



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

June 2021 Issue 126

Support Groups~RSVP

TVC is excited to announce a couple of additions to our support groups!

Metastatic Breast Cancer

Offered in partnership with Mercy Health
NOW IN PERSON AT TVC CENTRAL
The first Wednesday of every month
Wed, June 2nd
6:00 - 7:30 pm (Zoom option)

Men's Support Group

Held the 3rd Wednesday of every month at TVC Central. This is for all cancer types for men.
Wed, June 16th
6:00—7:30 pm

Our General Cancer Support Group will now be held the 2nd and 4th Wednesday of each month.

General Cancer Support Group

All types of cancer welcome.
Wednesdays June 9th & 23rd
6:00 - 7:30 pm (Zoom option)

Breast Cancer

Funded by *The Breast Cancer Fund of OH*
Tues, June 8th & 22nd
6:00 - 7:30 pm (Zoom option)

Caregiver/Family Member's Support Group

Tuesday, June 22nd
6:00 - 7:30 pm

Blood Cancer

In Partnership with: *L & L Society*
Monday, June 14
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, June 3
6:00-7:30 pm (ZOOM Only)

National Cancer Survivor Day - June 6th, 2021!

In lieu of getting together as a large group, we will be celebrating
Monday, June 7th — Friday, June 11th
Stop by TVC @ our Central or Perrysburg locations for a treat and raffle every day!
Bring your children or family to partake.
There will be entertainment for the whole family on Monday, June 7th.



Healthy Spirit

Art Therapy

Areka Foster, Art Therapist

Part of the Whole Friday, June 4th 10:00am - 12:00pm



In this art therapy session, participants will be asked to create a "part" of a shape (like a circle) to make a whole. You will create one "part" for each participant and leave with a part from each participant resulting in a whole art piece that has been created by the group. A variety of drawing and painting materials will be provided. w/Areka Foster. Class limit 9. RSVP.

Painted Rocks Monday, June 7th 1:00pm - 3:00pm TVC@Perrysburg



I love making painted rocks. I don't love trying to paint on uneven surfaces. During this art therapy session, we will have some fun and solve that problem. You will be able to paint pre-formed smooth gypsum cement "rocks". Ideas will be offered, but you can bring your own inspirations. Think designs, animals, beach scenes or mandalas. The sky's the limit! Wear an old paint shirt or old clothes. w/Areka Foster. Class limit 9. RSVP.

Wrapped Wire Rings/ Memory Wire Bracelets Monday, June 28th 5:00pm - 7:00pm



Try to make *just one* of these beaded wrapped wire rings or memory wire bracelets! They are an easy jewelry project, you don't need a lot of supplies, and each are unique. The wire rings are a great way to use single beads that you have lying around. Please bring your reading glasses and needle nose or jewelry pliers if you have them. w/Areka Foster. Class limit 9. RSVP.



In celebration of our 25th Anniversary, TVC is excited to announce we have purchased our Forever Home! The new address

is 3166 N. Republic Blvd (exactly two doors north of our Central Avenue location which we will be vacating in July). We are so excited to be able to offer bigger classes, more space and an outdoor garden area! We can't wait to celebrate this long awaited dream with you when we have our Open House later this Summer! If you want to help in the meantime, we are collecting STURDY cardboard boxes with lids and/or packing tape. Please call Chelsea Seger with questions.

Special Magical Event! Family Friendly Monday, June 7th 6:00pm - 7:00pm



Come for an astonishing, interactive and fun show! Martin Jarret is an award winning performer and has over 40 years experience as a magician. He has won competitions, was past president of the Toledo Society of Magicians and currently provides magic lessons in the Old West End. OUTDOOR event—space limited. RSVP.

Organic Gardening 101 Tuesday, June 1st 10:00am - 12:00pm TVC@Perrysburg



Learn simple organic gardening techniques that will have your neighbors wondering how your garden produce can look so great-- without using harmful pesticides and herbicides! Covering topics such as garden soil, how to handle those nasty bugs, and all the gardening basics in between. Teacher: Sister Rita Wienken, OSF/T (Sister of St. Francis of Tiffin, Ohio) organic gardener/farmer for 30 years. Class limit: 9. RSVP.

Embodied Art Therapy Workshop Tuesday, June 29th 5:00pm - 7:00pm



During this art therapy workshop, participants will be guided to become aware and connected to their internal experiences. These could be a thought, a feeling, a sensation, a belief or meaning. The goal is to use curiosity and creativity to tap into what is happening inside. A variety of art materials will help you bring these internal experiences out onto the page. This class will focus on bringing awareness to internal "felt sense" and finding a place of safety or comfort that is within. This class is about process not the end product. w/Areka Foster. Class limit 9. RSVP.

American Sign Language (Language Series) Tuesday, June 15th 6:00pm - 8:00pm



Our language series continues with a class on ASL! Learn some basic signs and conversational vocabulary. Learn about the deaf culture and community, as well. Instructor: Susan Rostkowski, BS in Deaf Education. Susan taught ASL full time and has over 22 years experience. She's been featured on TV for her work. And, she is a TVC participant and MBC survivor! Class limit 9. RSVP.



Join us 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 raffle spot!

REGISTRATION opens May 24! To register
or donate: www.ote4victory.org



Post-Operative Workout Enhancing Recovery
Wednesdays, June 2nd — July 7th
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 come in to get your band and booklet.



Next Meeting: Thurs., July 22nd
4:00pm - 5:00pm
ZOOM only, RSVP

The Woman in the Room by M. Benedict

Her beauty almost certainly saved her from the
rising Nazi party and led to marriage with an Austrian arms dealer. Underestimated in everything else, she overheard the Third Reich's plans while at her husband's side. She devised a plan to flee in disguise from their castle, and the whirlwind escape landed her in Hollywood. She became Hedy Lamarr, star!

Camp Kesem ~ Virtual
August 1st - 6th, 2021



The Victory Center is excited to promote Camp Kesem put on by The University of Toledo! This camp experience serves children who have lost a parent to cancer, have a parent undergoing cancer treatment, or whose parent is a cancer survivor—an estimated 5 million children in the US fall into this category. The camp is open to children ages 6 – 18, and completely free of charge. It provides children with peers who understand their unique needs and create long-lasting impacts. For more information, please contact Lisa Marquette at 419-531-7600. To sign up directly, go to: <https://kesem.force.com/login>

Fight Back with Nutrition—At both of our 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, June 3rd

11:00am - 12:00pm

Topic: Summer Hydration

TVC@Perrysburg Facilitated by Kristen McDougale, Clinical Dietitian. Sponsored by Mercy Health.

Friday, June 25th

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, June 2nd & June 16th

TOPIC: June 2nd: Crystal Oil

Rollers!

1:00pm - 2:00pm

Friday, June 25th

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:

"Moving On"

Friday, June 18th

1:00pm - 2:30pm

Zoom option available



Using meditation and discussion, we'll explore leaving and re-entering new phases of our lives. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. Limit 9. RSVP.

Tangled Women

Tuesday, June 22nd

10:00am - 12:00pm

TVC@Perrysburg

OR

Thursday, June 24th

12:00-2:00 pm

TVC@ Central



Learn to draw Wild Women and tangle them with love. You will learn to draw simple faces and to tangle the hair and clothes. Let your imagination roam the meadows of play and learn new tangles. Prerequisite: Fundamentals of Zentangle Teachers: Harley King and Maureen Hines, Certified Zentangle Teachers. Limit 8. RSVP.

Seashell Tealight

Friday, June 11th

10:00am - 12:00pm

Want to create that beach atmosphere? Participants will create this Summer piece sure to bring some fun and light! Please bring your own glue gun and glue sticks. Facilitator: Dottie Huls, retired art teacher and cancer survivor. Class limit 9. RSVP.



Nature Walk

Thursday, June 24th

10:00am - 11:30am

Join us as we experience Nature in Summer, with the beautiful sights and sounds. Research proves that being in nature has long and short term mental and physical health benefits. Facilitated by Patty Toneff, Ruth Esther Retreats. RSVP w/TVC. Meet at the visitor's center at Wildwood.



Lymphedema Education

Monday, June 14th

1:00pm - 2:00 pm

This session will educate survivors of any type cancer about cancer-related lymphedema. Learn about the risk factors, the signs and symptoms, and how to reduce the chance of occurrence. Facilitator: Cindy Murphy, OT/Lymphedema Therapist. RSVP.



Mindfulness by Mariam

Thursday, June 10th

12:00pm - 1:00pm

By Zoom only

Participate from the comfort of your own home or office. This mindfulness session is geared toward those who have never practiced mindfulness, as well as those experienced in yoga or meditation. No equipment or special clothing is required. It will help to have an open mind and will include simple instructions and guided exercises to help you relax and be present in the moment with no judgment. Facilitator: Mariam Deland, LMSW, therapist and practitioner. RSVP with your email to receive the Zoom link.



Line Dancing

Now offered 2 days!

Tuesday, June 8th AND

Friday, June 11th

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!

Thursday, June 10th

10:00am - 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.

















THE VICTORY CENTER

Reaching out to cancer patients & their families.

June 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
6  National Cancer Survivor Week Celebration June 7-11	7 10:30 Yoga* 1:00 Painted Rocks* 6:00 Magical Family Event*	1 10:00 Healthy Steps* 11:30 Healthy Steps* 10:00 Organic Gardening 101* 12:30 Yoga*	2 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Met. Breast Cancer SG*	3 11:00 Fight Back w/Nutrition* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	4  10:00 Part of the Whole*	5  12:10-12 Wig Bank* 10:00 Wig Tips*
13	14 10:30 Yoga* 1:00 Lymphedema Education* 6:00 Blood Cancer SG* 7:00 Healing Service*	15 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:00 American Sign Language*	9  10:00 Wig Bank* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 General Cancer SG*	10  10:00 Belly Dancing* 12:00 Mindfulness* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	11  10:00 Seashell Tealight* 1:00 Line Dancing*	12 10:00-12 Wig Bank* 10:00 Wig Tips*
20 	21 10:30 Yoga*	22 10:00 Tangled Women* 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	23  10:00 Pink Ribbon* 10:12 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 General Cancer SG*	24  10:00 Nature Walk* 12:00 Tangled Women* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	25  10:00 Fight Back w/ Nutrition* 1:00 Aromatherapy*	26
27	28 10:30 Yoga* 5:00 Wire Rings & Bracelets*	29 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga* 5:00 Embodied Art Therapy Workshop*	30  10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps*		 Turn your face to the sun and the shadows fall behind you.	

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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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



Attention Golfers!



The Victory Center will be participating in the Marathon Golf Class July 5 - 11th. If you are interested in working one of the concession stands to benefit TVC, please contact Sandy Witt at switt@thevictorycenter.org OR by calling 419-531-7600. Thanks!

amazon smile
You shop. Amazon gives.

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.