

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

August 2020 Issue 116

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., Aug. 11th & 25th
6:00 - 7:30 pm

Metastatic Breast Cancer

Offered in partnership with Mercy Health
Weds., Aug. 5th
6:00 - 7:30 pm/ Held at St. Anne

Blood Cancer

In Partnership with: *L & L Society*
Mon., Aug. 10th
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., Aug. 6th
6:00 - 7:30 pm/ Held at TVC@Perrysburg

Caregiver Meeting

Tues., Aug. 25th
6:00 - 7:30 pm

Hike the Miakonda Woods *At Camp Miakonda-Toledo*

Monday, August 31st 2:00pm-3:00pm (may stay later)

Join Camp Ranger Brandon Bailey as he leads you on a gentle hike through Camp Miakonda, following a path through dense forest that leads around the camp's very own lake.

He will be pointing out some of the park's historical features along the way. Camp Miakonda is notable because it is over 103 years old, which is the 5th oldest Boy Scout camp in the nation. RSVP. Group limit of 20, in 2 groups of 10.

What you need to know:

- RSVP to TVC
 - Tennis shoes are required
 - bug spray suggested
 - sunscreen suggested if sunny; consider a hat
 - dress for the weather
 - meet in the parking lot
 - bathrooms will be available
- Address: 5600 W Sylvania Ave, Toledo, OH 43623



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
CANCER SURVIVORS: Register to win one of 4 free rappelling spots, provided courtesy of our generous sponsors, Therma Tru Doors and Mercy Health! Call the office to register by Aug.13th!

Healthy Spirit Art Therapy ~Areka Foster, art therapist

Art Therapy is funded through a grant from Buckeye Broadband

Watercolor Postcards

TVC@Perrysburg!

Monday, August 24th **1:00pm-3:00pm**



Travel may be limited this summer but that doesn't mean we can't still send a postcard. In this art therapy session, we will be painting our own postcards using watercolor paints. Bring ideas of where you are or where you want to be. The sky is the limits on what you paint! The great thing about these cards is they are small enough to be approachable and maybe you will even have time to make more than one. w/Areka Foster. Class limit 9. RSVP

Alcohol Inks

Monday, August 3rd **5:00pm-7:00pm**



Alcohol inks are a fun way to create vibrant colors, interesting backgrounds and atmospheres. The colors are bright, the effects are amazing and they are fast drying on non-porous surfaces. If you own your own alcohol inks, please bring them. This art therapy session we will explore and play with the alcohol inks on tiles and on a small decorative jewelry/ trinket dish. Plan to wear old clothes or a paint shirt. w/Areka Foster. Class limit 9. RSVP

Silhouette Painting

Friday, August 14th **10:00am-12:00pm**



Silhouette paintings are often an animal, tree or person's profile painted against a lighter colored background. In this art form, the subject often stands out from the background and looks dramatic. Bring a simple foreground image (less than 9 x 12 inches) or get inspired from the ideas offered. Make sure your simple images has some defining features, such as the whiskers of a cat or the shape of a tree. Your image can be traced or drawn freehand on the canvas. Please wear an old clothes or bring a paint shirt as we will be using acrylic paints. w/Areka Foster. Class limit 9. RSVP

Fundamentals of Zentangle

Thurs., August 26th **10:00am-12:30pm**

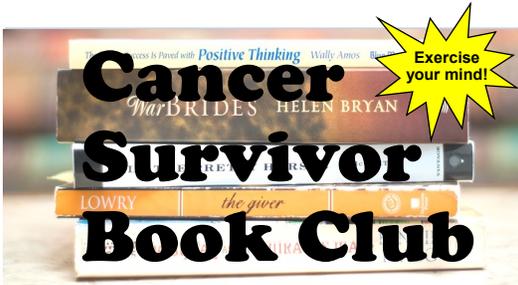


Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The Zentangle method is an art form, a life skill, a tool, a perspective, and an approach to mindfulness. The method enables you to easily access your intuition and develop your creativity. 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 9.



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.



Cancer Survivor Book Club

Exercise your mind!

Fight Back with Nutrition Class limit of 9; RSVP

Friday, August 21st 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., Aug. 5th & 19th
1:00pm-2:00pm
 (TVC@Central)



Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist

Date: Mon., Aug 17th
Time: 2:00-3:00pm
 (TVC@Perrysburg)



August 5th ~ Topic: Cool Down 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.

Tangle Town Village-Zentangle

Wed., August 12th
1:00-3:00pm



Join Maureen for this special project to take all that you've learned through Zentangle, and create a charming grouping of homes, using various tangle patterns! This is an advanced class, and will be done on an oversized Opus tile. You must have at least taken the Fundamentals of Zentangle course before registering. Having attended additional Zentangle classes will also be helpful. Instructor: Maureen Hines, Certified Zentangle Instructor. RSVP. Limit 9.

Belly Dancing!

Thurs., August 20th
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. Must be a full class of 4 to be held. RSVP.

Next Meeting: Thurs., Sept. 24th 4-5pm

We're reading:

Little Fires Everywhere
 By: Celeste Ng



In Shaker Heights, a placid, progressive suburb of Cleveland, everything is planned—from the layout of the winding roads, to the colors of the houses, to the successful lives its residents will go on to lead. And no one embodies this spirit more than Elena Richardson, whose guiding principle is playing by the rules. Enter Mia Warren—an enigmatic artist and single mother—who arrives in this idyllic bubble with her teenaged daughter Pearl, and rents a house from the Richardsons. Soon Mia and Pearl become more than tenants: all four Richardson children are drawn to the mother-daughter pair. But Mia carries with her a mysterious past and a disregard for the status quo that threatens to upend this carefully ordered community. (Amazon) RSVP. Limit 9

Bottle Decorations w/ Clay

Fri., August 7th
10:00am-12:00pm



Transform a bottle into a lovely work of art, for display or use as a vase. You will use model magic to layer your design over the colored glass, for a beautiful end result! Each participant must bring a colored wine, olive oil or vinegar bottle. Facilitator: Dottie Huls, retired art teacher and survivor. Class is limited to 9. RSVP

The Most Wonderful Power

Tuesday, Aug. 11th
1:00pm-2:30pm



In this session we will have a brief devotional, focused on the power of love. We will consider the Sacred Writings of diverse religions, and then use a guided art project as a means to meditate on the evidences and gifts of love we have received from our Creator, in our own lives. No artistic ability is required beyond the skills of writing one's own name. Presented by Peggy Borell, retired teacher and Master Facilitator for The Virtues Project™. RSVP-limit 9 On Zoom only.

Exploring Your Genealogy

TVC@Perrysburg!

Weds., August 19th
5:30pm-6:30pm



"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, extension cords, 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 Power of Acceptance
"Endings and Beginnings"

Friday, August 21st
1:00pm-2:30pm



We'll use discussion and meditation to help us navigate our way around ending the old and starting new thoughts, attitudes and situations. Facilitator: Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP, limit 9

Line Dancing

Friday, August 7th
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!

Healing Service

Tues., August 18th
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

Wig Tips with Kristen

Sat., August 8th
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.



Wednesdays, Aug. 5th- Sept. 9th
10:00-11:00am ~ZOOM only

The Pink Ribbon Program is a Pilates-based recovery program developed by survivor Doreen Puglisi, MS, exercise physiologist, to help other breast cancer survivors regain mobility & improve quality of life. This 6 week post-operative program is intended to help survivors regain strength, range of motion, and a sense of wellbeing. Kathy Farber, Ph.D., Pilates Instructor, Certified Post Rehabilitative BC Exercise Specialist

- Registration is required and is for the whole 6 week course. (only 2 new students per session)
- Survivors may be recovering from lumpectomies, mastectomies, lymph node removal, or reconstruction procedures
- These exercises may be done as soon as your doctor gives you permission, and along with, or after, Physical Therapy. Suggested wait is 2-3 weeks post surgical or 2 months post reconstruction.
- Also suitable for those whose surgery was several years ago. Accommodates all fitness levels.



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

August 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
2	3 10:30 Yoga* 5:00 Art Therapy* Alcohol Inks 	4 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 	5 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consult* ~Cool Down with Essential Oils 1:30 Healthy Steps* 6:00 Metastatic Breast Ca SG* 6:00 Weekly Cancer SG* 	6 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG* 	7 10:00 Bottle Decoration with Clay*  1:00 Line Dancing* 	8 Wig Bank- appt. only  10:00 Wig Tips* 
9	10 10:30 Yoga* 6:00 Blood Cancer SG* 	11 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 1:00 The Most Wonderful Power- on Zoom*  6:00 Breast Cancer SG* 	12 Wig Bank-appt. only  10:00 Pink Ribbon*  11:30 Sorry, NO Nia Fitness*  1:00 Zentangle ~ Tangle Town Village*  1:30 Healthy Steps* 6:00 Weekly Cancer SG* 	13 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 	14 10:00 Art Therapy* Silhouette Painting 	15 
16	17 10:30 Yoga* 2:00 Aromatherapy Consult* 	18 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 7:00 Healing Service* 	19 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consult* 1:30 Healthy Steps* 5:30 Explore Your Genealogy*  6:00 Weekly Cancer SG* 	20 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 7:00 Belly Dancing* 	21 10:00 Fight Back With Nutrition*  1:00 Power of Acceptance* 	22 
23	24 10:30 Yoga* 1:00 Art Therapy* Watercolor Postcards 	25 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 6:00 Caregiver SG* 6:00 Breast Cancer SG* 	26 Wig Bank- appt. only  10:00 Pink Ribbon*  10:00 Fundamentals of Zentangle*  11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG* 	27 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 	28 TVC Closed <i>Over The Edge</i> 	29 
30	31 10:30 Yoga* 2:00 Hike the Miakonda Woods* 					



Within you there is a stillness and a sanctuary to which you can retreat at any time and be yourself.
- Hermann Hesse -

 **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

***RSVP needed, call 419-531-7600**

The Victory Center News is published by The Victory Center at 5532 W. Central Ave., Suite B, Toledo, OH 43615-0713



THE VICTORY CENTER

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Thursday Chair Yoga on Zoom!

Are you a cancer survivor interested in taking part in Chair Yoga, but are staying close to home? Do you want a live class experience and a chance to connect with the facilitator and other students? Then our Thursday Chair Yoga class is for you! Facilitator **Caroline Dawson** is holding the class at our **Perrysburg office**, but is also taking students on Zoom. Call the office to register in advance.



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 (Zoom also)



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.