



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

December 2020 Issue 120

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.
Dec. 2—16, 30 Wednesdays
(No group Dec. 23)
6:00 - 7:30 pm

Breast Cancer

Funded by *The Breast Cancer Fund of OH*
Tuesday, Dec. 8 & 22
6:00 - 7:30 pm

Metastatic Breast Cancer

Offered in partnership with Mercy Health
Wednesday, Dec. 2
6:00 - 7:30 pm (Zoom only)

Blood Cancer

In Partnership with: *L & L Society*
Monday, Dec. 14
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
Thursday, Dec. 3
6:00 - 7:30 pm (Zoom only)

Caregiver Meeting

Tuesday, Dec. 22
6:00 - 7:30 pm

Our Caring Corner

This month's featured tip is from Karen Evans, Special Events Manager

"When I'm stressed, my go-to coping strategy is to tackle a project I've been putting off. It could be something small like cleaning out the refrigerator or addressing holiday cards but it switches the focus from the stressor to something positive. I'm a



big believer that your home is a metaphor for your life. When most people describe their home, it often mirrors what's going on in their life. There is a new Netflix series that I recently watched called "The Home Edit" where these two fun friends help people organize areas of their homes. It's pretty entertaining and includes all kinds of tips for mini (and some larger) projects that can simplify your life. Here's a link to the blog: <https://www.thehomeedit.com/blog/>"

Healthy Spirit

Holiday Alcohol Inks *TVC@Perrysburg!*

Friday, Dec. 4th
10:00am - 12:00pm



Alcohol inks are so much fun to play with. If you are new to alcohol inks, they are hard to control but the playful effects are amazing. You will get to "play" with the effects of alcohol ink on a round ceramic ornament and a metal star ornament. Please wear old clothes or bring a paint smock. w/ Areka Foster. Class limit 9. RSVP.

Wire Beaded Stars

Monday, Dec. 21st
5:00pm - 7:00pm



This was so popular last year, we are doing it again! Using various colored wire and beads, we will be making a colorful star for your window or for your tree. All supplies will be provided, but feel free to bring your own beads if you want a specific look. We will also be using wire cutters which you may bring to avoid sharing. If you wear reading glasses, please wear them. w/ Areka Foster. Class limit 9. RSVP

Art Therapy ~ Areka Foster, art therapist

Message Jars *TVC@Perrysburg*

Monday, Dec. 14th
1:00pm - 3:00pm



This year the holidays may be a little quieter. With that in mind, we will be painting a message jar. Inside the jar will be messages of hope and encouragement from each group member written on craft sticks. Let's create some connection with our fellow TVC friends this holiday season. Please wear old clothes or bring a paint smock. w/ Areka Foster. Class limit 9. RSVP.

Mindfulness by Mariam **Thursday, Dec. 10th** **1:00pm - 2:00pm**



The Mindfulness workshop this month is geared toward helping people deal with the stress of the holidays. No prior experience or special equipment is necessary but it helps to have an open mind. There will be guided exercises and you will come away with practical tips for dealing with stress. Facilitator: Mariam Deland, LMSW, therapist and practitioner. RSVP, Class limit of 9.

Holiday Pet Portraits! **Thursday, Dec. 3rd 2:00pm - 4:00 pm**

We want to help you celebrate the Holidays with that special member of your family! Bring in your pet to The Victory Center on Central Ave and a professional photographer will take a picture of you and your pet. (Only you and one pet please!) Ellen Loeffler-Kalinoski, of "Windows to the World" photography and "Franke's Girls" will offer one free complimentary photo. Please sign up for one of the 4 time slots per hour and indicate what kind of pet you are bringing.
*Outside photos can be taken, weather permitting.



Listen to the Sounds of the Season **via Live Streaming!** **Sunday, Dec. 6th, 3:00pm**

The Toledo Symphony Orchestra will be performing *Christmas at the Peristyle*. Celebrate the sounds of the season in this festive holiday pops show. Santa Claus will join the TSO for all your favorites— just in time to get you and your family in the holiday spirit! When you sign up with TVC, we will send you a link to live stream on this day. (You will also need to sign up with the TAPA, for free). Only 30 spots available!



Lights Before Christmas at the Toledo Zoo! (Tickets Avail.)

With over one million lights, the award-winning Big Tree and 200+ illuminated animal images spread out across the Zoo, the 2020 edition of this electrical spectacle is sure to be both merry AND bright! Tickets are good from Nov. 20—Dec. 31, 2020 and are available at both locations. Two tickets per participant, only 50 available. First come, first served.



"The Power of Acceptance" Friday, December 18th 1:00pm - 2:30 pm *Taking Care of Yourself*

We'll use discussion and meditation to focus on love, joy, faithfulness and positivity as a way of caring for self. Facilitator: Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP, Class limit of 9.



From the Staff at TVC We know that many of you enjoyed our Holiday Potlucks in the past. We all miss some of the things we could do before the COVID virus. Though we

cannot offer it like we did in the past, please know that our hearts are with you during this Season. **Please stop by during the week of Dec. 14—18 (at both locations), during regular business hours for a specially wrapped treat. When you do, we'll enter your name in a drawing for a special gift! (Winner will be contacted by Dec. 21st).** We hope you participate in the many opportunities that TVC has specifically for you this month. We hope to celebrate with you soon, and wish you a safe, merry and bright holiday and new year!

Family Night for Participants and Caregivers! @Perrysburg Monday, Dec. 14th 6:00—7:30 pm



Join us for fun activities, games and holiday treats. Children welcome! Limit 9. (You and one family member). RSVP.

Qigong/Tai Chi Wednesday, Dec. 9th, 10:00am ZOOM only!



This one day introduction class will put emphasis on yi yin jing - it works with the connective tissue. Facilitator: Kathy Farber, Ph.D., Pilates Instructor, Certified Post Rehabilitative BC Exercise Specialist. RSVP only.

Healing Service Monday, Dec. 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

Church Address: 4855 W. Central Ave. Toledo, OH



No Meeting for December - Look for the next meeting in January 2021!

We're reading:

The Overdue Life of Amy Byler by: Kelly Harms

"A laugh-out-loud funny, pitch-perfect novel that will have readers rooting for this unlikely, relatable, and totally lovable heroine, *The Overdue Life of Amy Byler* is the ultimate escape—and will leave moms everywhere questioning whether it isn't time for a #momspringa of their own."

Holiday Baking Tips!

Monday, Dec. 7th, 5:00pm - 7:00pm

Need a new recipe or inspiration for a tried and true? Enjoy a class with Nancy Golde from the 5 star Golde Standard Catering! She will demonstrate how to prepare healthy option goodies for the holidays! Class limit of 9. RSVP. (Fight Back w/Nutrition will return in January)



Aromatherapy Consultation w/ Deb Reis RN, MSN

Sponsored by ProMedica

Wed., Dec. 2nd & 16th 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.

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Fri, Dec. 11th 1:00pm - 2:30pm(TVC@Perrysburg)

Potpourri w/ Oils Wed., Dec. 16th 1:00pm - 2:00pm



We will review commonly used oils during the season and prepare an aromatic blend and potpourri for your personal use for the holidays! Please bring one of the following items that will be part of a group potpourri: dried flowers, herbs, or spices. You will take a portion home to enjoy all season! Class limit of 9. RSVP

Giving Back Event Wednesday, Dec. 16th 12:00pm - 1:00pm TVC@Perrysburg



Want to help others during the Holidays? Join us as we prepare gift care packages for those in need in our community. Gift bags and needed items will be included, as well as some Christmas treats for us to enjoy! Our recipient charity will be a local shelter which provides services to families. Limit 9. RSVP

Zentangle Celebration: A Tangle and Talk Event



Friday, Dec. 11th, 10:00 am - 12:00 pm TVC @Central Thursday, Dec. 17th, 10:00 am - 12:00 pm TVC@Pburg

Come share and celebrate your 2020 Zentangle artistic creations. Bring your 2020 finished Zentangle art to share with your friends in this special Tangle and Talk event. Also bring any unfinished work. You will have time to work on completing the projects that you started throughout the year. Do you have an Opus tile that you didn't finish? Bring it to the session. Have you finished all your Zentangle projects? Then bring a new project to start. Harley King and Maureen Hines, Certified Zentangle Teachers. Limit 9 each group. RSVP

Christmas Angels Friday, Dec. 4th 10:00am - 12:00pm



Join your fellow survivors to make a symbol of the holiday season! Please bring a pair of scissors, a glue gun and hot glue sticks if you have them. Facilitator: Dottie Huls, retired art teacher and survivor. Class of 9. RSVP

The Art of the Gift Basket Tuesday, Dec. 8th 4:00pm - 5:00pm



Create the *perfect* Christmas gift basket for a friend or loved one! Learn ways to be creative and festive as a gift giver. Baskets and decorating supplies will be supplied, but feel free to bring your own. Small gifts will also be included with the baskets, which you can take away. NOTE: if you have some gifts that need to be specially wrapped in a basket, bring those as well. Limit of 9, RSVP. Facilitated by TVC's Special Event Manager, Karen Evans

Quilling Snowflake Thursday, Dec. 10th 10:00am - 12:00pm



A peaceful sight of the season! Please bring a pair of scissors, a glue gun and hot glue sticks if you have them. Facilitator: Dottie Huls, retired art teacher and survivor. Class of 9. RSVP

Line Dancing

Friday, Dec. 4th 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.



Our regular Pink Ribbon Program will return January 6, 2021.



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

DECEMBER 2020

Central Hours:

Mon., Tues., Thurs. 8-4pm
Wed. 8-7pm
Fri. 8-3pm
2nd Sat 10-2pm (Services only)
(Wig Bank only)

Perryrsburg Hours:

Mon., Tues., Wed., Thurs. 8:30-4pm
Fri. 8:30-3pm
2nd Sat 10am-12pm
(Wig Bank only)

Visit www.thevictorycenter.org or **FACEBOOK**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>6 3:00 Christmas at the Peristyle with TAPA* (Live Streaming)</p>	<p>7 10:30 Yoga* 5:00 Healthy Holiday Baking Tips* </p>	<p>1 10:00 Healthy Steps* 12:30 Yoga*</p>	<p>2 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 6:00 Metastatic BC Group* 6:00 Weekly Cancer SG*</p>	<p>3 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Pet Portraits* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*</p>	<p>4 10:00 Art (Christmas Angels)* 10:00 Art Therapy (Holiday Alcohol Links) 1:00 Line Dancing*</p>	<p>5 </p>
<p>13 Celebrating You! Dec. 14-18 Stop in for a treat and chance to win a gift!</p>	<p>14 10:30 Yoga* 1:00 Art Therapy* (Message Jars) 6:00 Family Game Night* 6:00 Blood Cancer SG*</p>	<p>8 10:00 Healthy Steps* 12:30 Yoga* 4:00 The Art of the Gift Basket* 6:00 Breast Cancer SG*</p>	<p>9 Wig Bank-appt. only 10:00 Qigong/Tai Chi* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*</p>	<p>10 HAPPY HANUKKAH! 10:00 Art *(Snowflake) 1:00 Mindfulness* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*</p>	<p>11 10:00 Zentangle Celebration* 1:00 Aromatherapy*</p>	<p>12 Wig Bank- appt. only 10:00 Wig Tips </p>
<p>20 Lights Before Christmas at the Toledo Zoo* (Beginning Nov. 20- Dec. 31)</p>	<p>21 10:30 Yoga* 5:00 Art Therapy* (Wire Beaded Stars) 7:00 Healing Service* </p>	<p>15 10:00 Healthy Steps* 12:30 Yoga*</p>	<p>16 11:30 Nia Fitness* 12:00 Give Back Event* 1:00 Aromatherapy (Potpourri)* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*</p>	<p>17 10:00 Zentangle Celebration* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*</p>	<p>18 1:00 Power of Acceptance- "Taking Care of Yourself" </p>	<p>19</p>
<p>27</p>	<p>28 10:30 Yoga*</p>	<p>22 No Healthy Steps 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver Group*</p>	<p>23 Wig Bank-appt. only 11:30 Nia Fitness* No Healthy Steps (No evening support group)</p>	<p>24 TVC Closed Merry Christmas </p>	<p>25 TVC Closed</p>	<p>26</p>
<p>27</p>	<p>28 10:30 Yoga*</p>	<p>29 10:00 Healthy Steps* 12:30 Yoga*</p>	<p>30 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*</p>	<p>31 New Year's Eve-We're Open</p>	<p>1 Happy New Year! TVC Closed</p>	<p>1 Happy New Year! TVC Closed</p>

TVC@Perryrsburg-Inside the Mercy Health Perryrsburg Cancer Center, 12623 Eckel Junction Road, Perryrsburg, OH 43551

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

Non-Profit Org.
U.S. Postage
PAID
Toledo, Ohio
Permit No. 840

The Victory Center News

December 2020 Issue 118



Remember us as you shop for the holidays! 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>.

TVC Weather Cancellation Policy

LEVEL 1: OPEN

LEVEL 2: Check Facebook and TV or sign up for text or email alerts. Call the office on days with changing weather situations.

LEVEL 3: CLOSED

*Levels are all based on Lucas County, which is the location of TVC's main office.



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.

