



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

March 2021 Issue 123

## Support Groups~RSVP

### Weekly Cancer Support Group

All types of cancer welcome.

Wednesdays March 3rd—31st  
6:00 - 7:30 pm (Zoom option)

### Metastatic Breast Cancer

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

### Breast Cancer

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

### Caregiver's/Family Member's Support Group

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

### Blood Cancer

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

## Our Caring Corner

*This month's featured tip is from Chelsea Seger, TVC's Office Manager.*



I've tried almost every type of workout under the sun. I became a part time runner and really forced myself to love it. I've ran the Glass City Marathon Relay and many others (more like trudged through it). I realized I was doing something because of unrealistic expectations. I stopped running and turned to the weights. When you think of weight training, body builders with bulky muscles and chiseled chests come to mind, but scientists say resistance training offers incredible benefits for everyday people hoping for better health, too. Its benefits include improved posture, better sleep, gaining bone density, maintaining weight loss, boosting metabolism, lowering inflammation and staving off chronic disease, among a laundry list of positives. I have found I am far less stressed and actually look forward to my workouts!

## TVC Cancer Survivor Art Show

Friday, April 30, 4:00-6:00pm & Saturday, May 1, 12:00-2:00pm  
The Victory Center is proud to showcase our participants' artwork!

Join us during this special annual event to see some of the wonderful pieces of artwork created by our participants. Each individual represented in the show used art to help cope with their journey in some way. Bring a friend and see the journey through the eyes of an artist! Refreshments will be served. **Free admission, public welcome!** Limited number of people will be allowed entry at one time.

## Healthy Spirit

### Art Therapy

Areka Foster, Art Therapist

Calling all participants! If you have a piece or two to enter into the Art Show, please contact Lisa Marquette. Artwork accepted April 1-25.

### Asian Inspired Cherry Blossom Painting Monday, March 15th 5:00 - 7:00pm



With spring coming soon, it makes me think of cherry blossoms. In this group we will use Asian inspired ink-painting techniques and materials to create the simplicity and harmony of the cherry blossom (or other nature inspired ideas too). Come learn and practice the techniques of the traditional art form Sumi-e which is often practiced as a form of meditation. Please wear old clothes or a paint shirt. w/Areka Foster. Class limit 9. RSVP.

### Intention Mandala Friday, March 19th 10:00am - 12:00pm



A mandala can be a form of meditation to access the knowledge that resides within you. Often times before meditating, you set an intention. In this art therapy session, we will begin with an intention and then use the concepts of the mandala including wholeness, balance, and repetition to create a container for that intention. Drawing materials, watercolor paints, stamping and other tools will be provided to bring your intention out of your imagination and onto the paper. Bring your creativity, your reading glasses and any other mixed media supplies you might like. w/Areka Foster. Class limit 9. RSVP

### Spanish 101 (The first in our "Learn a Language" series!)

Tuesday, March 16th  
6:30 - 8:00 pm  
Learn some basic conversational Spanish. With a mix of education and culture, you're sure to have some fun and learn something new! TVC's Itzel Krauss, Board Member and survivor, will be our teacher. Take home a goodie bag. RSVP. Limit 9. (Part 1 of 2)

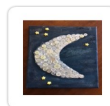


### 80's Trivia Night! Monday, March 29th 6:00 - 8:00pm @Perrysburg



Big hair bands, parachute pants, and cabbage patch dolls! Show us what you remember from this iconic decade! Wear your favorite 80's fashion item, if you'd like! Facilitated by TVC's Chelsea Seger & Karen Evans. Light snacks and prizes. Limit 9. RSVP.

### Button Art Monday, March 8th 1:00 - 3:00pm @Perrysburg



When sorting through old boxes of buttons, you can't help but think about the past—clothing styles, a favorite jacket, your mother's sewing box. In this art therapy group, we will be creating fun artwork using some of those old (and new) buttons. Please feel free to bring your own buttons, if you would like. You can also bring an old (glass free) frame to work on. Participants can create their own image or embellish one of the images provided such as a butterfly, tree or heart. w/Areka Foster. Class limit 9. RSVP.

### Mindfulness by Mariam Thursday, March 11th 12:00 - 1:00pm @Perrysburg



This mindfulness class is a guided exercise that is geared toward those who have never practiced mindfulness, as well as those experienced in yoga or meditation. No equipment or special clothing. It will help to have an open mind. Facilitator: Mariam Deland, LMSW, therapist and practitioner. RSVP. Limit 9.

### Self-Defense Class (Part of our Safety Series!)

Monday, March 22nd  
5:00 - 6:30pm

Learn how to protect yourself with simple and effective self-defense techniques. No martial arts experience required! We will cover awareness, de-escalation techniques, and defensive movements that are easy to remember and perform. Instructor: Rich Mangayayam, U.S. Marine Corp Veteran, Marine Corps Martial Arts Program, Black Belt 1<sup>st</sup> Degree, Basic Self-Defense Instructor – Level 3 and a supporter of cancer research. Wear comfortable workout clothing and athletic shoes. Limit 9. RSVP



### Paws & Whiskers Cat Shelter Thurs, March 25th 4:00 - 5:00pm



Spend some relaxing and fun time with the kitties! It provides them much needed socialization, also. Sarah Baker (cancer survivor) will help facilitate the visit. The shelter is located at 32 Hillwyke Dr, Toledo. Sign up at TVC. Limit 8.

**We need to hear from you!** In an effort to meet ALL cancer patients' and survivors' needs, we want to provide programming that is designed for you. Please watch for a survey coming out. This survey will focus on programs and services for men in particular. We appreciate all feedback. Thank you!



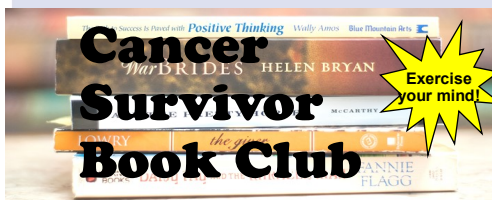
**Held on Wednesdays, next session: March 31st—May 5th 10:00 - 11:00am~ ZOOM only!**

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.** New participants, please call to get your band and booklet.

**SPRING Nature Walk Thurs, March 25th 10:00-11:00am**



Join us as we experience Nature start to come alive again. Research proves that being in nature has long and short term mental and physical health benefits. Start your journey! Facilitated by Patty Toneff, Ruth Esther Retreats. **RSVP w/TVC.** Meet at the visitor's center at Wildwood.



**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. There's pain and laughter, doubt and tears, and in the end a triumphal story that readers will never forget.

Next Meeting: Thursday, May 20 "The Guernsey Potatoes to Peel Pie and Literary Society" by Mary Shaffer

**Healing Service Mon, March 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

## Fight Back with Nutrition—Now at 2 locations!



**Friday, March 5th Topic: Sugar and Cancer 11:00am - 12:00pm TVC@Perrysburg**

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

We will discuss what influence sugar has on cancer cell growth the facts and myths surrounding, as well as how to make food choices to support your treatment, survivorship, and prevention. **RSVP.**

**Friday, March 12th Topic: Nutrition Recommendations for Cancer Patients and Survivors 10:00 - 11:30am TVC@Central**

Facilitated by Marcia Grandsko, Clinical Dietician. *Sponsored by ProMedica.*

Whether you are in treatment, or a survivor, we will discuss the best way to approach your nutritional needs. **RSVP.**

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

**Wed, March 3rd & March 17th 1:00 - 2:00pm St. Patrick's Day Theme (17th)**



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. **RSVP.**

**Friday, March 26th 1:00 - 2:00pm TVC@Perrysburg**



**The Power of Acceptance: "Self-Renewal" Friday, March 19th 1:00 - 2:30 pm ZOOM only**



Aligning with nature's rhythms of spring, we'll use meditation and discussion to focus on self renewal. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. **RSVP.**

## Zentangle Buttons

**Tues, March 16th 10:00am - 12:00pm TVC@Perrysburg!**

**OR**

**Thurs, March 25th 12:00 - 2:00pm TVC@Central**



**Button! Button! Who Has The Button?** In this new Zentangle class, we will learn to draw Zen Buttons using tangles and tangle fragments. Zen Buttons were introduced to the Zentangle community by Margurite Samama, a CZT from the Netherlands. Zen Buttons are both fun and challenging to create. Materials will be provided. Prerequisite: Fundamentals of Zentangle class. Certified Zentangle Instructor: Harley King. **RSVP. Limit 9**

**Pop Up Greeting Cards, Part II Tuesday, March 9th 1:00 - 3:00pm**



Participants must have been at the first class to participate in the second. No new lesson will be presented. (Look for an introduction class offered again in the future). w/Dottie Huls, retired art teacher/survivor. **Limit 9, RSVP.**

**Intro to Ballet Class! Thursday, March 18th 10:00 - 11:00 am**



Have you always wanted to learn ballet? You will learn basic foot positions, arm positions, hand positions, and positions of the head. Would you like to learn a plié, tendu and sauté? The polka and waltz step? Join us for an amazing and fun hour of ballet! Attire: Comfortable clothing you can move in and socks. Instructor: Cheryl Walter, a 6 year breast cancer survivor, Faculty at The Toledo Ballet, ABT Certified Teacher. **Limit 9. RSVP.**

**Line Dancing Friday, March 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.**

**Belly Dancing is Back! Friday, March 5th 1:00 - 2:00pm**



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: Aegela Fisher. **Class limit is 4-6. RSVP.**

**Tree of Life Art Friday, March 26th 10:00am - 12:00pm**



Materials provided but please bring a version of a tree of life from Pinterest (printout). There are many options to fit your style. Facilitator: Dottie Huls, retired art teacher and survivor. **Limit 9. RSVP.**




























THE VICTORY CENTER

Reaching out to cancer patients & their families.

# March 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>1</b> 10:30 Yoga*	<b>2</b> 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga*	<b>3</b> 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Weekly Cancer SG* 6:00 Met. Breast Cancer SG*	<b>4</b> 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	<b>5</b>  11:00 Fight Back w/ Nutrition* 1:00 Belly Dancing* 	<b>6</b> 
<b>7</b>	<b>8</b> 10:30 Yoga* 1:00 Art Therapy* Button Art  6:00 Blood Cancer SG*	<b>9</b> 10:00 Healthy Steps* 11:30 Healthy Steps* 1:00 Pop Up Greeting Cards* 12:30 Yoga* 6:00 Breast Cancer SG*	<b>10</b>  10-12 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	<b>11</b>  12:00 Mindfulness* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	<b>12</b>  10:00 Fight Back w/ Nutrition* 1:00 Line Dancing* 	<b>13</b>  10-12 Wig Bank* 10:00 Wig Tips* 
<b>14</b>	<b>15</b> 10:30 Yoga* 5:00 Art Therapy* Asian Inspired Cherry Blossom Painting  7:00 Healing Service* 	<b>16</b> 10:00 Healthy Steps* 11:30 Healthy Steps* 10:00 Zentangle Buttons* 12:30 Yoga* 6:30 Spanish 101, Part 1*	<b>17</b> 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* St Patty's Day 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	<b>18</b>  10:00 Intro to Ballet 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Book Club* 5:30 Yoga Nights	<b>19</b> 10:00 Art Therapy* Intention Mandala  1:00 Power of Acceptance* (Self-Renewal) 	<b>20</b>
<b>21</b>	<b>22</b> 10:30 Yoga* 5:00 Self-Defense Class* 	<b>23</b> 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	<b>24</b>  10-12 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	<b>25</b>  10:00 Spring Nature Walk* 12:00 Zentangle Buttons* 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Paws & Whiskers Cat Shelter* 5:30 Yoga Nights	<b>26</b>  10:00 Tree of Life Art* 1:00 Aromatherapy Consultation* 	<b>27</b>
<b>28</b>	<b>29</b> 10:30 Yoga* 6:00 80's Trivia Night* 	<b>30</b> 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga*	<b>31</b>  10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*			

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

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Toledo, OH 43615-0713

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## The Victory Center News

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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](http://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.