

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

February 2021 Issue 122

Support Groups~RSVP

Weekly Cancer Support Group

All types of cancer welcome.

Wednesdays Feb. 3rd - 24th
6:00 - 7:30 pm (Zoom option)

Breast Cancer

Funded by *The Breast Cancer Fund of OH*
Tues., Feb. 9th & 23rd
6:00 - 7:30 pm (Zoom option)

Metastatic Breast Cancer

Offered in partnership with Mercy Health
Wed, Feb. 3rd (Zoom only)
6:00 - 7:30 pm

Caregiver's/Family Member's Support Group

Tues., Feb. 23rd
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*
Mon., Feb. 8th
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., Feb. 4th
6:00 - 7:30 pm (Zoom only)

TVC would like to acknowledge February as Black History Month. In keeping with our mission to provide services to all cancer patients, survivors and their families, we welcome people from all races and backgrounds to participate in our services—which nurture the mind, body and soul!



Healthy Spirit

Art Therapy~Areka Foster, Art Therapist

Mended Heart Mosaic Monday, Feb. 15th 5:00 - 7:00pm



In this art therapy session, you will create a groutless mosaic "mended heart" using pieces of old plates or pottery, beads, and scrap glass. Please bring a plate or bowl to be broken (you can use an old chipped piece of your own or one purchased at a resale shop). You are also encouraged to bring your own embellishments to personalize your creation. Embellishments may include, but are not limited to vintage/costume jewelry, beads, broken tiles and seashells. Finished pieces are around 6 inches in size. Please wear old clothes or bring an art smock/shirt. w/Areka Foster. Class limit 9. RSVP.

Our Love Languages Friday, Feb. 12th 12:00 - 1:00pm



Want to learn your "love language" or better understand friends' and family members and how they express love? Come for an informal and fun exploration. Based on the book "The Five Love Languages" by Gary Chapman. Materials will be provided. Facilitated by TVC's Lisa Marquette, LISW, Limit 9. RSVP

Creative Writing Gathering Tues, Feb. 9th 4:00 - 6:00pm



Personal writing can help us heal, transform, and grow. Participants in this workshop will explore their cancer journeys through expressive writing exercises designed to help them find and use their personal stories to make life challenges not only manageable, but meaningful. A journal will be provided to all workshop participants. Facilitated by TVC's Jackie Cummins, MFA, Cancer Survivor. Limit 9. RSVP

Paper Quilling Tues, Feb. 16th 1:00 - 3:00pm



Paper quilling is the art of cutting paper into long thin strips, rolling and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Projects can be used to decorate cards, boxes, gift bags, picture frames, or even 3D stand-alone art pieces. Your imagination only limits the possibilities. Decorative pieces can be simple or complex, but one thing is for sure, paper quilling can be mastered in an hour or two! Bring your own supplies, or some will be provided. Facilitator: Dottie Huls, retired art teacher and survivor. Class of 9. RSVP

Styrofoam Printing Monday, Feb. 22nd 1:00 - 3:00pm @Perrysburg



Who knew that you could create a beautiful print with old fruit or meat trays? Styrofoam can be a great way to create a block print style image. In this art therapy session, we will be playing with styrofoam printing techniques. All supplies will be provided. If you would like to bring an idea, please bring a simple line drawing, such as coloring pages or you can even trace an image. The styrofoam is around 8x10". Please wear old clothing or bring an art smock/shirt. w/Areka Foster. Class limit 9. RSVP.

Sunshine Mixed Media Painting Friday, Feb. 26th 10:00am - 12:00pm



We could all use a little sunshine in our lives. In this art therapy session, we can create it! We will be using acrylic paint and mixed media materials such as decorative papers, wash tape and other embellishments to create a fun and sunny image. Please wear old clothing or bring an art smock/shirt. w/Areka Foster. Class limit 9. RSVP

Medical Marijuana 101 Mon, Feb. 8th 12:00 - 2:00pm



-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. Limit 9. RSVP

Our Caring Corner

This month's featured tip is from Sandy Witt, Perrysburg Office & Volunteer Coordinator and Cancer Survivor



"I have always been a believer in the notion that there is a very short distance between feeling hurt and feeling angry. Similarly, it doesn't take long before we go from feeling anxious to feeling angry. There is a lot going on in everyone's lives currently and it can be difficult to feel at peace and avoid feelings of hurt, anxiety and anger. I also believe that despite all of this, each of us has much to be grateful for. So, I try to focus on the positive. I wake up each morning and think of 3 things that I am thankful for and that give me peace of mind. I do the same at night. This simple habit has helped elevate my spirit immensely. I hope it helps you as well!



Happy 25th Anniversary to us!

We will be commemorating our silver anniversary throughout 2021 so stay tuned for lots of special celebrations! We would like to thank all of our amazing participants, donors, Board members and advocates for helping us achieve this milestone!



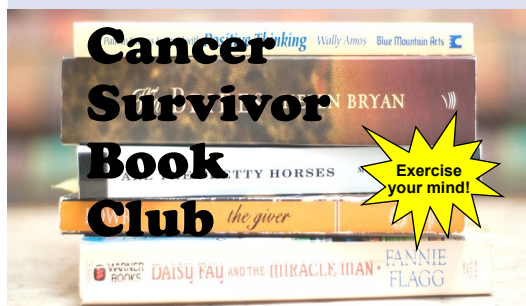
Weds, Jan. 27th—March 3rd
10:00 - 11:00am~ ZOOM only!

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**



Stunning IN SILVER **MERCYHEALTH**
Presenting Sponsor

Event will be Live Streamed on Thursday, February 25th at 7 pm
Tickets go on Sale beginning Wednesday, January 20th!

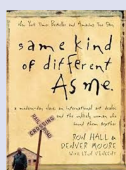


Next Meeting: Thurs., March 18th,
4:00-5:00pm ZOOM only

We're reading:

Same Kind of Different as Me

By: Ron Hall



Read the critically acclaimed #1 *New York Times* best-seller with more than one million copies in print and a major motion picture in 2017. Gritty with pain and betrayal and brutality, this true story also shines with an unexpected, life-changing love. The story takes a devastating twist when Deborah discovers she has cancer. Will Deborah live or die? Will Denver learn to trust a white man? Will Ron embrace his dying wife's vision to rescue Denver? Or will Denver be the one rescuing Ron? There's pain and laughter, doubt and tears, and in the end a triumphal story that readers will never forget.

Fight Back with Nutrition—Now at 2 locations!

► 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.

Thurs, Feb. 4th
11:00am - 12:00pm
TVC@Perrysburg

Facilitated by Kristen McDougale, Clinical Dietician. *Sponsored by Mercy Health.*

Special topic:
"Weight—the Elephant in the Room"
Friday, Feb. 5th
10:00 - 11:30am TVC@Central
Facilitated by Marcia Grandsko, Clinical Dietician.



Aromatherapy Consultation
w/ Deb Reis RN, MSN
Certified Clinical Aromatherapist
Sponsored by ProMedica

Wed, Feb. 3rd "Valentine Spritzers"
1:00 - 2:00pm

Wed. Feb. 17th
1:00 - 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. Caregivers welcome. **RSVP.**

Aromatherapy Consultation
w/ Patti Leupp RN, CRNA
Certified Clinical Aromatherapist

Friday, Feb. 26th
1:00 - 2:00pm
TVC@Perrysburg



Fundamentals of Zentangle

Thurs, Feb. 11th
1:00 - 2:30pm

Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The 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. 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. Maureen Hines, Certified Zentangle Teacher. Limit 9. **RSVP**



Tangle & Talk

Tues, Feb. 23rd
10:00am - 12:00pm
TVC@Perrysburg!

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. w/Harley King, Certified Zentangle Instructor. **RSVP.** Limit 9.



Healing Service **Epworth**
Mon, Feb. 8th
7:00 - 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. Address: 4855 W. Central Ave. Toledo, OH 43615

TVC continues to follow CDC social distancing guidelines for the safety and health of our participants, staff and volunteers.
Face Mask policy: For the safety of the cancer patients and survivors we serve, we ask that everyone wear a mask or facial covering when entering the center.

The Power of Acceptance: "Self-Love"

Friday, Feb. 19th
1:00 - 2:30 pm
ZOOM only

Using meditation and discussion, we'll deepen our self love, a key to health and well-being. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. **RSVP**



Line Dancing
Friday, Feb. 12th
1:00 - 2:00 pm

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 over 3 years with Olander Park. Class limit of 6. **RSVP.**



Lymphedema Education

Thursday Feb. 25
2:00 - 3:00pm

This session will educate survivors of any type of 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. **RSVP.**

















Barn Wood Art
Friday, Feb. 19th
10:00am - 12:00pm

Create a decorative piece with a rustic, "All American" charm—a symbol of the simple life. You don't need to bring anything but some ideas! Of course some creative ideas will be offered as well. Facilitated by Dottie Huhls, retired art teacher and survivor. Class limit of 9. **RSVP.**



February 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><i>"Love is patient, love is kind. It does not envy. It is not self-seeking. It keeps no records of wrongs. Love rejoices in the truth. It always protects, always trusts, always hopes, always perseveres."</i> (1 Corinthians 13:4-7)</p>						
	1 10:30 Yoga*	2 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga*	3 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	4 11:00 Fight Back w/Nutrition* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	5 10:00 Fight Back w/ Nutrition* 	6 
7	8 10:30 Yoga* 12:00 Medical Marijuana 101* 6:00 Blood Cancer SG* 7:00 Healing Service*	9 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 4:00 Creative Writing* 6:00 Breast Cancer SG*	10 10-12 Wig Bank* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	11 1:00 Fundamentals of Zentangle* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights	12 12:00 Love Languages* 1:00 Line Dancing*  	13  10-12 Wig Bank* 10:00 Wig Tips* 
14 	15 10:30 Yoga* 5:00 Art Therapy* Mended Heart Mosaic 	16 10:00 Healthy Steps* 11:30 Healthy Steps* 1:00 Paper Quilling* 12:30 Yoga* 	17 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	18 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	19 10:00 Bard Wood Art*  1:00 Power of Acceptance* (Self Love) 	20
21/28	22 10:30 Yoga* 1:00 Art Therapy* Styrofoam Printing 	23 10:00 Healthy Steps* 11:30 Healthy Steps* 10:00 Angle and Talk* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	24 10-12 Wig Bank* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	25 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Lymphedema Education* 5:30 Yoga Nights* 7:00 Fashion Show—Stunning in Silver! Live Stream	26 10:00 Art Therapy* Sunshine Mixed Media Painting 1:00 Aromatherapy Consultation*  	27

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

TVC@Central~5532 W. Central Ave, Suite B, Toledo, OH 43615

*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.

Exercise Programs for All Survivors! Sign Up

- ◆ **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 OR
11:30am-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 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



The Wig Bank



Wigs are FREE, and are brand new or are donated & gently used. Survivors are here to 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 information. One wig per person per calendar year. Appointment is needed.

Wig Bank HOURS:

➤ 2nd & 4th Wednesday and
2nd Saturday each month.

➤ Held at our PERRYSBURG Office!

TVC is now open the 2nd Saturday at the Perrysburg location ONLY. Services are offered there in conjunction with the Wig Bank.



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>.



**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.