



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

November 2020 Issue 119

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.

Nov. 4 – 18 Wednesdays

(No group Nov. 25)

6:00 - 7:30 pm

Breast Cancer

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

Tues., Nov. 10 & 24

6:00 - 7:30 pm

Metastatic Breast Cancer

Offered in partnership with Mercy Health

Wednesday., Nov 4

6:00 - 7:30 pm (Zoom only)

Blood Cancer

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

Mon., Nov. 9

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., Nov. 5

6:00 - 7:30 pm/ @ Mercy Health! (Zoom only)

Caregiver Meeting

Tues., Nov. 24

6:00 - 7:30 pm

Our Caring Corner

This month's featured tip is from Jackie Cummins, Major Gifts Manager

"Zazen is a form of seated meditation that is an integral part of Zen Buddhism, but you don't have to practice Buddhism to practice zazen. As a cancer survivor myself, I can tell you firsthand there are significant benefits. When I practice zazen, I am able to relax, focus, and center myself. I'm was able to quiet my worried mind and relax while waiting for results using zazen. Zazen is simple and can be done almost anywhere." Here is the website with simple instructions on how to get started, which includes sitting, relaxing and breathing techniques: <https://zmm.org/teachings-and-training/meditation-instructions/>



Healthy Spirit

Art Therapy ~ Areka Foster & Kayt Harden,
art therapists

Winter or Thanksgiving Small Canvas **TVC@Perrysburg!**

Monday, Nov. 23rd
1:00-3:00pm



Some artists like small paintings with words or phrases to create a meaningful message. Come explore the possibilities of small canvas and let the small size help you leave with a finished, meaningful project. While the possibilities are endless when painting on small canvas, in this session we will offer ideas around Thanksgiving or the winter season. Please wear old clothes or bring a paint shirt. If you have specific ideas please bring your inspirations. w/ Areka Foster.. Class limit 9. RSVP.

Leaf Painting

Friday, Nov. 6th
10:00am-12:00pm



This workshop is designed to help us connect with the energies of autumn, and embrace the transitions in our lives that often are reflective of seasonal changes. Participants will be offered an array of fall leaves, and different opportunities to leaf thread, leaf paint, leaf rub, and/or leaf print. Please bring a paint shirt, and any fall leaves that might inspire your craft. w/ Kayt Harden. Class limit 9. RSVP

Lava Stone Bracelets

Monday, Nov. 16th
5:00-7:00pm



Lava stone bracelets are great because you can diffuse essential oils wherever you go. Lava is naturally porous and can hold the scent of an essential oil for several days. Join us making these fashionable and beneficial bracelets. Please bring reading glasses, if you wear them. Supplies will be provided, but please feel free to bring any jewelry tools or other beads that you have on hand. Essential oils will not be used during this group. w/ Areka Foster. Class limit 9. RSVP.

Paper Zines

Friday, Nov. 13th
1:00-3:00pm
TVC@Perrysburg!



This workshop will explore mindfulness, and self-reflection through letter writing, and the creation of a small paper pocketbook called a Zine. Participants will be encouraged to write a personal letter to a younger self. Following writing the letter, they will be taught how to fold the letter into a small paper booklet that can be used to embellish or hide words or phrases contained in the letter, in order to create a new narrative, aiding in self-discovery. w/ Kayt Harden. Class limit of 9 RSVP

Trivia Night is Back!

Monday, Nov. 30th 6:00-7:30 pm



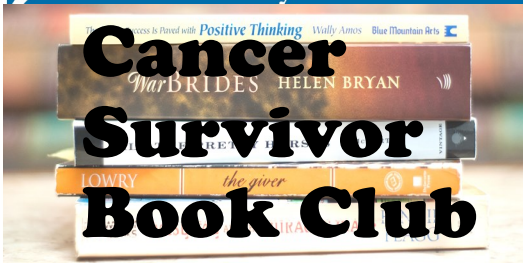
Trivia games have been a family and friends' favorite for years! Now it's time once again for The Victory Center to host its very own festive version, with a holiday theme! Come join in the fun. Bring a friend, or come alone, and we'll set you up as part of a team. Prizes will be awarded for teams finishing at the top—but a good time will be had by all. Hosted by TVC's own Karen Evans and Chelsea Seger. Limit 8. RSVP.

Help us congratulate Dianne Barndt, Executive Director. October 4th marked her 10 year anniversary with TVC! We appreciate all you do!

"I can hardly believe it's been 10 years since I walked in here for the first time and knew immediately that this is where I wanted to work. It just felt like home. Many were concerned that it would be "so hard working with people fighting cancer." Boy, were they wrong! Have there been rough times when we lose someone close to us? Of course. But 99% of the time, we get the privilege of helping these strong warriors who are fighting the fight of their lives. What we get back from these survivors is far greater than what we give. And that's why I still love coming to my job... even after 10 years!"



"We must find the time to stop and thank the people who make a difference in our lives."
— John F. Kennedy



Thursday, November 19, 4:00-5:00 pm
Meeting by Zoom



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.



Weds., Through 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.

Healing Service
Monday, Nov. 16th
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
Church Address: 4855 W. Central Ave. Toledo, OH 43615



Navigating Loss
during the Holidays

Monday, Nov. 23rd
5:00-6:00 pm



Loss comes in many forms—loss of a loved one, loss of health, and loss of hopes and dreams of what we thought life would be like. Sometimes, the holidays can be particularly difficult. This guided group discussion will offer tips to navigate this Season and lend support to each other. RSVP. Group limit of 9. (Facilitated by Kellie Hopkins, MSW, LSW, LICD-C with Hope Counseling Center of Toledo).

Fight Back with Nutrition

Friday, Nov. 20 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
Sponsored by ProMedica

Wed, Nov. 4th
1:00pm-2:00pm (TVC@Central)

Discuss the benefits of aromatherapy with an aromatherapist experienced in the concerns of cancer patients. Identify therapeutic-grade essential oils and their properties, and how they can be integrated into your health practices. There will be time for questions and answers based upon the interests of the group. Caregivers welcome. Class limit of 9.

Oils of the Bible

Wed, Nov. 18th
1:00pm-2:00pm



Spices and oils were an integral part of culture in Biblical times. Essential oils were used to anoint kings, leaders and the Christ Child. Today, modern science is documenting the healing properties of these essential oils. Discover the ancient wisdom of the oils from the Bible and application to modern times. Facilitated by Deb Reis, RN, MSN, Certified Clinical Aromatherapist. Class limit of 9. RSVP

Talk & Tangle
TVC@Perrysburg!

Thurs., Nov. 19th
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: Maureen Hines, Certified Zentangle Instructor. RSVP. Limit 9.

The Power of Acceptance

Fri., Nov. 20th
1:00pm-2:30pm



Gratitude is the quickest way to stabilize emotions and feel peaceful and loving. We'll use meditation and discussion to open deeper levels of gratitude. Facilitator: Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP, Class limit of 9.

Belly Dancing

Thurs., Nov. 19th



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.

Aromatherapy Consultation
w/ Patti Leupp RN, CRNA

Fri, Nov. 20th
1:00pm-2:30pm(TVC@Perrysburg)

Fall Nature Walk

Thurs, Nov. 12th
9:00-10:30am



Join us as we experience autumn colors and sights. Research proves that nature has long and short term mental and physical health benefits. Start your journey with nature! Facilitated by Patty Toneff, Ruth Esther Retreats. **Meet at the visitor's center at Wildwood**

Fundamentals of Zentangle

Thurs., Nov. 12th
1:00-3:30 pm



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. RSVP

Lymphedema Education
Thurs., Nov. 5th
1:00pm-3:30pm



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.

Line Dancing

Friday, Nov. 13th
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 8. RSVP, please!



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

NOVEMBER 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
1	2 10:30 Yoga*	3 10:00 Healthy Steps* 12:30 Yoga*	4-10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 6:00 Metastatic BC Group* 6:00 Weekly Cancer SG*	5 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Lymphedema Education* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	6 10:00 Art Therapy (Leaf Painting)* 	7
8	9 10:30 Yoga* 6:00 Blood Cancer SG*	10 10:00 Healthy Steps* 12:30 Yoga* 6:00 Breast Cancer SG*	11 Wig Bank-appt. only 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	12 9:00 Nature Walk 1:00 Fundamentals of Zentangle 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	13 1:00 Line Dancing* 1:00 Art Therapy* (Paper Zines)  	14 Wig Bank- appt. only 10:00 Wig Tips 
15	16 10:30 Yoga* 5:00 Art Therapy* (Lava Stone Bracelets) 7:00 Healing Service* 	17 No Healthy Steps this day 12:30 Yoga* 	18 11:30 Nia Fitness* 1:00 Aromatherapy (Oils of the Bible)* No Healthy Steps this day 6:00 Weekly Cancer SG*	19 10:00 Tangle and Talk* 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Book Club* 5:30 Yoga Nights* 7:00 Belly Dancing* 	20 10:00 Fight Back With Nutrition* 1:00 Power of Acceptance- "Gratitude" 1:00 Aromatherapy*  	21
22	23 10:30 Yoga* 1:00 Art Therapy* (Winter or Thanksgiving Small Canvas) 6:00 Navigating Loss During the Holidays 	24 10:00 Healthy Steps* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver Group*	25 Wig Bank-appt. only 11:30 Nia Fitness* 1:30 Healthy Steps* (No evening support group)	26 TVC Closed Happy Thanksgiving!	27 TVC Closed	28
29	30 10:30 Yoga* 6:00 Trivia Night! (Holiday theme) 					

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.

**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

November 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.