

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

May 2021 Issue 125

Support Groups ~ RSVP

Weekly Cancer Support Group

All types of cancer welcome.

Wednesdays May 5-26

6:00 - 7:30 pm (Zoom option)

Metastatic Breast Cancer

Offered in partnership with Mercy Health

Wed, May 5 (Zoom only)

6:00 - 7:30 pm

Breast Cancer

Funded by *The Breast Cancer Fund of OH*

Tues, May 11 & 25

6:00 - 7:30 pm (Zoom option)

Caregiver's/Family Member's Support Group

Tuesday, May 25

6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*

Monday, May 10

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, May 6

6:00 - 7:30 pm (Zoom only)



Save the date for our 5th Annual
Over the Edge Fundraiser!

Friday, August 27, 2021
Location: The Plaza, 300 Madison
Avenue, downtown Toledo

The first 85 individuals to raise
\$1,000 or more for TVC will earn a
rappel spot!

REGISTRATION OPENS Mon, MAY 24!

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. 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 Avenue location.

Pen Drawing & Watercolor For Newcomers Only!

Monday, May 24th
5:00pm - 7:00pm



If you've never been to one of our art therapy classes, then this is for you! If you like to draw and paint, or you just want to experiment with art, this is the art therapy session for you! Sharpie markers are a great way to provide an outline for any watercolor painting. Many watercolor artists will block out an image in marker and then fill in the spaces with color. Join us for a fun evening of experimenting with all the options of pen and watercolor painting. Please wear old clothing or a paint shirt. w/Areka Foster. Class limit 9. RSVP. Spots reserved for those who have never attended an art class with us.

Alcohol Inks on Yupo Friday, May 14th 10:00am - 12:00pm



Alcohol inks are a fun way to create vibrant colors, interesting backgrounds and atmospheres. The colors are bright, the effects are amazing and they are fast drying on non-porous surfaces. If you own your own alcohol inks, please bring them. This art therapy session will explore and play with the alcohol inks on tiles and on Yupo paper. Plan to wear old clothes or a paint shirt. w/Areka Foster. Class limit 9. RSVP.

French 101 (Language Series) Tuesday, May 4th 6:00pm - 7:30 pm



Oui, oui! Learn some basic and conversational French, as well as a little about the culture! Instructor: Latif Agvenini, MA (Ph.D candidate) from UT's World Languages Dept. He has 12 years experience teaching French. Limit 9. RSVP.

The Victory Center Presents....Intimacy & Cancer An Open Discussion on Sexuality for Women Survivors Monday, May 17th, 6:30pm - 8:00pm

LADIES ONLY! Please join us for our 7th Annual Intimacy & Cancer event.
Presenter: Dr. Brithany Pawloski, PsyD.

Dr. Pawloski is a Psychologist with over 11 years clinical experience who will be speaking on "Cancer's Emotional Impact on Intimacy." You will be able to discuss your most intimate concerns as a survivor and delve into delicate subject areas. You may submit questions anonymously when you register, or at the event, so that your privacy is preserved during the event. Each attendee will receive a complimentary gift bag. Snacks provided. RSVP. Limit 10.



Beach & Sand Painting Monday, May 10th 1:00pm - 3:00pm TVC@Perrysburg



Summer is here (or is that wishful thinking?). I love walking on the beach, relaxing and enjoying the outdoors. Let's bring the spirit of summer into our painting by creating a warm beach scene. Join us for a relaxing and rewarding art therapy session of painting using easy to follow instructions and adding your own personal touch with shells, sand and other ideas. Please wear old clothes or a paint shirt. w/Areka Foster. Class limit 9. RSVP.

Soap Making Demonstration! Thursday, May 13th 12:00pm - 1:00pm



Buff City Soap will provide us with a free soap making demonstration. You will be able to see the process from start to finish and see how their beautiful soap is made by their wonderful soap makers! The process will begin with the soap maker describing what they will be doing as well as discussing the steps as they are making the soap. One free bar of soap will be part of the visit. **SIGN UP with TVC, but MEET at Buff City Soap at 3444 Secor, Ste. 215, Toledo.** RSVP. Limit 12.

First Aid (Safety Series) Tuesday, May 18th 6:00pm - 7:00pm Children Welcome!



Summer is coming and we're outside more! Come and learn about how to treat burns, sprains, bleeding, bug bites, allergic reactions, what to do if someone is drowning, and more! Time for questions. Facilitator: Deb Kehren, RN, MSN and cancer survivor. Class Limit 9. RSVP.



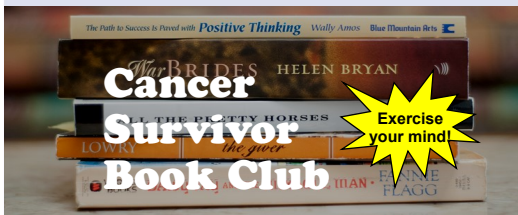
Sunday, June 6th is National Cancer Survivor Day!

Since we still can't celebrate as a large group, we'll be providing treats and raffles that whole week. Watch for more details in the June newsletter!

Spring Nature Walk Thursday, May 27th 10:00am - 11:30am



Join us as we experience Nature in its Spring bloom! 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.



Exercise your mind!

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.

Our Caring Corner

This month's featured tip is from Lisa Marquette, Program Director.



Throughout our lives we deal, interact and live with different personality types. You may have asked yourself, as I have, why is that person the way he/she is!? Understanding personalities helps us understand, accept, and tolerate ourselves and others. We all have strengths that allow us to be our best selves and help others; we all have weaknesses to work on. If you are wondering what type of personality you are, I encourage you (and your loved ones) to take a "test." It's very eye-opening!

Here is one I particularly like:

<https://www.personality-and-aptitude-career-tests.com/gary-smalley-personality-test.html>

Feel free to share your experience!

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.**



Friday, May 7th 11:00am - 12:00pm Topic: Ways to Live Nutritiously TVC@Perrysburg Facilitated by Kristen McDougle, Clinical Dietitian. Sponsored by Mercy Health.

Friday, May 21st 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

Wed, May 5th & May 19th TOPIC: May 5th: Spring Spritzers! 1:00pm - 2:00pm TVC@Central



Friday, May 28th 1:00pm - 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: "Letting Go & Setting Boundaries" Friday, May 21st 1:00pm - 2:30pm Now In-person



Using meditation and discussion, we'll explore approaches for releasing and setting boundaries on energy we no longer need. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. **Limit 9.**

Stress Reduction & Guided Imagery Monday, May 3rd 5:00pm - 7:30pm



Identify stressors and practice deep breathing and progressive relaxation. Experience a wonderful guided imagery with Facilitator Devorah Shulamit, RN, LSW. Please bring a pillow & blanket. Class size minimum 4, max 8. **RSVP only.**

Fundamentals of Zentangle Tuesday, May 11th 10:00am - 12:00pm TVC@Perrysburg



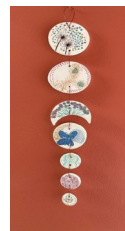
Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. The method is an art form, a life skill, a tool, a perspective, and an approach to mindfulness. The method enables you to easily access your intuition and develop your creativity. Learn how 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 Thursday, May 20th 12:00pm - 2:00pm



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 Instructors. **RSVP. Limit 9. Prerequisite: Fundamentals of Zentangle class.**

Air-Dry Wall Hanging Class Friday, May 7th 10:00am - 12:00pm AND Monday, May 10th 1:00pm - 3:00pm



Participants will create their own personal wall hanging using air drying clay at the first class. A second class is needed to allow the art to dry. At the second class they will paint using acrylic paints, their personal gel pens and/or markers. Facilitator: Dottie Huls, retired art teacher and cancer survivor. **Class limit 9: RSVP.**

Line Dancing Now offered 2 days! Tuesday, May 11th AND Friday, May 14th 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

Belly Dancing! Thursday, May 6th 10:00-11:00 am



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 available for purchase. Instructor: Aegela Fisher. **Class limit is 4-6. RSVP.**

May 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p><i>"Hope is like the bird who senses the dawn and carefully starts to sing while it is still dark."</i></p>					<p>1 Art Show 12:00-2:00 pm</p>
<p>2 10:30 Yoga* 5:00 Stress Reduction & Guided Imagery*</p>	<p>3 10:30 Yoga* 5:00 Stress Reduction & Guided Imagery*</p>	<p>4 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:00 French 101*</p>	<p>5 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*</p>	<p>6 10:00 Belly Dancing* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*</p>	<p>7 11:00 Fight Back w/Nutrition* 10:00 Air-Dry Wall Hanging*</p>	<p>8 10-12 Wig Bank* 10:00 Wig Tips*</p>
<p>9 10:30 Yoga* 1:00 Air-Dry Wall Hanging Class/2* 1:00 Beach & Sand Painting* 6:00 Blood Cancer SG* 7:00 Healing Service*</p> <p>MOM Happy Mother's Day</p>	<p>10 10:30 Yoga* 1:00 Air-Dry Wall Hanging Class/2* 1:00 Beach & Sand Painting* 6:00 Blood Cancer SG* 7:00 Healing Service*</p>	<p>11 10:00 Fundamentals of Zentangle* 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 1:00 Line Dancing* 6:00 Breast Cancer SG*</p>	<p>12 10-12 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*</p>	<p>13 12:00 Soap Making Demo* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*</p>	<p>14 10:00 Alcohol Inks on Yupo 1:00 Line Dancing*</p>	<p>15</p>
<p>16 10:30 Yoga* 6:30 Intimacy & Cancer*</p>	<p>17 10:30 Yoga* 6:30 Intimacy & Cancer*</p>	<p>18 Sorry, NO Healthy Steps 12:30 Yoga* 6:00 First Aid*</p>	<p>19 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* Sorry, NO Healthy Steps 6:00 Weekly Cancer SG*</p>	<p>20 12:00 Tangle & Talk* 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Book Club* 5:30 Yoga Nights*</p>	<p>21 10:00 Fight Back w/ Nutrition* 1:00 Power of Acceptance* (Letting Go)</p>	<p>22</p>
<p>23/30</p>	<p>24 10:30 Yoga* 5:00 Pen Drawing & Watercolor</p> <p>31 TVC Closed Happy Memorial Day!</p>	<p>25 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*</p>	<p>26 10-12 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 Weekly Cancer SG*</p>	<p>27 10:00 Spring Nature Walk* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*</p>	<p>28 1:00 Aromatherapy Consultation*</p>	<p>29</p>

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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May 2021 Issue 125

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 for ALL cancer types
 - 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.