



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

January 2021 Issue 121

Support Groups~RSVP

Weekly Cancer Support Group

All types of cancer welcome.

Wednesdays Jan. 6th - 27th
6:00 - 7:30 pm (Zoom option)

Breast Cancer

Funded by *The Breast Cancer Fund of OH*

Tues., Jan. 12th & 26th
6:00 - 7:30 pm (Zoom option)

Metastatic Breast Cancer

Offered in partnership with Mercy Health

Wed, Jan. 6th (Zoom only)
6:00 - 7:30 pm

Caregiver's/Family Member's

Support Group

Tues., Jan. 26th
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*

Mon., Jan. 11th
6:00 - 7:30 pm (Zoom option)

Young Cancer Survivors

For those in their 20's, 30's, and 40's
Offered in partnership with Mercy Health

Thurs., Jan. 7th
(1st Thursday of the month)
6:00 - 7:30 pm (Zoom only)



Our Caring Corner

This month's featured tip is from Dianne Barndt, Exec Dir

"Several years ago I was a single mom with 4 kids. One Mother's Day my kids asked me what I wanted. I knew none of them had extra cash so I asked them to just write me a letter. It was a simple thing that didn't cost a dime and only took a little bit of time. Each of them wrote me a heartfelt letter. Parts made me laugh and parts made me cry. Two of my kids were pretty young at the time so the spelling mistakes and silly sentiments still make me smile. I folded them all up and put them in a little keepsake box by my bed. Whenever I'm having a rough time, I can pull those letters out and be reminded that my babies really do love me!"

TVC Cancer Survivor Art Show

Coming Soon!

In the past The Victory Center was proud to showcase our participants' artwork! Along with many other events, this one has changed also. Due to COVID, we will temporarily postpone this. All our participants can plan to showcase their art sometime in the Spring. So keep those creations, and stay-tuned!



Healthy Spirit Art Therapy~Areka Foster, Art Therapist

Lava Stone Bracelets

Monday, Jan. 4th
5:00—7:00pm



Lava stone bracelets are great because you can diffuse essential oils wherever you go. If you're not into essential oils, lava beads are also interesting and earthy. 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

Financial Workshop

Monday, Jan. 25th
5:00—6:30pm



Start the new year off on the right financial foot! Don't know where to start? That's okay, this meeting can help you determine what direction you may want to go and walk away with a financial strategy. Austin Wagley, CRPC, Associate Financial Advisor from Smith & Associates will share tips and guidance on investing and general financial matters. Bring your questions! Call to RSVP.

Develop Your Vision Board!

Tues, Jan. 19th
5:00—7:00pm



Wonder what your year may look like with all the challenges you are facing? Be motivated to have a "vision" for your life. International motivational speaker Robyn Ireland, professional life and career coach, of "Robyn's Couch" will share her wisdom and guidance with grace, dignity and a sense of humor. Reimagine what you want to achieve in 2021, and redefine what will make this year successful for you! If you want strategies and solutions, sign up today! Class limit 9. RSVP

Velour Paper Drawing

Friday, Jan. 22nd
10:00am—12:00pm



Velour paper is one of the most satisfying types of paper to draw on with oil or chalk pastels. This fuzzy paper "holds" onto the pastels and the colors pop creating a bright and bold image. Bring your own image to draw or try your hand at creating a colorful mandala (circle drawing) and wear old clothes or an apron/art shirt. w/Areka Foster. Class limit 9. RSVP

Wooden Bead Banner

Monday, Jan. 25th
1:00pm—3:00pm
TVC@Perrysburg



January can be a time of reflection and February is a month we often share our love. This art therapy project is great for both. We will be creating wooden bead banners with hearts or circles that reflect who or what is important. We will be painting, writing and stringing beads and shapes on jute string. Wear a paint shirt or old clothes. w/Areka Foster. Limit 9. RSVP.

Stress Reduction & Guided Imagery

Mon, Jan. 18th
6:00—8:30pm



Identify stressors and practice deep breathing and progressive relaxation. Experience a wonderful guided imagery with Facilitator Devorah Shulamit, RN, LSW. Those who taken this class before are welcome for a refresher! Please indicate that when signing up. Please bring a pillow & blanket. Class size minimum 4, max 8. RSVP.

Pop Up Greeting Cards

Fri., Jan. 29
10:00am—12:00pm



Get creative with this personal expression of card giving. w/Dottie Huhls, retired art teacher/survivor. Limit 9, RSVP.

In 2021, The Victory Center will be celebrating 25 years of supporting cancer patients and their families! We honor the journey of each of those we have supported. To all our therapists, facilitators, donors and those who have helped along the way, thank you! Stay tuned for celebration news in 2021!

Main Office: 5532 W. Central Ave. Suite B | Toledo, OH 43615
Perrysburg Satellite: 12623 Eckel Junction Rd, Perrysburg, OH 43551
419-531-7600 | www.thevictorycenter.org | Facebook



Wednesdays
Jan. 27th—March 3, 2021
10:00-11:00am~pre-register only

Via ZOOM!

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. Limited to 6 new students. Alumni may register to attend any session. RSVP only.



We are looking forward to our fashion show taking place in late February! It will feature fashions modeled by TVC participants and Friends of TVC. As with many events, this one will look a little different. Stay-tuned for details to follow. Thank you for your continued support!



Next Meeting: Thurs., Jan. 21st, 4-5pm
By Zoom Only



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." RSVP

Healing Service
Monday, Jan. 11th
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



Fight Back with Nutrition

Fri, Jan. 15th 10:00-11:30am

Our "holiday potluck" will look different this year. We won't be sharing dishes, but please be prepared to share how you bond with family over food.

►Are you in treatment and have questions about what to eat?
►Are you a survivor who would like nutritional information to maintain your health?
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.



Aromatherapy Consultation w/ Deb Reis RN, MSN

Certified Clinical Aromatherapist
Sponsored by ProMedica



Wed., Jan. 6th and 20th
1:00pm-2:00pm

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. Each session has a class size limit of 9, but you may register for each session. Caregivers welcome. RSVP, please.

Simplify & Organize!

Thurs., Jan. 7th
Noon-1:00pm
@Perrysburg

Looking to learn how to de-clutter, thus reducing stress in your life for the new year? Learn some helpful and life changing tips from TVC's Karen Evans. Limit 9, RSVP



Zentangle Go With The Flow: Fragments and Wild Strings

Tues, Jan. 12th
10:00am-12:00pm @Perrysburg
OR Thurs, Jan. 21st
12:00-2:00pm

"Go with the Flow" is an introduction to Zentangle's Reticula and Fragments. It is an easy and relaxed session which demonstrates the use of a free-formed abstract grid (reticula) rather than straight/curved line grids. The random spaces created by the grid are filled with elements much like tangles (fragments). Harley King & Maureen Hines, Certified Zentangle Teachers, Limit 9 per class, RSVP.



Hand Stamped Cards

Thurs, Jan. 14th
4:00-6:00pm @Perrysburg

Interested in seeing just how fun & easy it is to create handmade cards. Come and learn some of the basics of rubber stamping with Chris Smith, who has been an avid stamper for 18 years. You will create 3 cards using different techniques (birthday, get well and a thank you card.) There will be a variety of embellishments available to add some sparkle and pizzazz to your designs! Limit 9, RSVP



Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist



Fri, Jan. 29th
1:00pm-2:30pm

Medical Marijuana 101

Mon, Jan. 11th
11:00am-1:00pm
@Perrysburg

-Are you a cancer patient or survivor?
-Are you curious about whether medical marijuana is right for you?
-Join us for this informative presentation for those of you who have heard about the medical uses for marijuana but don't know where to start. You will hear what the qualifying conditions are, the methods of administration, and the possible negative side effects to be aware of. Presenter is Jessica Urban, Patient Education Specialist from Bloom Medicinals. RSVP.



Line Dancing

Friday, Jan. 15th
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 6. RSVP, please!



The Power of Acceptance: JOY

Fri, Jan. 22nd
1:00pm-2:30pm

Using meditation and discussion we'll explore generating and sustaining our joy. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP



Coffee, Cats and Cookies!

Thurs, Jan. 28th
3:00-5:00pm

Come spend some relaxing and fun moments at Paws & Whiskers Cat Shelter! Time will be available for you to play with the cats as it helps provide them with much needed socialization. Social distancing guidelines will be followed and Sarah Baker (cancer survivor) will help facilitate the visit. Only 8 people per hour. They are located at 32 Hillwyke Dr, Toledo. Sign up at TVC.





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

January 2021

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
	3 4 10:30 Yoga* 5:00 Art Therapy* Lava Stone Bracelets	5 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga*	6 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	7 12:00 Simplify & Organize* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	8 TVC Closed (Staff Development Day)	9 10:00 Wig Bank - appt only 10:00 Wig Tips*
10	11 10:30 Yoga* 11:00 Medical Marijuana* 6:00 Blood Cancer SG* 7:00 Healing Service*	12 10:00 Healthy Steps* 11:30 Healthy Steps* 10:00 Zentangle* Go w/the Flow 12:30 Yoga* 6:00 Breast Cancer Support Grp*	13 10-12 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	14 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Card Stamping* 5:30 Yoga Nights*	15 10:00 Fight Back w/Nutrition* 1:00 Line Dancing*	16
17	18 10:30 Yoga 6:00 Stress Reduction & Guided Imagery*	19 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 5:00 Vision Board*	20 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps*	21 10:00 Zentangle* Go w/the Flow 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Book Club* 5:30 Yoga Nights*	22 10:00 Art Therapy* Velour Paper Drawing 1:00 Power of Acceptance* Joy	23
24/31	25 10:30 Yoga* 1:00 Art Therapy* Wooden Bead Banner 5:00 Financial Workshop*	26 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	27 10-12 Wig Bank* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	28 1:30 Chair Yoga* 2:30 Group Meditation* 3:00 Coffee, Cats & Cookies* 5:30 Yoga Nights*	29 10:00 Pop-Up Greeting Cards* 1:00 Aromatherapy*	30

“You are never too old to set another goal, or to dream a new dream.” – C.S. Lewis

TVC@Perrysburg~Inside the Mercy Health Perrysburg Cancer Center, 12623 Eckel Junction Road, Perrysburg, OH 43551

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



THE VICTORY CENTER

Reaching out to cancer patients & their families.

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

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TVC's Weather Cancellation Policy:

Level 1: OPEN

Level 2: Check Facebook, TV, and radio stations, or sign up for text or email alerts.

Check Facebook or call the office on days with changing weather situations. We may be open for evening programs even if closed earlier in the day.

Level 3: CLOSED

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

WEATHER ALERTS:

To receive messages via EMAIL:

send an email to: tvcp@mail.remind.com.

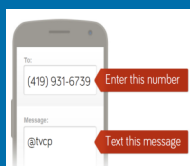
You'll receive an instant email reply asking you to confirm your email. After that, you're all set up!

To unsubscribe, reply with "unsubscribe" in the subject line.

To receive messages via TEXT:

text @tvcp to (419) 931-6739.

To opt out of messages, reply: "unsubscribe @tvcp".



Exercise Programs for All Survivors!

- ◆ **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. Mats are provided. Led by Certified Yoga Instructors, Mike Zerner and Caroline Dawson.

- ◆ **Healthy Steps** Tues-10-11am
Tues-11:30-12:30pm
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 & emotions. 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



The Wig Bank



Wigs are FREE, and are brand new or are donated & gently used. Survivors help with fittings and practical advice. Complete a simple registration form to receive a wig. Proof of income not required. Please call Sandy at 419-531-7600 for more info. One wig per calendar year.

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) Everyone wears masks.

Any wigs tried on will be sanitized

Wig Bank OPEN HOURS:

- 2nd & 4th Wednesday, and 2nd Saturday each month from 10-12.

➤ Held at our PERRYSBURG Office!

Announcement!

There are now 2 Healthy Steps exercise classes at the Central Ave. location—we've added an 11:30 am time on Tuesdays. RSVP today!