



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

October 2020 Issue 118

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.

Oct. 7—28, Wednesdays

6:00 - 7:30 pm

Breast Cancer

Funded by **The Breast Cancer Fund of OH**

Tues., Oct. 13 & 27

6:00 - 7:30 pm

Metastatic Breast Cancer

Offered in partnership with Mercy Health

Weds., Oct. 7

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

Blood Cancer

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

Mon., Oct. 12

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., Oct. 1

6:00 - 7:30 pm/ Via ZOOM

Caregiver Meeting

Tues., Oct. 27

6:00 - 7:30 pm

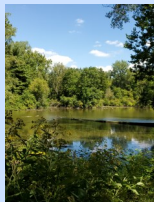
Hike the Miakonda Woods At Camp Miakonda-Toledo

**Monday, October 19th
2:00pm-3:00pm**

Join us as we explore this treasure right in the city! We had an awesome time in August so we're going back during the Autumn season to enjoy the beautiful tress and nature! Camp Ranger Brandon Bailey will lead you on a gentle hike through Camp Miakonda, following a path through dense forest that leads around the camp's very own lake. Group limit of 20, in 2 groups of 10. Sign up today!

What you need to know:

- RSVP to TVC
- Tennis shoes are required
- Bug spray suggested
- Dress for the weather
- Meet in the parking lot



Healthy Spirit Art Therapy ~Kayt Harden, art therapist

Art Therapy is funded through a grant from Buckeye Broadband

Healing Deck TVC@Perrysburg!

**Monday, Oct. 12th
1:00pm-3:00pm**



In this workshop, we will explore letting go of control through symmetry paintings. By letting paint drip onto the paper, and then folding the paper, a pattern of paint is created and discovered that you would not have been able to create through traditional painting. Words of healing will then be used to embellish the paintings, and will be added to a personal deck of healing cards. Please bring a paint shirt and words of healing that have helped you in the past. w/ Kayt Harden. Class limit 9. RSVP.

Freedom Birds

**Monday, October 19th
5:00pm-7:00pm**



Sometimes we forget what it means to be light and free, and how to let go of the heavy weight we carry around with us. This meditative Art Therapy workshop will offer a guide on transforming the heaviness in our hearts into the freedom of a bird. Join us for an opportunity to lighten your load and feel peacefulness by acknowledging the past and letting it go! Please wear a paint shirt. w/ Kayt Harden. Class limit 9. RSVP.

Focus Groups



**Central:
Thursday, Oct. 1st 4:00pm-5:00pm
Tuesday, Oct. 13th 11:00am-12:00pm**

**Perrysburg:
Monday, Oct. 12th 11:30am—12:30pm**

Message from our new Program Director

Hello! I'm Lisa Marquette, the new Program Director! I have a Master's degree in Social Work and come with a variety of experience, both clinical and community. Helping others who are experiencing challenges and barriers in their lives is my passion. I feel privileged to be a part of the positive and supportive environment at TVC! You can reach me directly at: lmarmquette@thevictorycenter.org



Confidence Confetti

**Friday, Oct. 16th
10:00am-12:00pm**



We will explore topics of connection, self-esteem, and transforming negative self-talk into positive self-talk. Participants will be given a tin to decorate. Inside can be filled with positive quotes, and self-esteem boosters. These tiny tins offer the unique ability to connect with others by offering "love bombs." When we see someone who may need a pick-me-up, a piece of confetti from the tin can be offered as a love bomb to someone in need! Please bring ideas of quotes that have been uplifting to you in the past. w/ Kayt Harden. Class limit 9. RSVP.

Spring Forest Qigong

**Wed., Oct. 28
11:30am-12:30pm**



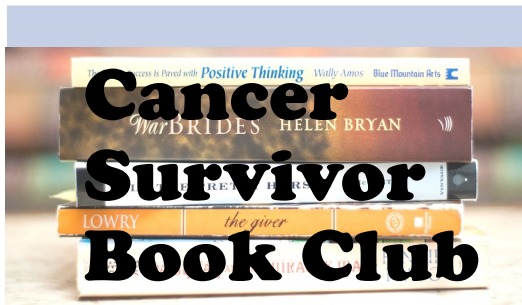
Experience some simple Qigong energy balancing movements. Qigong is an ancient Chinese scientific study of the power of Qi in the body and the universe. Spring Forest Qigong is simplified Qigong so it can be practiced and understood by anyone. It is explained from the energetic, emotional, and spiritual perspectives and has many characteristics which make it incredibly effective. w/ Glenna Frey. Class limit of 9 RSVP

Calling all participants and interested parties! Please bring your ideas for new programs and meet our new program director. What would you like to see offered at TVC? This is your chance to help shape the future of TVC! If you cannot come in person, a Zoom option will be available. We want to hear from you! PLEASE RSVP.

**Mindfulness by Mariam
Tuesday, October 20th
12:00-1:00pm**



The mindfulness workshop is geared toward those who have never practiced mindfulness, as well as those experienced in yoga, meditation, and other forms of mindfulness. No equipment, special clothing, or experience is required. It will help to have an open mind. The workshop will begin with a brief explanation about mindfulness, some simple instruction and guided exercises. The entire session should last around 45 minutes. Facilitator: Mariam Deland, LMSW, therapist and practitioner. RSVP, Class limit of 9.



Look for the next meeting in November



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. Instantly transformed into migrants, Lydia and Luca ride *la bestia*—trains that make their way north toward the United States, which is the only place Javier's reach doesn't extend. 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) RSVP. Limit 9

Zentangle "Splash of Coffee"

Thurs., Oct. 22nd
10:00am-12:00pm



The bottom of a cup is dipped in a saucer of coffee and stamped on a tile before tangling. Tangles are selected complementing the flow of the dried coffee design. All tiles and pens will be provided. Instructor: Maureen Hines, Certified Zentangle, Teacher. Limit 9. RSVP

THE VICTORY CENTER
CELEBRITY WAIT
Night

Going Virtual
October 1st-15th

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/ 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

Friday, Oct. 23rd 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., Oct. 7th & 21st
1:00pm-2:00pm
(TVC@Central)

Oct. 21st ~ Topic: Halloween Special

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!



Thurs., Oct. 15th
10:00am-12:00pm

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: Harley King, Certified Zentangle Instructor. RSVP. Limit 9.

The Power of Acceptance "Feeling Safe"

Friday, Oct. 23rd
1:00pm-2:30pm



Using meditation and discussion, we'll explore ways to strengthen our sense of safety and peace. Facilitator: Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP, Class limit of 9.

Line Dancing

Friday, October 16th
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!

Fall Themed Chargers

Friday, October 9th
10:00 am—12:00 pm

Enjoy this time to let your creative spirit out! These painted plates make wonderful decorations or gifts. Chargers and paint will be provided. Facilitator: Dottie Huls, retired art teacher and survivor. Class of 9.



Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



Fri., Oct. 23rd
2:00pm-3:00pm
(TVC@Perrysburg)

Belly Dancing!

Thurs., Oct. 15th
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.

Stress Reduction & Guided Imagery

Wed., Oct. 28th
1:00pm-3:30pm



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



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.

For the latest updates on Programs & Services



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



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

OCTOBER 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
<div>4</div> 	<div>5</div> <p>10:30 Yoga*</p>	<div>6</div> <p>10:00 Healthy Steps*</p> <p>12:30 Yoga*</p>	<div>7</div> <p>10:00 Pink Ribbon*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy*</p> <p>1:30 Healthy Steps*</p> <p>6:00 Metastatic BC Group*</p> <p>6:00 Weekly Cancer SG*</p>	<div>8</div> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<div>9</div> <p>10:00 Fall Themed Chargers</p> 	<div>10</div> <p>Wig Bank- appt. only</p> 
<div>11</div>	<div>12</div> <p>10:30 Yoga*</p> <p>11:30 Focus Group*</p> <p>1:00 Art Therapy* (Healing Deck)</p> <p>6:00 Blood Cancer SG*</p>	<div>13</div> <p>10:00 Healthy Steps*</p> <p>11:00 Focus Group*</p> <p>12:30 Yoga*</p> <p>6:00 Breast Cancer SG*</p>	<div>14</div> <p>Wig Bank-appt. only</p> <p>10:00 Pink Ribbon*</p> <p>11:30 Nia Fitness*</p> <p>1:30 Healthy Steps*</p> <p>6:00 Weekly Cancer SG*</p>	<div>15</div> <p>10:00 Tangle and Talk*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p> <p>7:00 Belly Dancing*</p>	<div>16</div> <p>10:00 Art Therapy (Confidence Confetti)*</p> <p>1:00 Line Dancing*</p>	<div>17</div>
<div>18</div>	<div>19</div> <p>10:30 Yoga*</p> <p>2:00 Camp Miakonda Hike*</p> <p>5:00 Art Therapy (Freedom Birds)*</p>	<div>20</div> <p>10:00 Healthy Steps*</p> <p>12:00 Mindfulness by Mariam*</p> <p>12:30 Yoga*</p>	<div>21</div> <p>10:00 Pink Ribbon*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy (Halloween theme)*</p> <p>1:30 Healthy Steps*</p> <p>6:00 Weekly Cancer SG*</p>	<div>22</div> <p>10:00 Zentangle (Splash of Coffee)*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<div>23</div> <p>10:00 Fight Back With Nutrition*</p> <p>1:00 Power of Acceptance- Feeling Safe*</p> <p>2:00 Aromatherapy*</p>	<div>24</div>
<div>25</div>	<div>26</div> <p>10:30 Yoga*</p>	<div>27</div> <p>10:00 Healthy Steps*</p> <p>12:30 Yoga*</p> <p>6:00 Caregiver SG*</p> <p>6:00 Breast Cancer SG*</p>	<div>28</div> <p>Wig Bank-appt. only</p> <p>10:00 Pink Ribbon*</p> <p>11:30 Spring Forest Qigong*</p> <p>1:00 Stress Red & Guided Imagery*</p> <p>1:30 Healthy Steps*</p> <p>6:00 Weekly Cancer SG*</p>	<div>29</div> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<div>30</div>	<div>31</div>



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



THE VICTORY CENTER

Reaching out to cancer patients & their families.

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Toledo, OH 43615-0713**

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October 2020 Issue 118

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) Social distancing will be maintained as much as possible.
- 3) You may have 1 support person with you.
- 4) You must both wear masks.
- 5) Fitters will also wear masks.
- 6) 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.