

# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

September 2021 Issue 129

## Support Groups ~ RSVP

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

### Metastatic Breast Cancer

Offered in partnership with Mercy Health  
The first Wednesday of every month  
Wed, Sept. 1st  
6:00 - 7:30 pm (Zoom option)

### Men's Support Group

The 3rd Wednesday of every month, for all cancer types for men.  
Wed, Sept. 15th  
6:00 - 7:30 pm

### General Cancer Support Group

All types of cancer welcome.  
2nd & 4th Wednesdays of the month  
Wed, Sept. 8th & 22nd  
6:00 - 7:30 pm (Zoom option)

### Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**  
4th Tuesday of the month  
Tues, Sept. 28th  
6:00 - 7:30 pm

### Caregiver/Family Member's Support Group

4th Tuesday of the month  
Tues, Sept. 28th  
6:00 - 7:30 pm

### Blood Cancer Support Group

In Partnership with: **L & L Society**  
2nd Monday of the month  
Mon, Sept. 13th  
6:00 - 7:30 pm

### Young Cancer Survivors

For those in their 20's, 30's, and 40's  
Offered in partnership with Mercy Health  
Thurs, Sept. 2nd  
In person at Mercy Health Perrysburg  
2nd Floor, Pontius Room  
6:00 - 7:30 pm (Zoom option)

## The Victory Center's Celebrity Wait Night Fundraising Event

The Premier, 4480 Heatherdowns Boulevard  
Tuesday, October 19, 2021  
5:30 Cocktail Hour, 7:00 Dinner  
\$60 Per Person

RSVP to 419-531-7600 or [knewman@thevictorycenter.org](mailto:knewman@thevictorycenter.org)



## Healthy Spirit

**Art Therapy**  
Areka Foster, Art Therapist

### **Affirmation Painting** **Friday, Sept. 17th** **10:00am - 12:00pm**

Do you have quotes, goals, sayings, Bible verses or affirmations that you bring you peace or strength during tough times? In this art therapy session, we will combine those quotes with tape resist and splatter paint techniques for an affirmation painting. Please bring your favorite quotes or sayings and a paint shirt or wear old clothes. w/Areka Foster. Class limit 12. RSVP.



### **Painted Log Slice Ornaments** **Monday, Sept. 27th** **5:00pm - 7:00pm**

Have you ever wanted to make home-made gifts for a birthday, holiday or for



yourself? If so, this is the art therapy group for you! We will be preparing and painting log slice ornaments. Each participant will be able to make up to 4 ornaments. Ideas will be offered, but if you have stencils or image ideas please bring them. Wear old clothes or bring a paint shirt. w/Areka Foster. Class limit 12. RSVP.

### **Finish Strong!** **Tuesday, Sept. 21st** **6:00pm - 8:00pm**

When the New Year begins it is normal to yearn for a new beginning. We can dig deep and make plans but when you start on a path for new growth and improvement; there is a lifetime of ruts of behaviors and thought patterns that can pull us back into our old ways. If you have hit a bump in the road and need to refocus this evening is for you! If you weren't with us for the original session, you can still join us to finish out your year with the following;



- Honoring your true self
- Setting healthy and realistic goals
- Better boundaries in your life and relationships
- A clearer vision of the person you want to be by the end of the year and a roadmap of how to get there.

International motivational speaker Robyn Ireland, professional life and career coach, of "Robyn's Couch" will share her wisdom and guidance with grace, dignity and a sense of humor. Materials supplied. Limit 12. RSVP.

### **Wine Cork Pumpkins/Grapes** **Monday, Sept. 13th** **1:00pm - 3:00pm** **TVC@Perrysburg**

We all know the phrase "when life hands you lemons, make lemonade." This art therapy class is a little different. A very kind soul donated a bag full of wine corks, so let's make pumpkins or grapes! Feel free to bring your own corks too. We will be assembling and painting the corks, so please bring a paint shirt or wear old clothes. w/Areka Foster. Class limit 9. RSVP.



### **Mindfulness by Mariam** **Thursday, Sept. 16th** **12:00pm - 1:00pm** **By Zoom Only**

Participate from the comfort of TVC Toledo, or your own home/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.



### **Laughter Yoga** **Wed, Sept. 29th** **6:00pm - 7:00 pm**

Laughter is the best medicine! Laughter Yoga is the practice of combining laughter exercises with yogic breathing. The many benefits of laughter include: lowering the negative effects of stress, oxygenating the body and brain, and improving mood and overall health. The concept of Laughter Yoga is based on a scientific fact that the body cannot differentiate between fake and real laughter if done with willingness. One gets the same health benefits, whether laughter is real or simulated. It was started by a medical doctor, Dr. Madan Kataria, in India in 1995. After attending some participants felt "it was great, different, but I felt better after," and it was "fun!" Facilitator: Jenn McCullough, Certified Laughter Yoga Leader. RSVP. Limit 9.



### **Attention Participants!**

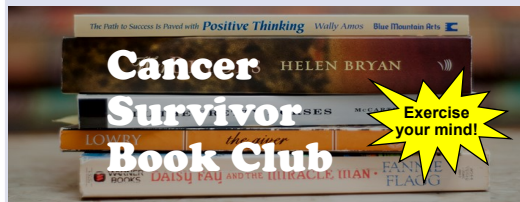
We are updating our files. Please let us know if your address, phone number, email, diagnosis/treatment or other information has changed since you've been coming to TVC. Stop by the front desk at either location for an Update Form. We appreciate it, as it helps us serve you better!

# 

## Post-Operative Workout Enhancing Recovery

**Wednesdays, Oct 6th — Nov. 10th**  
**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.



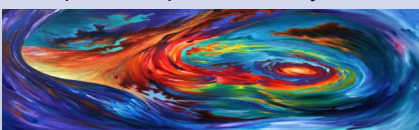
**Born A Crime by Trevor Noah**  
**Next Meeting: Thursday, Nov. 18th**  
**4:00pm - 5:00pm**  
**IN PERSON!**



New York Time's Bestseller. Trevor Noah's unlikely path from apartheid South Africa to the desk of *The Daily Show* began with a criminal act: his birth. Trevor was born to a white Swiss father and a black Xhosa mother at a time when such a union was punishable by five years in prison. *Born A Crime* is a story of a mischievous young boy who grows into a restless young man as he struggles to find himself in a world where he was never supposed to exist. It is also the story of that young man's relationship with his fearless, rebellious, and fervently religious mother—his teammate, a woman determined to save her son from the cycle of poverty, violence, and abuse that would ultimately threaten her own life.

**Coming in October!**  
**Open Art Studio!**  
**@TVCToledo**

The Victory Center is proud to offer another approach to creativity and art therapy with Areka Foster. Twice a month we will offer open studio time in the art room. Open studio time allows participants to choose their desired art medium, work at their own pace and use the art material according to their own needs. Participants can bring a project from home, work on a project started in another group or begin something new from the resources at TVC. It's a time for creativity, companionship and curiosity.



## 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, Sept. 9th**  
**11:00am - 12:00pm**  
**TVC@Perrysburg**

Facilitated by Lubna Ahmed, DRT and TVC participant

**Friday, Sept. 24th**  
**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., Sept. 1st & 22nd**  
**TOPIC: Fall Into Good Health**  
**1:00pm - 2:00pm**  
**TVC@Toledo**



**Friday, Sept. 24th**  
**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 15.

**The Power of Acceptance:**  
**"Hope"**  
**Friday, Sept. 17th**  
**1:00pm - 2:30pm**



Using meditation and discussion, we'll focus on maintaining hope when life gets discouraging. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP. Class limit 15.

**Line Dancing**  
**Friday, Sept. 10th**  
**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 10.

**Zentangle: Delft Delight**  
**Tuesday, Sept. 14th**  
**9:00am - 12:00pm**  
**TVC@Perrysburg**  
**OR**  
**Thursday, Sept. 23rd**  
**12:00pm - 3:00pm**  
**TVC@Toledo**



Delft is a town in the Netherlands. In the 17th century Delft merchants created a blue and white earthenware in response to the very expensive blue white Chinese porcelain that was being imported from China. The earthenware was very popular for a time. Between 1650 and 1750 there were over 100 manufacturers of Delftware. Today there is only one manufacturer left.

In this class, we will tangle with blue ink and create a Zentangle Delft Delight. You will learn new tangles. Prerequisite: **Fundamentals of Zentangle**. Harley King, Certified Zentangle Teacher. Class limit 9 in Perrysburg, 12 in Toledo. RSVP.

**Lymphedema Education**  
**Monday, Sept. 20th**  
**1:00pm - 2:00 pm**  
**TVC@Perrysburg**



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.

**Nature Walk and Journaling**  
**Thursday, Sept. 23rd**  
**10:00am - 11:30am**



Come explore nature through the seasons. Each stroll will feature areas with special seasonal interests and along the way we will pause for some journal time. In September we will see signs of Fall, an autumn color or two and maybe even a couple migrating birds. This is an exciting time to explore the meadow, lots of blooms and seeds. With nature's ability to relieve attention-fatigue, and increase creativity, the pages of your journal will soon be filled with much insight. Patty will bring journals, but feel free to bring your own as well. Facilitated by Patty Toneff, Ruth Esther Retreats. RSVP. **CHANGE: Meet/park at TVC Toledo location, 3166 N. Republic Blvd. Then enter the trail behind the building.**

Here's what TVC participants have to say about our exercise classes! *"Not only have I thoroughly enjoyed Sandy's Healthy Steps classes; she has been kind and encouraging to me throughout my cancer journey in many other ways."*  
 Call to join one today!



THE VICTORY CENTER

Reaching out to cancer patients & their families.

# September 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>5</p> <p>EVERYDAY IS AN ADVENTURE SO ENJOY THE JOURNEY.</p>	<p>6</p> <p>WE WILL BE CLOSED</p> <p><i>Labor DAY</i></p>	<p>7</p> <p>10:00 Healthy Steps*</p> <p>12:30 Yoga*</p>	<p>1</p> <p>10:00 Pink Ribbon*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy Consultation*</p> <p>1:30 Healthy Steps*</p> <p>6:00 Met Breast Cancer SG*</p>	<p>2</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p> <p>6:00 Young Ca Survivor SG*</p>	<p>3</p>	<p>4</p>
<p>12</p>	<p>13</p> <p>10:30 Yoga*</p> <p>1:00 Wine Cork Pumpkins*</p> <p>6:00 Blood Cancer SG*</p> <p>7:00 Healing Service*</p>	<p>14</p> <p>10:00 Healthy Steps*</p> <p>10:00 Delft Zentangle*</p> <p>12:30 Yoga*</p>	<p>8</p> <p>10:00 Pink Ribbon*</p> <p>10:00 Wig Bank*</p> <p>11:30 Chair Movement*</p> <p>1:30 Healthy Steps*</p> <p>6:00 General Cancer SG*</p>	<p>9</p> <p>11:00 Fight Back w/Nutrition*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<p>10</p> <p>10:00 Painting with Rit Dye*</p> <p>1:00 Line Dancing*</p>	<p>11</p> <p>10-12 Wig Bank*</p> <p>10:00 Wig Tips*</p>
<p>19</p>	<p>20</p> <p>10:30 Yoga*</p> <p>1:00 Lymphedema Education*</p>	<p>21</p> <p>10:00 Healthy Steps*</p> <p>12:30 Yoga*</p> <p>6:00 Finish Strong*</p>	<p>22</p> <p>10:00 Wig Bank*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy Consultation*</p> <p>1:30 Healthy Steps*</p> <p>6:00 General Cancer SG*</p>	<p>23</p> <p>10:00 Nature Walk*</p> <p>12:00 Delft Zentangle*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>4:00 Book Club*</p> <p>5:30 Yoga Nights*</p>	<p>24</p> <p>10:00 Fight Back w/ Nutrition*</p> <p>1:00 Aromatherapy*</p>	<p>25</p>
<p>26</p>	<p>27</p> <p>10:30 Yoga*</p> <p>5:00 Painted Log Slice Ornaments*</p>	<p>28</p> <p>Sorry, No Healthy Steps</p> <p>12:30 Yoga*</p> <p>6:00 Caregiver SG*</p> <p>6:00 Breast Cancer SG*</p>	<p>29</p> <p>11:30 Nia Fitness*</p> <p>No Healthy Steps</p> <p>6:00 Laughter Yoga*</p>	<p>30</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</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

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

## The Victory Center News

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The Victory Center has services for ALL cancer types, we don't want anyone to go through this journey alone. Visit: [www.thevictorycenter.org](http://www.thevictorycenter.org), or call for more information! 419-531-7600

### Notice

In place of Nia Fitness, on Sept. 8th and 15th, we will offer "Chair Movement" - a fitness class. Same time: 11:30 - 12:30.

**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!

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<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** 2:30-3:30pm
- 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.