



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

July 2021 Issue 127

## Support Groups ~ RSVP

*(Please note changes for July only)*

### Metastatic Breast Cancer

Offered in partnership with Mercy Health

**IN PERSON AT TVC**

The first Wednesday of every month

Wed, July 7th (@Central)

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

### Men's Support Group

Wed., July 21st (@Central)

6:00-7:30 pm

Held the 3rd Wednesday of every month, for all cancer types for men.

### General Cancer Support Group

All types of cancer welcome.

2nd & 4th Wednesdays of the month

6:00 - 7:30 pm

No groups in July

Resume in August

### Breast Cancer

Funded by **The Breast Cancer Fund of OH**

Tues, July 13th—Zoom ONLY

Tues, 27th—in person (New bldg.)

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

### Caregiver/Family Member's Support Group

4th Tuesday of the month

Tuesday, July 27th (New bldg.)

6:00 - 7:30 pm

### Blood Cancer

In Partnership with: **L & L Society**

Mon., July 12

2nd Monday of the month

6:00 - 7:30 pm (Zoom ONLY for July)

### Young Cancer Survivors

For those in their 20's, 30's, and 40's

Offered in partnership with Mercy Health

Thursday, July 1

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

**Effective Monday, July 26th, The Victory Center's (TVC@Toledo) new address is: 3166 N. Republic Blvd. Toledo, Ohio 43615**

**Please bear with us during this transition in the month of July! Our building on Central Ave. will mostly be closed during the weeks of July 12th and 19th.**

**We will still have our regular services and programs in Perrysburg.**

## Healthy Spirit

### Art Therapy

Areka Foster, Art Therapist

### Identity Collage Friday, July 2nd 10:00am - 12:00pm

The word collage comes from a French word meaning "to glue". We will use this technique to compose a self-portrait by gluing a wide range of materials - including pieces of paper, tape, magazine images, and other objects, to YOUR FAVORITE PHOTO OF YOURSELF. You will need to bring a photo to class (we will not use the original photo) or email it to Areka Foster for printing in black and white. Feel free to bring any scrapbooking materials, old cards, or other images to include in your collage. w/Areka Foster. Class limit 12. RSVP.



### Silk Painted Sun Catchers Monday, July 19th 1:00pm - 3:00pm TVC@Perrysburg



Silk painting is a fun and easy way to create a beautiful piece of art. You will learn the basics of silk painting which include the use of masking fluids, dyes, and paints on a silk hoop sun catcher. Silk painting reinforces the idea of "let it go and let it flow". Join us for a relaxing time to create. Please wear old clothes or a paint shirt. w/Areka Foster. Class limit 9. RSVP.

### Painting on a Black Canvas Monday, July 26th 5:00pm - 7:00pm



For this art therapy session, repeat the phrase "work in reverse" as you create. We will be painting on black canvas, which will seem like going backward from dark to light. The image will be painted in layers, which will add depth to your painting. Join us for an exploration of bringing an image out of the dark. Bring your own ideas, but techniques and inspiration will be offered. This is a great time to make a night-time, underwater, or Halloween-inspired painting. Please wear old clothes or bring a paint shirt. w/Areka Foster. Class limit 12. RSVP.



**It's a Celebration of our 25th Anniversary & the Grand Opening of our new location:  
3166 N. Republic Blvd.**



**THURSDAY, JULY 29TH**

**1:00 - 4:00 PM Open House with a brief program at 2 pm**

**Stop by for tours, refreshments & lots of celebrating!**



**Join us for our 5th Annual  
Over the Edge for Victory 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 is OPEN! To register or donate:  
[www.ote4victory.org](http://www.ote4victory.org)**



**Next Class:**  
**Wednesdays, Aug. 4th - Sept. 8th**  
**10:00 - 11:00am~ ZOOM only!**

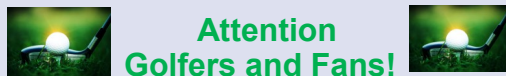
The Pink Ribbon Program is a Pilates-based post operative exercise program to help breast cancer survivors regain mobility & improve quality of life. This 6 week program is intended to help improve strength, range of motion, and sense of wellbeing. Participants register for the entire 6 weeks. Facilitator: 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**  
**4:00 - 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!



We have several opportunities to express your love of golf AND support The Victory Center this summer!

**Option 1:** Be a greeter at the Marathon Golf Classic on Wednesday, July 7 as a representative of TVC! Call Dianne if interested: 419-531-7600.

**Option 2:** Work one of the concession stands at the Marathon Golf Classic July 7 - 11 to benefit TVC. Contact Sandy: 419-531-7600.

**Option 3:** TVC is teaming up with Komen NWO and Lambie's Legacy to sponsor the Pink Ribbon Hole at The Solheim Cup August 31-September 6. We are in need of marshals throughout the week. There IS a cost associated with volunteering at this event. Call Dianne at 419-531-7600.

**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, July 8th**  
**11:00am - 12:00pm**  
**Topic: Probiotics/Overall Health**  
**TVC@Perrysburg** Facilitated by Kristen McDougale, Clinical Dietitian.  
*Sponsored by Mercy Health.*

**Friday, July 30th**  
**10:00am - 11:30am**  
**TVC@Toledo**  
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**

**Wednesday, July 7th**  
**TOPIC: Summer First Aid**  
**1:00pm - 2:00pm**  
**TVC@Toledo**



**Friday, July 30th**  
**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:**  
**"Hot Topics"**  
**Friday, July 23rd**  
**1:00pm - 2:30pm**



Our discussion and meditations will focus on whatever is important to you and whatever you want to bring to the group that day. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP.

**Line Dancing**  
**Friday, July 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.

**Fantangle**  
**Tuesday, July 20th**  
**10:00am - 12:00pm**  
**TVC@Perrysburg**



Using an Apprentice-sized tile, we will draw a fan-like pattern and complete the open spaces with fragments and colors of your choice - similar to 'Go With the Flow' project. Participants will need to bring their own coloring tools such as, colored pencil, watercolor pencils/markers or chalk pencils. Each location has some availability of coloring options. Completion of Zentangle Fundamentals is a prerequisite for attending this class. Teachers: Harley King and Maureen Hines, Certified Zentangle Teachers. Limit 8. RSVP.

**Nature Walk**  
**Thursday, July 22nd**  
**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.**

**"I just wanted to thank The Victory Center and their volunteers for a little light during an awful time!"**  
**~ Lori H.**

**Do you have children ages 6-18 or know a child whose parent is a cancer patient, survivor or has lost a parent to cancer?**  
**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 creates 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>

*(Families or their children do not need to be a participant at TVC to attend).*



















THE VICTORY CENTER

Reaching out to cancer patients & their families.

# July 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>4</b>  TVC @Toledo Closed for moving all week	<b>5</b> TVC Closed in Observance of Independence Day <b>Marathon Golf Classic July 5 - 11th</b>	<b>6</b> 10:00 Healthy Steps* 11:30 Healthy Steps* 12:30 Yoga*	<b>7</b>  10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Met Breast Cancer SG*	<b>8</b> 11:00 Fight Back w/ Nutrition* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	<b>9</b>  1:00 Line Dancing*	<b>10</b>  10:00 Wig Bank* 10:00 Wig Trims Avail.*
<b>11</b> TVC @Toledo Closed for moving all week	<b>12</b> 6:00 Blood Cancer SG by Zoom only* 7:00 Healing Service*	<b>13</b> 10:00 Healthy Steps* (@Pburg only) 12:30 Yoga* 6:00 Breast Cancer SG by Zoom only*	<b>14</b>  10:00 Wig Bank* 1:30 Healthy Steps* No General SG*	<b>15</b> 1:30 Chair Yoga* 2:30 Group Meditation*	<b>16</b>	<b>17</b>
<b>18</b> TVC @Toledo Closed for moving all week	<b>19</b> 1:00 Silk Painted Sun Catchers* 	<b>20</b> 10:00 Fantangle* 12:30 Yoga* 	<b>21</b> 1:30 Healthy Steps 6:00 Men's Cancer SG*	<b>22</b> 10:00 Nature Walk* 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Book Club*  	<b>23</b> 1:00 Power of Acceptance (Hot Topics)* 	<b>24</b>
<b>25</b>	<b>26</b> 10:30 Yoga* 5:00 Painting on a Black Canvas* 	<b>27</b> 10:00 Healthy Steps* (only) 12:30 Yoga* 6:00 Caregiver SG* 6:00 Breast Cancer SG*	<b>28</b>  10:00 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* No General Cancer SG* TVC@Toledo closes at 5:00	<b>29</b> TVC@Perrysburg Closes at 12 (No Yoga or Meditation) 1:00 - 4:00 pm <b>GRAND OPENING</b>	<b>30</b>  10:00 Fight Back w/ Nutrition* 1:00 Aromatherapy* 	<b>31</b>

**TVC@Perrysburg~Inside the Mercy Health Perrysburg Cancer Center, 12623 Eckel Junction Road, Perrysburg, OH 43551**

**Beginning July 26: TVC@Toledo~3166 N. Republic Blvd, Toledo, OH 43615**

**\*RSVP needed, call 419-531-7600**





THE VICTORY CENTER

*Reaching out to cancer patients & their families.*

3166 N. Republic Blvd.  
Toledo, OH 43615

Non-Profit Org.  
U.S. Postage  
**PAID**  
Toledo, Ohio  
Permit No. 840

## The Victory Center News

July 2021 Issue 127

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

Like and follow us on Facebook,  
Instagram, Twitter and YouTube!



**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](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.