RSV. Limit 9

Calla Lily in Clay

**Fri., June 19th
10-12 OR 1-3pm**

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. RSVP



Nia Fitness~ Summer Solstice!

**Wed., June 17th
11:30am-12:30pm**



Have you tried Nia Fitness? Nia connects the body, mind and spirit, and helps to release tension and emotions, making room for healing & balance. Celebrate the longest day of the year in this fun class! Facilitator: Deb Reis, RN, MSN and certified Nia instructor. Class limit 4. RSVP only.

Relay for Life was scheduled for a walk event on June 26th.

It will now be a virtual event or will rescheduled to the fall. Join our team to get updated on the latest details! Register online at: <http://main.acsevents.org/goto/TVC2020>

Learn to Meditate— on Zoom

**Weds., June 3rd, 10th,
17th, 24th / 3:00- 4:00pm**



Join Lisa Blake, meditation instructor and breast cancer survivor, as she offers this weekly meditation class. Signing up for the 4 weeks is intended, as each week will showcase different methods. A great place to start or reinvigorate your meditation goals! Have a candle ready and find a quiet place at home. Limit 6. RSVP.

Fight Back with Nutrition

Class limit of 9; RSVP

Friday, June 26th 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., June 3rd & 17th
1:00pm-2:00pm
(TVC@Central)**

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



**Wed., June 24th
5:00pm-6:00pm
(TVC@Perrysburg)**

June 3rd ~Topic: First Aid~

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., June 13th
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

**Tues., June 23rd
9:30-11:30am TVC@Perrysburg!**

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 "Courage"

**Friday, June 26th
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 9. RSVP

Line Dancing

**Friday, June 12th
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 4. RSVP, please!



Like us on
Facebook

Belly Dancing!

**Thurs., June 25th
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 4. RSVP.

Healing Service

**Tues., June 16th
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., June 18th
2:00-3:00pm~ ZOOM**



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 2 new students plus 2 class alumni. RSVP only.






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

June 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
7   TVC's Virtual Event	1 10:30 Yoga* 1:00 Art Therapy* Picture Frames	2 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga*	3 10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consult* 1:30 Healthy Steps* 3:00 Meditation-ZOOM* 6:00 Metastatic Breast Ca SG* 6:00 Weekly Cancer SG*	4 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	5 12:00 Restorative Yoga	6
14	15 10:30 Yoga* 1:00 Art Therapy* ZOOM	16 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 7:00 Healing Service*	17 10:00 Pink Ribbon* 11:30 Nia Fitness— Summer Solstice* 1:00 Aromatherapy Consult* 1:30 Healthy Steps* 3:00 Meditation-ZOOM* 6:00 Weekly Cancer SG*	18 10:00 Zentangle Group* 1:30 Chair Yoga* 2:00 Lymph Ed-ZOOM* 2:30 Group Meditation* 5:30 Yoga Nights*	19 10:00 Calla Lily in Clay* 1:00 Calla Lily in Clay* 12:00 Restorative Yoga	20
21 Happy Father's Day! 	22 10:30 Yoga* 5:00 Art Therapy* Beach & Sand Painting	23 9:30 Zentangle Group* 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	24 Wig Bank- appointments 10:00 Pink Ribbon* 11:30 Sorry, NO Nia 1:30 Healthy Steps* 3:00 Meditation-ZOOM* 5:00 Aromatherapy Consult* 6:00 Weekly Cancer SG*	25 1:30 Fundamentals of Zentangle* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 7:00 Belly Dancing*	26 10:00 Fight Back With Nutrition* 12:00 Restorative Yoga 1:00 Power of Acceptance*	27
28	29 10:30 Yoga*	30 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga*	Not everything that can be counted counts, and not everything that counts can be counted. - William Bruce Cameron -			

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**

Non-Profit Org.
U.S. Postage
PAID
Toledo, Ohio
Permit No. 840

The Victory Center News

June 2020 Issue 114

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 Monday Chair Yoga and Tuesday 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 appreciated!

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**



Exercise Programs for All Survivors! REGISTER for 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 at the Wig Bank are FREE for cancer survivors in treatment.

Coronavirus safety measures:

- 1) Wig Bank is now by appointment.
- 2) Only one fitting scheduled at a time.
- 3) Social distancing will be maintained as much as possible.
- 4) You may have 1 support person with you.
- 5) You must both wear masks and gloves.
- 6) Fitters will also wear masks and gloves.
- 7) Any wigs tried on will be sanitized.

Call Sandy at 419-531-7600 to schedule.

- 2nd & 4th Wednesday, and 2nd Saturday each month
- 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.