

# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

October 2021 Issue 130

## Support Groups ~ RSVP

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

### Metastatic Breast Cancer Support Group

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

### Men's Cancer Support Group

The 3rd Wednesday of every month, for all cancer types for men.  
Wed, Oct. 20th  
6:00 - 7:30 pm

### General Cancer Support Group

All types of cancer welcome.  
2nd & 4th Wednesdays of the month  
Wed, Oct. 13th & 27th  
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, Oct. 26th  
6:00 - 7:30 pm

### Caregiver/Family Member's Support Group

4th Tuesday of the month  
Tues, Oct. 26th  
6:00 - 7:30 pm

### Blood Cancer Support Group

In Partnership with: *L & L Society*  
2nd Monday of the month  
Mon, Oct. 11th  
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  
1st Thursday of the month  
Thurs, Oct. 7th  
6:00 - 7:30 pm  
(Zoom ONLY)

## 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

### **Wool Felting** Friday, Oct. 8th 10:00am - 12:00pm

Felted wool is a woven textile made out of animal (lamb, alpaca, goat, etc.) fibers that have been washed and agitated causing the fibers to shrink and connect. We will be using two different techniques to create small pieces of colorful felted wool. If you have an allergy to wool, gloves will be provided but please decide if this class is right for you. This will be an experiential class learning the technique of wet felting, but ideas will be offered for ways to finish your pieces. w/Areka Foster. Class limit 12. RSVP.



### **Small Canvas Holiday Style** Monday, Oct. 25th 5:00pm - 7:00pm

The possibilities are endless when painting on small canvas. Some artists choose to create small paintings due to the short time needed to have a finished piece. While any theme or image is welcome, ideas will be offered for the holidays between October and the New Year. Come explore the possibilities of small canvas and leave with a finished, meaningful project. We will be using acrylic paint, so wear a paint shirt or old clothing. w/Areka Foster. Class limit 12. RSVP.



### **Intro to Ballet Class!** Tuesday, Oct. 12th 11:00am - 12:00pm TVC@Perrysburg

Have you always wanted to learn ballet? You will learn basic foot positions, arm positions, hand positions, and positions of the head. Would you like to learn a plié, tendu and sauté? The polka and waltz step? Join us for an amazing and fun hour of ballet! Attire: Comfortable clothing you can move in and socks. Instructor: Cheryl Walter, a 6 year breast cancer survivor, Faculty at The Toledo Ballet, ABT Certified Teacher. Limit 9. RSVP.



### **Understanding HER2+ Breast Cancer Recurrence: Get the Facts/Reduce Your Risk** Monday, Oct. 18 6:00pm - 7:00pm

This presentation will provide you with information about early-stage HER2+ breast cancer and help you understand more ways to help reduce your risk of recurrence. Presenter: Anne Warren, RN, MS, ANP-BC, AOCNP. Anne has over 30 years experience in oncology nursing; she previously worked as an NP on the breast medical oncology team at U of M. She practiced as an NP in medical oncology. RSVP. Class limit: 12



### **Decoupage Coasters** Monday, Oct. 18th 1:00pm - 3:00pm TVC@Perrysburg

Coasters are not only protective to our furniture, but they can also be a work of art. In this art therapy session, participants will have the opportunity to decoupage and embellish a set of 4 coasters. Decoupage materials will be provided, but if you would like to use sheet music, decorative napkins or photos (on paper), please bring them. These can be given as a gift or used in your own home. w/Areka Foster. Class limit 9. RSVP.



### **NEW!** **Art Studio - TVC@Toledo** **Open Hours this month:** **Thursday, Oct. 14th** **3:00pm - 4:30pm** **and** **Friday, Oct. 22nd** **10:00am - 11:30am**

The Victory Center is proud to offer another approach to creativity and art therapy with Areka Foster. 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. PLEASE RSVP as we have to limit the number per time slot.



### **The Victory Center's Wellness Expo!** **Saturday, October 30th** **10:00 am - 1:00 pm** **TVC@Toledo**

#### **FREE AND OPEN TO THE PUBLIC**

The Victory Center wants anyone who is on their cancer journey, at any age or stage, to know about the free, incredible and supportive services we offer! This is a perfect time to see our new facility, what we do, and the wonderful staff and volunteers who make it happen. There will be several different services highlighted, as well as brief demonstrations. Current participants — if you know of anyone who is thinking about being a part of TVC, please bring them and their family! Friends and supporters of TVC are welcome too. RSVP accepted but not required.



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## 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.

**Belly Dancing!**  
**Thursday, Oct. 7th**  
**10:00am - 11:00am**



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 provided for class use. Instructor: Aegela Fisher. Class limit 6. RSVP.

**Knit Wits is Back!**  
**Beginning Tuesday,**  
**Oct. 5th**  
**11:00am - 12:00pm**



Join us for a time of connection and sharing ideas, as we knit, crochet and do different needlework. No experience necessary! If starting from scratch, feel free to come and get ideas. If you're not a novice, please bring your own supplies or projects. This is good therapy for recovery and beyond. Men welcome too. Facilitator: Joy Ortyl, former TVC participant and knitting aficionado. RSVP.

## 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, October 7th**  
**11:00am—12:00pm**  
**Topic: Maintaining Health & Vitality**  
**TVC@Perrysburg**  
 Facilitated by Kristen McDougle,  
 Clinical Dietitian. *Sponsored by Mercy.*

**Friday, October 15th**  
**10:00am - 11:30am**  
**TVC@Toledo**  
 Facilitated by Marcia Grandsko & Kelly Houk,  
 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., Oct. 6th & 20th**  
**TOPIC: Spooky Specials**  
**1:00pm - 2:00pm**  
**TVC@Toledo**



**Friday, Oct. 22nd**  
**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:**  
**"Peace"**  
**Friday, October 15th**  
**1:00pm - 2:30pm**



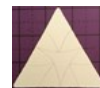
Using meditation and discussion, we'll focus on maintaining hope when life gets discouraging. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP. Class limit 15.

**Line Dancing**  
**Friday, October 8th**  
**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. RSVP.

**Zentangle: Tangle & Talk**  
**Tuesday, Oct. 19th**  
**10:00am - 12:00pm**  
**TVC@Perrysburg**  
**OR**  
**Thursday, Oct. 21st**  
**12:00pm - 2:00pm**  
**TVC@Toledo**



The October Tangle & Talk sessions will have a little twist to them. The 3Z pre-strung tile will be introduced. This means, you will not have to pencil in your own string - the tile presents with the string already in place (see photo). There are 6 different pre-strung tiles. Bring your own supplies, except tiles will be provided. **Prerequisite: Fundamentals of Zentangle.** Facilitator: Maureen Hines, Certified Zentangle Teacher. Class limit 9 in Perrysburg, 12 in Toledo. RSVP.

**Paper Quilling**  
**Tuesday, Oct. 5th**  
**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.

**Themed Plate Chargers**  
**Friday, Oct. 29th**  
**10:00am - 12:00pm**



Participants will choose either a Fall or Winter theme to paint, using acrylic paints. Ideas will be shared, but we encourage you to come up with something that speaks to you! Bring a paint shirt or an apron. Facilitator: Dottie Huls, retired art teacher and cancer survivor. Class limit 12. RSVP.

**Fall Bike Ride!**  
**Thursday, Oct. 7th**  
**Beginning at 5 pm**



Come explore nature on a relaxing bike ride. We will see signs of Fall, an autumn color or two. Bring your bike and helmet (required), water, and bike lights if you have them. Time will vary depending on the speed and length of ride. Distance depends on group preference. Looking to still get out and enjoy the outdoors before it's too cold with a fun and supportive group, this is your opportunity! Facilitator: Susan Rostokowski. Toledo Area Bicyclists member/former group leader/board member, current TVC participant. RSVP.  
**Meet/park at TVC@Toledo location, 3166 N. Republic Blvd. Then enter the trail behind the building.**

*Thinking about incorporating essential oils into your lifestyle? Come learn how! Here is what one participant has to say about our class in Perrysburg: "Very informative, friendly presentation!" Call to sign up at either location today.*



# October 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div><div><div>The best thing about the future is that it comes one day at a time.</div><div>~ Abraham Lincoln</div></div></div>						
3	4 10:30 Yoga*	5 10:00 Healthy Steps* 11:00 Knit Wits* 12:00 Paper Quilling* 12:30 Yoga*	6 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* 1:30 Healthy Steps* 6:00 Met Breast Cancer SG*	7 10:00 Belly Dancing* 11:00 Fight Back w/Nutrition 1:30 Chair Yoga* 2:30 Group Meditation* 5:00 Fall Bike Ride* 5:30 Yoga Nights*	8 10:00 Wool Felting* 1:00 Line Dancing*	9 10-12 Wig Bank* 10:00 Wig Tips*
10	11 10:30 Yoga* 6:00 Blood Cancer SG* 7:00 Healing Service @ Epworth United Methodist Church	12 10:00 Healthy Steps* 11:00 Intro to Ballet* 12:30 Yoga*	13 10:00 Pink Ribbon* 10:00 Wig Bank* 10:00 Beautiful Nails* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 General Cancer SG*	14 1:30 Chair Yoga* 2:30 Group Meditation* 3:00 Art Studio* 5:30 Yoga Nights*	15 10:00 Fight Back w/ Nutrition* 1:00 Power of Acceptance (Peace)*	16
17	18 10:30 Yoga* 1:00 Decoupage Coasters* 6:00 Understanding HER2+ Breast Cancer Recurrence*	19 10:00 Healthy Steps* 10:00 Tangle & Talk* 12:30 Yoga* Celebrity Wait Night Fundraising Event!	20 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy Consultation* No Healthy Steps* 6:00 Men's Cancer SG*	21 12:00 Tangle & Talk* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	22 10:00 Art Studio* 1:00 Aromatherapy*	23
24/31	25 10:30 Yoga* 5:00 Small Canvas Holiday Style*	26 No Healthy Steps 12:30 Yoga* 6:00 Caregiver SG* 6:00 Breast Cancer SG*	27 10:00 Pink Ribbon* 10:00 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 General Cancer SG*	28 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	29 10:00 Themed Plate Chargers*	30 Wellness Expo! 10 am—1 pm TVC Toledo

**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 News

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Thank You!

They'll make a donation to TVC based on how much you shop! Don't worry, your fuel rewards remain the same.

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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  
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.



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## 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

## Beautiful Nails by Color Street

Look and feel your best with a newly manicured set of nail polish strips! (As safe as regular nail polish). Just in time for all the Autumn colors! TVC is happy to offer this free service during our Wig Bank hours in Perrysburg on **Wednesday, Oct. 13th (10:00am - 12:00pm), and open to all.** Call to reserve your spot today! (All supplies individually packaged and sanitized). Our nail consultant is Sharon Shaffer, TVC participant.

