



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.



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.



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.





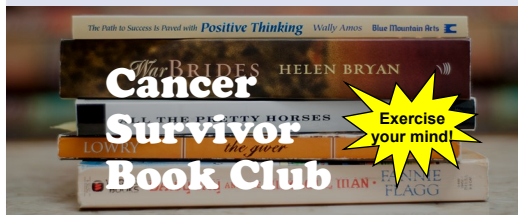
**Sunday, June 6th is
National Cancer
Survivor Day!**

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.**



**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**



**Thursday, May 27th
11:00am - 12:00pm
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**



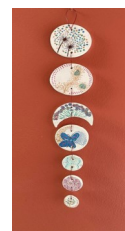
Using meditation and discussion, we'll explore approaches for releasing and setting boundaries on energy we no longer need. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. **Limit 9.**

**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**

**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.**

**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 Deborah Shulamit, RN, LSW. Please bring a pillow & blanket. **Class size minimum 4, max 8. RSVP only.**

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

**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
 2	3 <u>10:30</u> Yoga* <u>5:00</u> Stress Reduction & Guided Imagery* 	4 <u>10:00</u> Healthy Steps* <u>11:30</u> Healthy Steps* <u>12:30</u> Yoga* <u>6:00</u> French 101* 	5 <u>10:00</u> Pink Ribbon* <u>11:30</u> Nia Fitness* <u>1:00</u> Aromatherapy Consultation* <u>1:30</u> Healthy Steps*  <u>6:00</u> Weekly Cancer SG* <u>6:00</u> Met. Breast Cancer SG*	6 <u>10:00</u> Belly Dancing* <u>1:30</u> Chair Yoga* <u>2:30</u> Group Meditation*  <u>5:30</u> Yoga Nights* <u>6:00</u> Young Ca Survivor SG*	7  <u>11:00</u> Fight Back w/Nutrition*  <u>10:00</u> Air-Dry Wall Hanging*	1 Art Show 12:00-2:00 pm
9  Happy Mother's Day	10 <u>10:30</u> Yoga* <u>1:00</u> Air-Dry Wall Hanging Class/2* <u>1:00</u> Beach & Sand Painting*  <u>6:00</u> Blood Cancer SG*  <u>7:00</u> Healing Service*	11 <u>10:00</u> Fundamentals of Zentangle*  <u>10:00</u> Healthy Steps* <u>11:30</u> Healthy Steps* <u>12:30</u> Yoga* <u>1:00</u> Line Dancing*  <u>6:00</u> Breast Cancer SG*	12  <u>10-12</u> Wig Bank* <u>11:30</u> Nia Fitness* <u>1:30</u> Healthy Steps* <u>6:00</u> Weekly Cancer SG*	13 <u>12:00</u> Soap Making Demo*  <u>1:30</u> Chair Yoga* <u>2:30</u> Group Meditation* <u>5:30</u> Yoga Nights*	14  <u>10:00</u> Alcohol Inks on Yupo  <u>1:00</u> Line Dancing*	15
16	17 <u>10:30</u> Yoga* <u>6:30</u> Intimacy & Cancer* 	18 Sorry, NO Healthy Steps <u>12:30</u> Yoga* <u>6:00</u> First Aid* 	19 <u>11:30</u> Nia Fitness* <u>1:00</u> Aromatherapy Consultation*  Sorry, NO Healthy Steps <u>6:00</u> Weekly Cancer SG*	20 <u>12:00</u> Tangle & Talk*  <u>1:30</u> Chair Yoga* <u>2:30</u> Group Meditation* <u>4:00</u> Book Club* <u>5:30</u> Yoga Nights* 	21  <u>10:00</u> Fight Back w/ Nutrition*  <u>1:00</u> Power of Acceptance* (Letting Go)	22
23/30	24 <u>10:30</u> Yoga* <u>5:00</u> Pen Drawing & Watercolor  31 TVC Closed Happy Memorial Day!	25 <u>10:00</u> Healthy Steps* <u>11:30</u> Healthy Steps* <u>12:30</u> Yoga* <u>6:00</u> Breast Cancer SG* <u>6:00</u> Caregiver SG*	26  <u>10-12</u> Wig Bank* <u>11:30</u> Nia Fitness* <u>1:30</u> Healthy Steps* <u>6:00</u> Weekly Cancer SG*	27 <u>10:00</u> Spring Nature Walk*  <u>1:30</u> Chair Yoga* <u>2:30</u> Group Meditation* <u>11:00</u> Aromatherapy Consultation* <u>5:30</u> Yoga Nights* 	28	29

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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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.