



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

July 2020 Issue 115

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., July 14th & 28th

6:00 - 7:30 pm

### Metastatic Breast Cancer

Offered in partnership with Mercy Health

Weds., July 1st

6:00 - 7:30 pm

### Blood Cancer

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

Mon., July 13th

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., July 9th

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

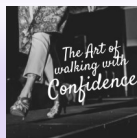
### Caregiver Meeting

Tues., July 28th

6:00 - 7:30 pm

## The Art of Walking with Confidence TVC@Perrysburg!

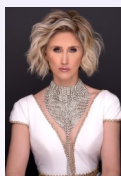
**Wed, July 15th  
6:00pm-7:30pm**



"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 9. RSVP

**Note: You must enter the cancer center BEFORE 6:00, because the entrance locks automatically. Late arrivals will have to enter through the Emergency Dept. and walk through the building.**

~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.~



## 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



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

Art Therapy is funded through a grant from Buckeye Broadband

### What's Your Word?

TVC@Perrysburg!

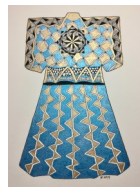
**Monday, July 27th  
1:00pm-3:00pm**

Do you have a word or name that makes your heart shine? A word you want to keep close? Bring your 5 or 6 letter word idea and create a blackboard banner for that. The word might be a name, a belief, a strength, the skies the limit (and the 5-6 letters). You can choose to decorate the board with paint markers, chalk markers, and other embellishments. Each banner flag is around 4 inches tall and strung on a 5 foot string or ribbon. w/Areka Foster. Class limit 9. RSVP

### Blue & Gold Zentangle Kimono

**Thurs., July 30th TVC@Perrysburg!  
9:30am-12:00pm**

We will explore the use of blue ink in creating a beautiful Zentangle project. Blue is often associated with harmony, faithfulness, calm and concentration. Using a Kimono pattern, we will create a Kimono Zentangle work of art on an Opus tile. We will be using blue and gold gel pens. Instructor: Harley King, Certified Zentangle Instructor. Class limits of 9. RSVP.



### Silk Painted Suncatcher Monday, July 6th 5:00pm-7:00pm



Silk painting is a fun and easy way to create a beautiful piece of art. You will learn the basics of silk painting, using masking fluids dyes and paints on a hoop sun catcher. Silk painting reinforces the idea of "let it go and let it flow". Come relax and create. Please wear old clothes or a paint shirt. If you're new to art or if you have been creating your whole life, please join us. w/ Areka Foster. Class limit 9. RSVP

### Painting on Black Canvas Friday, July 17th 10:00am-12:00pm



Night skies, underwater scenes, dramatic or eerie backdrop are just some of the themes that can be explored on black canvas. For this art therapy session we will be repeating the phrase "work in reverse". We will be painting on black canvas, which will seem like going backwards from darkest to light—or, black to white. The image will be painted in layers, which will add depth to your painting. Join us for an exploration of bringing an image out of the dark. Feel free to bring your own ideas, but techniques and inspiration will be offered. Please wear old clothes or bring a paint shirt. w/Areka Foster. Class limit 9. RSVP

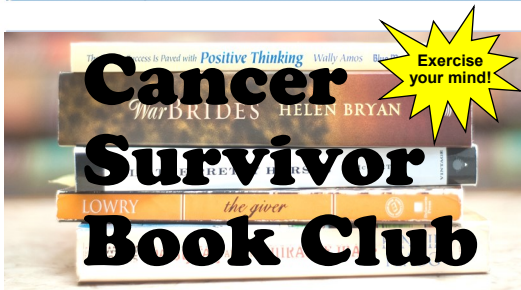


The Victory Center's two locations are open once again and we are welcoming back cancer patients, survivors and families alike. It has been a delicate balancing act trying to provide the programs and services that we know help cancer patients, with the need to keep everyone safe. All of our protocols have been approved by our Medical Advisory Council and are in accordance with all State of Ohio Responsible Restart Ohio protocols.

1. All staff, clients and therapists will have their temperature taken as soon as they arrive, be asked qualifying health questions, and will be required to wear a mask while in the public parts of the center.
2. All group programs and activities will now require pre-registration so that we can limit the number of participants in order to ensure proper social distancing. We will continue to livestream many exercise classes as well.
3. In order to encourage social distancing, we are asking participants to enter the main (east) doors of the center and exit through the west doors.
4. For one-one-one therapies such as oncology massage, reflexology, energy work and facials, clients will be asked to wash hands immediately before and after entering therapy rooms. Therapists will do the same. Therapists will wear a mask during every treatment & items will be changed and/or sanitized.

Main Office: 5532 W. Central Ave. Suite B | Toledo, OH 43615-0713 | 419-531-7600 | [www.thevictorycenter.org](http://www.thevictorycenter.org) | Facebook  
Hours: Mon, Tues, Thurs 8am-4pm | Wed 8am-7pm | Fri 8am-3pm | 2nd Sat every month 10am-2pm





## Fight Back with Nutrition

Class limit of 9; RSVP

### Friday, July 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., July 1st & 15th**  
**1:00pm-2:00pm**  
 (TVC@Central)

### July 15th-Essential Oils for the Garden

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; max of 9 attendees. Caregivers welcome. RSVP, please.

### Wig Tips with Kristen

### Sat., July 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.



### Zentangle Group

### Thurs., July 23rd

### 10:00am-12:30pm

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

### "Managing Change with Ease"

**Friday, July 24th**  
**1:00pm-2:30pm**

We'll meditate about and discuss ways to manage change easily and gracefully. Facilitator: Jane V. Lutz, MSN, meditation teacher & holistic practitioner. Class limit of 9. RSVP



### Line Dancing

### Friday, July 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 4. RSVP, please!



## Essential Oils for Pain

**Thurs., July 9th**  
**5:00pm-6:00pm**  
 (TVC@Perrysburg)

**W/ Patti Leupp**  
**Certified Clinical Aromatherapist**

Join Patti Leupp for this very special aromatherapy program, highlighting the use of essential oils to manage pain. Many oils can be effective because of their anti-inflammatory and analgesic properties. Other oils can be helpful for their calming, relaxing, or cooling effects. Attend this program to explore options for your pain issues. Caregivers welcome, too. Class limit of 9. RSVP.



## Belly Dancing!

**Thurs., July 30th**  
**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., July 21st**  
**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



**Epworth**  
 United Methodist Church

## Lymphedema Education

**Thurs., July 30th**  
**2:00-3:00pm**

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.

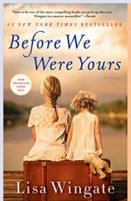


**INK RIBBON PROGRAM**  
 Post-Operative Workout Enhancing Recovery

**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 2 new students plus 2 class alumni. RSVP only.

**Next Meeting: Thurs., July 30th 4-5pm**



We're reading:

**Before We Were Yours**

**By: Lisa Wingate**

Based on one of America's most notorious real-life scandals—in which Georgia Tann, director of a Memphis-based adoption organization, kidnapped and sold poor children to wealthy families all over the country—Lisa Wingate's riveting, wrenching, and ultimately uplifting tale reminds us how, even though the paths we take can lead to many places, the heart never forgets where we belong. (Amazon) RSVP. Limit 9  
 NOTE: This is a different book than what was previously planned. Sorry for any inconvenience.

## Decorated Jars

**Fri., July 10th**  
**10am-12pm OR 1-3pm**

Join Dottie during this fun program to take plain mason-like jars and decorate them your way. Each participant will be provided the jar and all supplies needed to accomplish the look. Repurpose and enjoy creating. Lovely in any home! Facilitator: Dottie Huls, retired art teacher and survivor. Choose to either attend morning or afternoon only, not both. Each class is limited to 9. RSVP



## Seated Movement Class

**Wed., July 22nd**  
**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 9. Please RSVP.



## Exploring Your Genealogy

**Tues., July 21st**  
**2:30pm-3:30pm**

"Genealogy is the study of families, family history, and the tracing of their lineages."

Join Bev Bender, who has over 20 years experience in researching genealogy, to start your own journey of discovery!  
 BRING: your own laptop, notepad & pens/pencils  
 STARTER INFO: where your grandparents are buried; where members of the older generation passed. Ideally, have 2 names from each side of your family. Handouts provided. RSVP, limit 9.





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

# July 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* 5:00 Art Therapy* Silk Painted Sun Catcher	<b>7</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* <u>12:30 Yoga*</u>	<b>1</b>  10:00 Pink Ribbon* 11:30 Nia Fitness 1:00 Aromatherapy Consult* <u>1:30 Healthy Steps*</u> <u>6:00 Metastatic Breast Ca SG*</u> 6:00 Weekly Cancer SG*	<b>2</b> <u>1:30 Chair Yoga*</u> <u>2:30 Group Meditation*</u> 5:30 Yoga Nights*	<b>3</b> TVC Closed	<b>4</b> 
<b>12</b>	<b>13</b> 10:30 Yoga* 6:00 Blood Cancer SG*	<b>14</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* <u>12:30 Yoga*</u> 6:00 Breast Cancer SG*	<b>15</b> 11:30 Nia Fitness* 1:00 Aromatherapy Consult- Essential Oil for the Garden* <u>1:30 Healthy Steps*</u> 6:00 Weekly Cancer SG* 6:00 The Art of Walking with Confidence*	<b>16</b> <u>1:30 Chair Yoga*</u> <u>2:30 Group Meditation*</u> 5:30 Yoga Nights*	<b>17</b>  10:00 Art Therapy* Painting on Black Canvas <u>12:00 Restorative Yoga</u>  1:00 Line Dancing*	<b>18</b>
<b>19</b>	<b>20</b> 10:30 Yoga*	<b>21</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* <u>12:30 Yoga*</u> 2:30 Explore Your Genealogy* 7:00 Healing Service*	<b>22</b>  Wig Bank- appt. only 11:30 Seated Movement Class* <u>1:30 Healthy Steps*</u> 6:00 Weekly Cancer SG*	<b>23</b>  10:00 Zentangle Group* <u>1:30 Chair Yoga*</u> <u>2:30 Group Meditation*</u> 5:30 Yoga Nights*	<b>24</b>  10:00 Fight Back With Nutrition* <u>12:00 Restorative Yoga</u>  1:00 Power of Acceptance*	<b>25</b>
<b>26</b>	<b>27</b> 10:30 Yoga* <u>1:00 Art Therapy*</u> What's Your Word?	<b>28</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* <u>12:30 Yoga*</u> 6:00 Caregiver SG* 6:00 Breast Cancer SG*	<b>29</b> 11:30 Nia Fitness* <u>1:30 Healthy Steps*</u> 6:00 Weekly Cancer SG*	<b>30</b> <u>9:30 Blue &amp; Gold</u> Zentangle Kimono* <u>1:30 Chair Yoga*</u> 2:00 Lymph Ed* <u>2:30 Group Meditation*</u> 4:00 Book Club* 5:30 Yoga Nights* 7:00 Belly Dancing*	<b>31</b> <u>12:00 Restorative Yoga</u>	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.

**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

**July 2020 Issue 115**

### **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](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.