



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

**September 2020 Issue 117**

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., Sept. 8th & 22nd

6:00 - 7:30 pm

### Metastatic Breast Cancer

Offered in partnership with Mercy Health

Weds., Sept. 2nd

6:00 - 7:30 pm/ Held at St. Anne

### Blood Cancer

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

Mon., Sept. 14th

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., Sept. 3rd

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

### Caregiver Meeting

Tues., Sept. 22nd

6:00 - 7:30 pm

## **Welcome Fall—Sunset Nature Walk**

**Wed., Sept. 16th  
6:00pm-7:30pm**



Join us on a sunset nature walk and experience the start of the fall season. Early autumn colors and migrating birds are the gifts of a September walk in the woods and meadow. Learn the paths to continue your fall walk throughout the season. Researchers are amassing a body of evidence proving that nature is good for us and has both long and short term mental and physical health benefits. Come start your journey with nature. Facilitated by Patty Toneff, Ruth Esther Retreats.

**Meet at the visitor's center at Wildwood Metropark!**

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

*Art Therapy is funded through a grant from Buckeye Broadband*

### **Gelli Printing** *TVC@Perrysburg!*

**Monday, Sept. 14th  
5:00pm-7:00pm**



What are Gelli plates? They are gelatin-like printing surfaces that allow you to produce textured prints with the use of stencils and stamps. In this art therapy session we will be using stencils, stamps, textures and other tools to create printed surfaces. These surfaces can be used to make cards, zentangles, mount pictures or just as they are. This will be a fun exploration of mono-printing. Wear old clothes or bring a paint shirt. w/ Areka Foster. Class limit 9. RSVP.

### **Paper Quilling**

**Fri., Sept. 11th  
OR Thurs. Sept. 17th  
10:00am—12:00pm**



Quilling is an art form that involves the use of strips of paper that are rolled, shaped, and glued together to create decorative designs to decorate greeting cards, pictures, boxes, etc. Quilling starts with rolling a strip of paper into a coil and then pinching the coil into shapes that can be glued together. Facilitator: Dottie Huls, retired art teacher and survivor. Class is limited to 9. RSVP

### **Coloring For Grown-Ups** *TVC@Perrysburg*

**Thurs., Sept. 10th  
6:00pm-8:00pm**



Did you know that coloring for adults is relaxing and meditative? You will be able to choose from a variety of designs, and color them using mediums like colored pencils, markers, pens, pastels, etc. If you're already into coloring, please bring your favorite coloring pens/pencils to class. RSVP. Class limit 9. Staff Facilitator



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 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.
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-on-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.

### **Semi-Circle Painting** *TVC@Perrysburg!*

**Monday, Sept. 21st  
1:00pm-3:00pm**



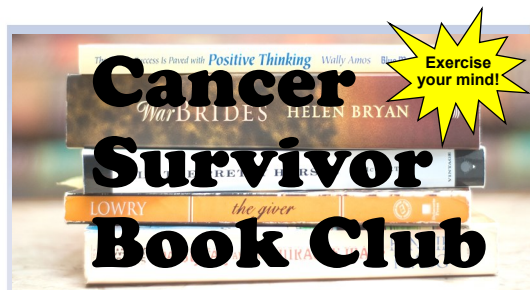
In this art therapy session, we will get creative painting a half moon shaped piece of wood. Think rainbows, sunshine, mandalas, moons, zentangles, abstract designs, flowers and more. Come with an idea or get inspired by ideas offered. Please wear old clothes or bring a paint shirt. The finished piece can be put on a shelf, over a door or hung like a traditional shaped painting. w/ Areka Foster. Class limit 9. RSVP.

## **Personalized Decoupage Boxes**

**Friday, September 4th  
10:00am-12:00pm**



Decoupage is an amazing art form. "Decoupage" actually comes from the French word "decouper," which means to cut out or cut from something else. In this art therapy session you will pick a box from many sizes and shapes offered and then decoupage to your heart's desire. The boxes can be personalized with scrabble tile pieces or using stencils. This would make a great memory box or a special box to give as a gift. We will be using decorative and handmade paper, tissue paper and other embellishments. Please feel free to bring decorative paper napkins, sheet music, old road maps, stickers, or wrapping paper. w/ Areka Foster. Class limit 9. 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

## Zentangle Opus

**Tues., Sept. 22nd  
1:00pm-4:00pm**



Enough with the small stuff. We are going to take Zentangle to the next level. We are going big: 10.5" X 10.5". This tile will not be able to be completed in one sitting. All tiles, pens and workbooks will be provided. Prerequisite: Fundamentals of Zentangle class. NO Exceptions. This is an advanced class. Instructor: Harley King Certified Zentangle Teacher. Limit 9. RSVP

THE VICTORY CENTER  
**CELEBRITY WAIT**  
*Night*

**Going Virtual  
October 1st**

Due to COVID-19, our annual Celebrity Wait Night event is going virtual! Without the funds raised by events like this, we cannot offer all of the programs and services we currently do! If you would like to support, here's how:

- From Oct. 1 – 15, log onto [blacktie-auctions.com/TheVictoryCenter/](https://blacktie-auctions.com/TheVictoryCenter/) and buy raffle tickets to win fabulous gifts or bid on some amazing silent auction items!
- On the same website, you can support your favorite "celebrity" waiter!
- Mail a check or call 419-531-7600 to make a donation! Thank you so much!

## Fight Back with Nutrition

Class limit of 9; RSVP

**Friday, Sept. 25th 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., Sept. 2nd & 16th  
1:00pm-2:00pm  
(TVC@Central)**

**Sept. 16th ~ Topic: Essential Oils for Brain Health~**

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 & Talk

**TVC@Perrysburg!**

**Tues., Sept. 15th  
9:00am-11:00am**



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. Bring your own supplies. Instructor: Maureen Hines, Certified Zentangle Instructor. RSVP. Limit 9.

## The Power of Acceptance "HOPE"

**Friday, September 25th  
1:00pm-2:30pm**



We'll use discussion and meditation to help us focus on ways to generate and maintain hope. Facilitator: Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP, Class limit of 9.

## Line Dancing

**Friday, September 11th  
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!



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

**Weds., Oct. 7th— Nov. 11th  
10:00-11:00am~ZOOM 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. **RSVP only.**

## Aromatherapy Consultation w/ Patti Leupp RN, CRNA

**Certified Clinical Aromatherapist**



**Thurs., Sept. 24th  
11:00am-12:00pm  
(TVC@Perrysburg)**

## Belly Dancing!

**Thurs., Sept. 17th  
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 minimum class of 4 to be held.** RSVP.

## Healing Service

**Tues., Sept. 15th  
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

**Wig Tips with Kristen**  
**Sat., Sept. 12th  
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

## Advances in Genetic Testing

**Monday, Sept. 28th  
6:00pm-7:30pm**



If you have questions about genetic testing, check out this presentation. Advances in genetic testing will be discussed in relation to hereditary breast, ovarian, pancreas, prostate, endometrial and colon cancers. Additional testing options beyond BRCA and Lynch Syndrome will be reviewed, as well as how genetic test results may change treatment options. Presenters: Emily Callahan and Kelly Morse, Licensed Genetic Counselors. RSVP, Class limit 10.





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

# September 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>1</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga*	<b>2</b> 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy * 1:30 Healthy Steps* 6:00 Metastatic Breast Ca SG* 6:00 Weekly Cancer SG*	<b>3</b> 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	<b>4</b> 10:00 Art Therapy* Personalized Decoupage Boxes	<b>5</b> 
<b>6</b> 	<b>7</b> 10:30 Yoga*	<b>8</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 6:00 Breast Cancer SG*	<b>9</b> Wig Bank-appt. only 10:00 Pink Ribbon* 11:30 Nia Fitness* -5 Stages of Healing 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	<b>10</b> 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Coloring for Grown-Ups*	<b>11</b> 10:00 Paper Quilling* 1:00 Line Dancing*	<b>12</b> Wig Bank-appt. only 10:00 Wig Tips*
<b>13</b> 	<b>14</b> 10:30 Yoga* 5:00 Art Therapy* Gelli Printing 6:00 Blood Cancer SG*	<b>15</b> 9:00 Tangle & Talk* 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 7:00 Healing Service*	<b>16</b> 11:30 Nia Fitness* 1:00 Aromatherapy* -Essential Oils for Brain Health 1:30 Healthy Steps* 6:00-Fall Nature Walk* 6:00 Weekly Cancer SG*	<b>17</b> 10:00 Paper Quilling* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 7:00 Belly Dancing*	<b>18</b> 	<b>19</b> 
<b>20</b> 	<b>21</b> 10:30 Yoga* 1:00 Art Therapy* Semi-Circle Painting	<b>22</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga* 1:00 Zentangle Opus* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	<b>23</b> Wig Bank-appt. only 11:30 Nia Fitness* 1:00 Aromatherapy Consult* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	<b>24</b> 11:00 Aromatherapy* 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Book Club* 5:30 Yoga Nights*	<b>25</b> 10:00 Fight Back With Nutrition* 1:00 Power of Acceptance- HOPE*	<b>26</b> 
<b>27</b> 	<b>28</b> 10:30 Yoga* 6:00 Advances in Genetic Testing*	<b>29</b> 10:00 Healthy Steps* 11:00 Knit Wits and More* 12:30 Yoga*	<b>30</b> 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*			

**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**

*Reaching out to cancer patients & their families.*

**5532 W. Central Ave., Suite B  
Toledo, OH 43615-0713**

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Permit No. 840

## The Victory Center News

September 2020 Issue 117

### 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!**



AmazonSmile is a simple and automatic way for you to support The Victory Center every time you shop, at no cost to you.

You just need to select us as your AmazonSmile Charity Partner by going to

<https://smile.amazon.com>.

A percentage of your purchase price is donated to us! Please sign up today (and don't forget to tell your friends!)

### 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](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.