



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

August 2021 Issue 128

Support Groups~RSVP

All groups are now in person at our Toledo office unless otherwise noted. Some have a Zoom option.

Metastatic Breast Cancer

Offered in partnership with Mercy Health
The first Wednesday of every month
Wed, August 4th
6:00 - 7:30 pm (Zoom option)

Men's Support Group

The 3rd Wednesday of every month, for all cancer types for men.
Wed, August 18th
6:00 - 7:30 pm

General Cancer Support Group

All types of cancer welcome.
2nd & 4th Wednesdays of the month
Wed, August 11th & 25th
6:00 - 7:30 pm (Zoom option)

Breast Cancer Support Group

Funded by *The Breast Cancer Fund of OH*
2nd & 4th Tuesdays of the month
Tues, August 10th & 24th
6:00 - 7:30 pm (Zoom option)

Caregiver/Family Member's Support Group

4th Tuesday of the month
Tues, August 24th
6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: *L & L Society*
2nd Monday of the month
Mon, August 9th
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, Aug. 5th
In person at Mercy Health Perrysburg
2nd Floor, Pontius Room
6:00 - 7:30 pm (Zoom option)

Attention Participants!

We are updating our files. Please let us know if your address, phone number, email, diagnosis/treatment or other information has changed since you've been coming to TVC. Stop by the front desk at either location for an Update Form. We appreciate it, as it helps us serve you better!

Just a reminder: the Central Ave. location will be closed the weeks of July 12 and 19. Please call to sign up for August programs/services, during that time. We will re-open as TVC@Toledo on Monday, July 26! 3166 N. Republic Blvd.

Healthy Spirit

Art Therapy
Areka Foster, Art Therapist

Painted Pinecone Wreaths **Friday, August 6th** **10:00am - 12:00pm**

Usher in the beginning of the fall season by adding some color to your door. Join us to make a painted pinecone flower wreath. In this art therapy group, we will be painting pinecones to look like flowers or succulents and adding them to a Fall inspired 10-inch wreath. Please wear old clothing or bring a paint shirt. w/Areka Foster. Class limit 12. RSVP.



Glass Mosaic **Monday, August 16th** **5:00pm - 7:00pm AND** **GROUTING** **Fri, August 20th, 12:00 - 1:00pm**

There is something so Zen about mosaic. Each participant will learn glass mosaic techniques of cutting and placing glass in a design. **You must bring your own 8 x 10 picture frame with glass.** There will be many designs to choose from to suit different tastes, or create your own! The first class you will complete the mosaic, and the second class you will be able to grout your project. (If you are not able to attend the second class, your project will be grouted for you.) w/Areka Foster. Class limit 12. RSVP.



Stress Reduction & Guided Imagery **Tuesday, Aug. 17th** **1:00pm - 3:30pm**

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.



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!
To register or donate:

www.ote4victory.org

Presented by:



Beaded Necklace on Leather Cord **Monday, August 23rd** **1:00pm - 3:00pm** **TVC@Perrysburg**

This necklace is a statement piece. We will be using large-hole glass and stone beads with leather or suede cord. Join us for a fun art therapy session creating your own necklace! Supplies will be provided, but please bring any jewelry tools and reading glasses if you have them. If you would like a large focal bead or pendant, bring one in to add to your piece. w/Areka Foster. Class limit 9. RSVP.



Gardening: Planting Fall Vegetables **Tuesday, August 3rd** **6:00 - 7:30 pm**

Many vegetables have a "particular" season in which they grow best. Fall is no exception! This class will focus on what vegetables can be planted in early to late August and produce an abundant crop for your family. Teacher: Sister Rita Wienken of St. Francis of Tiffin, Ohio, organic gardener/farmer for 30 years. Class limit: 12. RSVP.



American Sign Language (ASL) **Monday, August 23rd** **6:00 - 7:30 pm** **TVC@Perrysburg**

Continue to learn some basic signs and conversational vocabulary as well as about the deaf culture. 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! RSVP. (No need to have attended the first class to attend this one.)



Self-Defense Class **(Back by popular demand!)** **Monday, August 30th** **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, U.S. Marine Corp Veteran, Marine Corps Martial Arts Program, Black Belt 1st Degree, Basic Self-Defense Instructor – Level 3 and a supporter of cancer research. Wear comfortable workout clothing and athletic shoes. Limit 12. RSVP.





Wednesdays, Aug. 4th — Sept. 8th
10:00 - 11:00am Back In person!
TVC@Toledo (Limit of 6 for in person)
RSVP. Zoom option available.

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. New participants, please come in to get your band and booklet.



Flight Behavior by Barbara Kingsolver
 Next Meeting: Thurs., Sept. 23rd
 4:00pm - 5:00pm
 ZOOM only, RSVP with your email

Flight Behavior takes on one of the most contentious subjects of our time: climate change. With a deft and versatile empathy Kingsolver dissects the motives that drive denial and belief in a precarious world. In the lyrical language of her native Appalachia, Barbara Kingsolver bares the rich, tarnished humanity of her novel's inhabitants and unearths the modern complexities of rural existence. Characters and reader alike are quickly carried beyond familiar territory here, into the unsettled ground of science, faith, and everyday truces between reason and conviction.

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, August 12th
11:00am - 12:00pm
Topic: Nutrition's Impact on Mouth Sores

TVC@Perrysburg Facilitated by Lubna Ahmed, DTR, and TVC participant.

Friday, August 20th
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

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

Wed., Aug. 4th & 18th
TOPIC: Oils for the Garden
1:00pm - 2:00pm
TVC@Toledo



Friday, Aug. 20th
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 12.

The Power of Acceptance: "Being an Empath"
Friday, August 20th
1:00pm - 2:30pm
(Outdoor, weather permitting. Bring your own chair.)



Using discussion and meditations, we'll explore healthy management of being an empath. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP. Class limit 12.

Line Dancing
Friday, August 13th
1:00pm - 2:00pm

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.



Vinyl Record Painting
Friday, August 13th
10:00 am—12:00pm

Participants will get creative with an oldie! All you need to bring is your ideas. Facilitator: Dottie Huls, retired art teacher and cancer survivor. Class limit 12. RSVP.



Nature Walk
Thursday, August 26th
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.



Paper Quilling
Tues, Aug. 24th
12:00pm - 2:00pm



Paper quilling is the art of cutting paper into long thin strips, rolling and pinching the pieces into different shapes, and then gluing the shapes together to form decorative art. Projects can be used to decorate cards, boxes, gift bags, picture frames, or even 3D stand-alone art pieces. Your imagination only limits the possibilities. Decorative pieces can be simple or complex, but one thing is for sure, paper quilling can be mastered in an hour or two! Bring your own supplies, or some will be provided. Facilitator: Dottie Huls, retired art teacher and survivor. Class of 12. RSVP.

Tangle & Talk
Thursday, Aug. 19th
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 12. Prerequisite: Fundamentals of Zentangle class.



THE VICTORY CENTER

Reaching out to cancer patients & their families.

August 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 Yoga*	3 10:00 Health Steps* 12:30 Yoga* 6:00 Gardening: Fall Vegetables*	4 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Met Breast Cancer SG*	5 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	6 10:00 *Painted Pinecone Wreaths*	7
8	9 10:30 Yoga* 6:00 Blood Cancer SG*	10 10:00 Healthy Steps* 10:00 Fundamentals of Zentangle* 12:30 Yoga* 6:00 Breast Cancer SG*	11 10:00 Pink Ribbon* 10:00 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 General Cancer SG*	12 11:00 Fight Back w/ Nutrition* 1:30 Chair Yoga* 2:30 Group Meditation* 12:00 Fundamentals of Zentangle* 5:30 Yoga Nights*	13 10:00 Vinyl Record Painting* 1:00 Line Dancing*	14 10-12 Wig Bank* 10:00 Wig Tips*
15	16 10:30 Yoga* 5:00 Glass Mosaic* 7:00 Healing Service*	17 10:00 Healthy Steps* 1:00 Stress Reduction & Guided Imagery* 12:30 Yoga*	18 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Men's Cancer SG*	19 12:00 Tangle & Talk* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	20 10:00 Fight Back w/ Nutrition* 12:00 Grouting (Glass Art)* 1:00 Power of Acceptance (Being an Empath)* 1:00 Aromatherapy*	21
22	23 10:30 Yoga* 1:00 Beaded Necklace* 6:00 American Sign Language*	24 10:00 Healthy Steps* 12:00 Paper Quilling* 12:30 Yoga* 6:00 Caregiver SG* 6:00 Breast Cancer SG*	25 10:00 Pink Ribbon* 10:00 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 General Cancer SG*	26 10:00 Nature Walk* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights	27 TVC CLOSED FOR OTE!	28
29	30 10:30 Yoga* 5:00 Self Defense*	31 10:00 Healthy Steps* 12:30 Yoga*				<p>DON'T FOLLOW YOUR DREAMS, CHASE THEM!</p>

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

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

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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

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



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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
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
- ◆ Guided Meditation 2:30-3:30
- 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.