

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

April 2021 Issue 124

Support Groups~RSVP

Weekly Cancer Support Group

All types of cancer welcome.

Wednesdays April 7th - 28th
6:00 - 7:30 pm (Zoom option)

Metastatic Breast Cancer

Offered in partnership with Mercy Health
Wed, April 7th (Zoom only)
6:00 - 7:30 pm

Breast Cancer

Funded by *The Breast Cancer Fund of OH*
Tues., April 13th & 27th
6:00 - 7:30 pm (Zoom option)

Caregiver's/Family Member's Support Group

Tuesday, April 27th
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*
Monday, April 12th
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
Thursday, April 1st
6:00 - 7:30 pm (Zoom only)

Our Caring Corner

This month's featured tip is from Lori Knous, Volunteer/Administrative Assistant.



When I was told I had cancer, it was definitely a bump in my road. After 18 months of chemo, surgeries and radiation, life was back....YES! The kids were graduating from high school and college, work was going well, and the house was almost paid off. Just before my 5 year mark my body was telling me something was not right. Following appointments and tests, I found out my cancer had metastasized. After the shock, I realized that I needed to get back to TVC...and I did. Doing so really saved my sanity. Life still revolves around a 3 week infusion schedule. The kids are grown and moving on, and the honey had some health issues himself so he's gone on to that better place and that's okay, too. Almost 14 years after this all began, I feel comfortable with what this life has brought me. I feel like I'm where I should be. I'm honored that TVC has allowed me to be a part of the team, and those of you reading this, I honor you as well....KEEP UP THE FIGHT!

TVC Cancer Survivor Art Show

Friday, April 30, 4:00-6:00pm & Saturday, May 1, 1:00-3:00pm
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. The cancer journey provokes strong emotions, conjures difficult images, and spurs creativity. Each individual represented in the show used art to help cope with their journey in some way. The artworks have been created through our Healthy Spirit Art Therapy Classes and in other art-related classes. Bring a friend and see the journey through the eyes of an artist! Refreshments will be served. RSVP appreciated, but not required. CDC guidelines on indoor gatherings will be followed. **Free admission, public welcome!**

Healthy Spirit

Art Therapy

Areka Foster, Art Therapist

Enter up to 3 pieces. Artwork accepted April 1-25. Please bring your art to the Central Ave. location.

Small Canvas Painting

For Newcomers Only!

Friday, April 9th
10:00am -12:00pm



If you've never been to one of our art therapy classes, then this is for you! The possibilities are endless when painting on small canvas. Some artists choose to create small paintings because they can be quick and easy; others like to paint in open air; still others like exploring new techniques or creating a series of paintings. Come explore the possibilities of small canvas and let the small size help you leave with a finished meaningful project. We will use acrylic paints. Feel free to come with an idea and wear old clothes or a paint shirt. w/Areka Foster. Class limit 9. Spots reserved for those who have never attended an art class. RSVP.

Wire Beaded Trees

Monday, April 19th
5:00pm - 7:00pm



Wire beaded trees are unique, elegant, and best of all, the entire project can be completed in less than two hours. They are a fun centerpiece that can be created with your own colors or style. You can create a bonsai, a spring weeping cherry or a fall oak tree; the possibilities are endless. Please bring your creativity, a pair of needle nose pliers, work gloves and if you have a certain color in mind, bring a small container of beads (larger beads are easier to handle). w/Areka Foster. Class limit 9 RSVP.

EMS & Fire Safety in the Home!

(Safety Series)
Monday, April 5th
5:00 - 6:30pm
Children Welcome!



Join us for a Home Safety overview to learn about the following and more: smoke and carbon monoxide detectors, fire extinguisher types, trip hazards, medical information, medications, DNR's, and oxygen use in home. Plenty of time for questions and answers. Instructor: Doug Palicki, Captain/Paramedic With Toledo Fire and Rescue for 28 years. Fire Instructor, Confined Space, Rope Rescue, Class Limit 9. RSVP.

Blockout Poetry Monday, April 26th

1:00pm - 3:00pm
@Perrysburg



Block-out poems are created by repurposing the pages of old books. Using the text on the page, the poet/artist finds and pieces together single words or short phrases to create a poem or message. The remaining un-used words on the page are "blacked out" or they can be incorporated into imagery using Zen doodles, symbolic images, or designs. Blackout poetry is like a treasure hunt since you find your own hidden meanings and secret messages. Join us for an art therapy session exploring your own messages and imagery! Bring your reading glasses if you wear them. w/Areka Foster. Class Limit 9. RSVP.

IMPROV for Living! It's not just for acting! Tuesday, April 6th

6:00pm - 7:00pm



Sometimes this skill is used by actors, but learning about improv can help with life situations in general. Are you feeling isolated? Spending too much time in your own head? Need to slow down? This class is for anyone who wants to see how improv can reduce stress and anxiety, open yourself up to acceptance and find connection with others. Diana DePasquale of Glass City Improv will spend some time with us. She trained in improvisation at the Upright Citizen's Brigade Theater and with Armando Diaz at The Magnet Theater in NYC. She was the host of Improvdom! at the Peoples Improv Theater, has improvised at the Chicago Improv Festival, and is also a winner of the Moth Story Slam in Detroit. Class limit 9. RSVP.

Spanish 101: Part II (Language Series)

Tuesday, April 20th
6:30pm - 8:00pm
@Perrysburg



Continue to learn some basic conversational Spanish. You do not need to have attended Part 1. 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 cancer survivor, will be our teacher. Snacks provided. RSVP. Limit 9.

PINK RIBBON PROGRAM

Post-Operative Workout Enhancing Recovery

Wednesdays, 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 or come in to get your band and booklet.

Spring Nature Walk
Thursday, April 22nd
10:00am - 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 Tonneff, Ruth Esther Retreats. **RSVP w/TVC.** Meet at the visitor's center at Wildwood.



Next Meeting: Thurs., May 20th
4:00pm - 5:00pm - ZOOM only, RSVP

The Winter Sea by S. Kearsley

Fans of the Outlander series will devour this hauntingly beautiful tale of love and time travel.



Tree of Life Art
Repeat of the class offered in March
Friday, April 23rd
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/cancer survivor. **RSVP.** (Spots will first be reserved for those unable to attend the previous class).

Self-Defense Class
Repeat of the class offered in March
Monday, April 26th
5:00pm - 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 Mangay-ayam, Black Belt 1st Degree, Basic Self-Defense Instructor – Level 3 and a supporter of cancer research. Wear comfortable workout clothing and athletic shoes. **RSVP**

(Spots will first be reserved for those unable to attend the previous class).

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. **RSVP.**



Thursday, April 8th

Topic: Fiber

10:00am - 11:00am

TVC@Perrysburg

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

Friday, April 16th

10:00am - 11:30am

TVC@Central

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

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

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

TOPIC: April 21st—Spring Cleaning with Essential Oils!

Wed, April 7th and April 21st

1:00 - 2:00pm

TVC@Central



Friday, April 30th

1:00 - 2:00pm

TVC@Perrysburg



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. Limit 9**

The Power of Acceptance:
"Purpose"

Friday, April 16

1:00 - 2:30 pm

In-person w/Zoom option!



We'll use discussion and meditation to explore discovering, changing and living life on purpose. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. **Limit 9. RSVP.**

Zentangle-Inspired Floral Art

Tuesday, April 27th

10:00am - 12:00pm

TVC@Perrysburg

OR

Thursday, April 15th

12:00pm - 2:00pm

TVC@Central



Celebrating spring! This session will guide you in the creation of a Floral Art design using existing Zentangle patterns. We will work on an Apprentice tile (4.5X4.5) using a Sakura .01 archival pen & graphite pencil (These tools provided). Please bring whatever tools you wish with which to add color - colored pencils, watercolor pencils, markers. w/Maureen Hines, Certified Zentangle Instructor. **Limit class 9, RSVP. Prerequisite:** Fundamentals of Zentangle class.

Look for Fundamentals of Zentangle class coming in May!

Inspirational Quote Canvas

Monday, April 12th

1:00pm - 3:00pm

Bring your favorite quote in the font you would like, as well as any fine point sharpies or Zentangle pens. The quote will be transferred to the canvas and then the canvas will be painted. Facilitator: Dottie Huls, retired art teacher and cancer survivor. **Class limit 9: RSVP.**



Creative Writing Gathering II

Tuesday, April 13th

4:00pm - 5:30pm

TVC@Perrysburg



Personal writing can help us heal, transform, and grow. First timers or those who've attended before 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.

Line Dancing

Friday, April 9th

1:00pm - 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!

(Change of day/time for April)

Thursday, April 15th

10:00am - 11:00am



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.**

Healing Service






















Monday, April 12th

7:00pm

Join us at Epworth United Methodist Church for this monthly service for prayer, reflection, and anointing (if desired). **RSVP ahead to TVC.** Address: 4855 W. Central Ave. Toledo.



April 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		 <p>Every new beginning comes from some other beginning's end. ~Seneca</p>		1 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	2	3
4 	5 10:30 Yoga* 5:00 Fire Safety in the Home* 	6 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:00 Improv for Living* 	7 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Weekly Cancer SG* 6:00 Met. Breast Cancer SG*	8 10:00 Fight Back w/Nutrition*  1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	9  10:00 Small Canvas Painting for Newcomers* 1:00 Line Dancing* 	10 10-12 Wig Bank* 10:00 Wig Tips* 
11	12 10:30 Yoga* 1:00 Inspirational Quote Canvas Painting*  6:00 Blood Cancer SG* 7:00 Healing Service* 	13 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 4:00 Creative Writing Gathering*  6:00 Breast Cancer SG*	14 10:00 Pink Ribbon* 10-12 Wig Bank*  11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	15  10:00 Belly Dancing* 12:00 Zentangle Floral Art*  1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	16  10:00 Fight Back w/ Nutrition* 1:00 Power of Acceptance* (Purpose) 	17
18	19 10:30 Yoga* 5:00 Wire Beaded Trees* 	20 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:30 Spanish 101, Part 2* 	21 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	22 10:00 Spring Nature Walk*  1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	23 10:00 Tree of Life Art*	24
25	26 10:30 Yoga* 1:00 Blockout Poetry Art*  5:00 Self-Defense Class*	27 10:00 Healthy Steps* 11:30 Healthy Steps* 10:00 Zentangle Floral Art* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	28 10:00 Pink Ribbon* 10-12 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*	29 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	30  1:00 Aromatherapy Consultation* Art Show! 4:00-6:00pm	1 Art Show! 12:00-2:00pm

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.

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April 2021 Issue 124

Since The Victory Center is completely privately funded, twice a year we reach out to all of our participants to invite you to make a donation. You should have received one of these letters recently. These gifts allow us to offer all of our services free of charge. Please never feel obligated, but if you are able, thank you in advance!

The Victory Center has services for:

- Those recently diagnosed or currently in treatment.
 - Those who have completed treatment.
 - Long term survivors, no matter how long it's been.
 - Family members of patients/survivors
- Call for more information! 419-531-7600



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>.

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



**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.