

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

November 2021 Issue 131

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, Nov. 3rd
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, Nov. 4th
6:00 - 7:30 pm
(Zoom ONLY)

Blood Cancer Support Group

In Partnership with: **L & L Society**
2nd Monday of the month
Mon, Nov. 8th
6:00 - 7:30 pm

General Cancer Support Group

All types of cancer welcome.
2nd & 4th Wednesdays of the month
Wed, Nov. 10th
(No group Nov. 24th)
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, Nov. 17th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
4th Tuesday of the month
Tues, Nov. 23rd
6:00 - 7:30 pm

Caregiver/Family Member's Support Group

4th Tuesday of the month
Tues, Nov. 23rd
6:00 - 7:30 pm

Stress, Grief & Trauma - How to Cope during the Holidays

Monday, November 29th

6:00 pm—8:00 pm

Presenter: Areka Foster, LPCC, ATR-BC

When we experience grief, stress or trauma, we lose connection with our self and others. During this dinner and discussion, we will talk about ways they can show up and how our bodies respond. We will talk about ways to manage and how to access strength and connection in these tumultuous times. Areka is also trained in EMDR, Somatic Experiencing & Neuro-Affective Relational Model (NARM). Please RSVP.

**Dinner
Provided!**

Healthy Spirit

Art Therapy

Areka Foster, Art Therapist

Scrabble Tile Frames and Ornaments **Friday, Nov. 19th** **10:00am - 12:00pm**

In this art therapy class, we will use paint, decoupage materials and scrabble tiles to make a personalized picture frame. We will also be creating scrabble tile ornaments with a name or word. All supplies will be provided but you are welcome to bring scrapbook papers, decorative napkins or "Washi" (decorative) tapes. w/Areka Foster. Class limit 12. RSVP.



Fall or Winter Inspired Watercolor **Monday, Nov 1st** **5:00pm - 7:00pm**

Watercolor painting can be as controlled or as flowing as you would like. In this art therapy session, you will have the opportunity to use watercolor paints and tape resist techniques to create a fall tree or wintery scene. Wear a paint shirt or old clothing. w/Areka Foster. Class limit 12. RSVP.



American Sign Language **Tuesday, Nov 16th** **5:00 - 6:30 pm** **TVC@Perrysburg**

Continue to learn some basic signs and conversational vocabulary. Instructor: Susan Rostkowski, BS in Deaf Education, 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! No need to have attended the first class to attend this one. RSVP. Limit 12.



Learn About Social Security Disability **Monday, Nov. 8th** **5:00pm - 6:00pm**

Those who are currently being treated for cancer or suffering from residual side effects post treatment may be eligible for SSD benefits. If your illness or treatment has negatively impacted your ability to maintain steady employment then you may want to consider filing a disability application. Presenter: David Newcomb is a local SSD lawyer. He is a cancer survivor himself who faced a bout of sarcoma at the young age of 25. This is a free, no obligation opportunity to find out about the SSD process. RSVP. Limit 12.



Giving Wisely: Estate Planning Event **Wed., Nov. 17th** **4:30pm - 6:00pm**

Learn what you need to know about estate planning and leaving a legacy. Content will be applicable for all ages and life stages. (Light dinner will be served). Presenter: Laura Walker, JD, Estate Planning and Wealth Consultant. RSVP.

Velour Paper Drawing **Monday, Nov. 15th** **1:00pm - 3:00pm** **TVC@Perrysburg**

Velour paper is one of the most satisfying types of paper to draw on with oil or chalk pastels. This fuzzy paper "holds" onto the pastels and the colors pop creating a bright and bold image. Bring your own ideas to draw. Try your hand at creating a mandala or a colorful seasonal scene. Please wear old clothes or an apron/art shirt. w/Areka Foster. Class limit 9. RSVP.



Art Studio - TVC@Toledo **Open Hours this month:** **Thursday, Nov. 11th** **3:00pm - 4:30pm**

No studio hours on Friday due to the Thanksgiving holiday. RSVP.



Exploring Natural Therapies **Thursday, Nov. 18th** **6:00pm - 7:00pm**

Learn about a variety of natural therapies including massage therapy, reflexology and aromatherapy to help you decide which ones are the best fit for you! Presenter: Margo Hertzfeld, clinical aromatherapist and TVC reflexologist. Begin your natural wellness journey! RSVP. Class limit: 12.



IMPROV for Living! **It's not just for acting!** **Monday, Nov. 22nd** **5:00pm - 6:30pm**

Sometimes this skill is used by actors, but learning about improv can help with life situations in general. Are you feeling isolated? Spending too much time in your own head? Need to slow down? This class is for anyone who wants to see how improv can reduce stress and anxiety, open yourself up to acceptance and find connection with others. Diana DePasquale trained in improvisation at the Upright Citizen's Brigade Theater and at The Magnet Theater in NYC. She was the host of Improdome! at the Peoples Improv Theater, has improvised at the Chicago Improv Festival, and is also a winner of the Moth Story Slam in Detroit. Class limit 12. RSVP.





Born A Crime by Trevor Noah

Thursday, Nov. 18th

4:00pm - 5:00pm

IN PERSON—RSVP 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. Read about his journey.



Beauty of Fall Nature Hike

Thursday, Nov. 4th

2:00pm - 3:30pm

Now that The Victory Center is just steps from Wildwood Metropark, we will explore what fall has to offer right outside the doors and discover a short walk into Wildwood to a platform in the meadow. Join us to explore the special magic of November, filled with the colors of autumn with hints of nature preparing for Winter. Learn the paths to continue your fall walk throughout the season. Researchers are amassing a body of evidence, proving what we all know to be true: nature is good for us and has both long and short term mental and physical health benefits. Come start your journey with nature. Leader: Patty Toneff, Ruth Esther Retreats. **Meet/park at TVC@Toledo location, 3166 N. Republic Blvd. Then enter the trail behind the building.**



Belly Dancing

Thursday, Nov. 4th

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 available for a suggested donation. Instructor: Aegela Fisher. Class limit 6. RSVP.



Card Stamping!

Thursday, Nov. 11th

5:00pm - 6:30pm

Come and stamp with us this Fall! We will be making three cards focusing on a variety of techniques—the baby wipe/reinker technique (leaf images) then a quick & easy to duplicate lay-out. The third card will feature a traditional color scheme with some whimsy! This class is great for the beginner or seasoned stamper/paper crafter. Limit 12, RSVP. Facilitator: Chris Smith, avid stamper for 18 years.



Knit Wits

Every Tuesday!

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! Facilitator: Joy Ortyl, former TVC participant and knitting aficionado.



Don't struggle alone, TVC offers free support groups and individual and family counseling for cancer patient, survivors and their families. As one recipients of our services put it "Wonderful to open up to someone who understands, very helpful."

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, Nov. 11th

11:00am - 12:00pm

Topic: Mindfulness & Heart Health

TVC@Perrysburg

Facilitated by Kristen McDougle, Clinical Dietitian. *Sponsored by Mercy.*

Friday, Nov. 12th

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., Nov. 10th & 17th

TOPIC: Talking Turkey

1:00pm - 2:00pm

TVC@Toledo



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: "Gratitude"

Friday, Nov. 19th

1:00pm - 2:30pm

Using meditation and discussion, we'll explore gratitude as a way of opening the heart center. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP. Class limit 15.



Zentangle: Tangle & Talk

Tuesday, Nov. 9th

10:00am - 12:00pm

TVC@Perrysburg

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 and completed work, including Delft Opus. w/Harley King and Maureen Hines, Certified Zentangle Instructors. RSVP. Limit 8.



Prerequisite: Fundamentals of Zentangle class.

Fundamentals Of Zentangle

Thursday, Nov. 18th

12:00pm - 2:00pm

TVC@Toledo

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. You will need Fundamentals first. w/ Harley King & Maureen Hines, Certified Zentangle Teachers. RSVP. Limit 12.



Friday, Nov. 19th

1:00pm - 2:00pm

TVC@Perrysburg



Line Dancing

Friday, Nov. 12th

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.



Christmas Tree Art!

Friday, Nov. 5th

10:00am - 12:00pm

We are going to make a Christmas tree from toilet paper or paper towel rolls! Bring a total of 16 of your own (one paper towel roll = equals 2 toilet paper rolls.) Bring your own hot glue gun and sticks, though we will have some available! Come and see what you can create! Facilitator: Dottie Huls, retired art teacher and cancer survivor. Class limit 12. RSVP



Holiday Cup Decorating

Tuesday, Nov. 23rd

12:00pm - 2:00pm

Have fun and get creative with an art piece you can use, or give away as a gift! All materials supplied by TVC. Facilitator: Dottie Huls, retired art teacher and cancer survivor. Class limit 12. RSVP.



Natural Museum of the Great Lakes: Visit the Museum!

NMGL reveals the varied and fascinating history of our treasured Great Lakes, which make up 84% of all of the fresh water in North America. Come explore the history of the world's greatest natural resource at the museum. Looking for something interesting to do in the Winter months with friends and family, right in our backyard? Get your free museum pass today by calling TVC (up to 2 per participant). First come, first served. Good until May, 2022. Generously donated by the Great Lakes Historical Society.



Like us on:



November 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>7</div> <div>Natural Museum of the Great Lakes passes—all month.</div> <div>1</div> <div>10:30 Yoga*</div> <div>5:00 Fall/Winter Inspired Watercolor*</div>	<div>2</div> <div>10:00 Healthy Steps*</div> <div>11:30 Knit Wits*</div> <div>12:30 Yoga*</div>	<div>3</div> <div>10:00 Pink Ribbon*</div> <div>11:30 Nia Fitness*</div> <div>1:30 Healthy Steps*</div> <div>6:00 Met Breast Cancer SG*</div>	<div>4</div> <div>10:00 Belly Dancing*</div> <div>2:00 Fall Nature Hike*</div> <div>1:30 Chair Yoga*</div> <div>2:30 Group Meditation*</div> <div>5:30 Yoga Nights*</div> <div>6:00 Young Ca Survivor SG*</div>	<div>5</div> <div>10:00 Christmas Tree Art*</div>	<div>6</div>	
<div>14</div> <div>15</div> <div>10:30 Yoga*</div> <div>1:00 Velour Paper Drawing*</div>	<div>9</div> <div>10:00 Healthy Steps*</div> <div>11:00 Knit Wits*</div> <div>10:00 Tangle & Talk</div> <div>12:30 Yoga*</div>	<div>10</div> <div>10:00 Pink Ribbon*</div> <div>10:00 Wig Bank*</div> <div>10:00 Beautiful Nails*</div> <div>11:30 Nia Fitness*</div> <div>1:00 Aromatherapy Consultation*</div> <div>1:30 Healthy Steps*</div> <div>6:00 General Cancer SG*</div>	<div>11</div> <div>11:00 Fight Back w/Nutrition*</div> <div>1:30 Chair Yoga*</div> <div>2:30 Group Meditation*</div> <div>3:00 Art Studio*</div> <div>5:00 Card Stamping*</div> <div>5:30 Yoga Nights*</div>	<div>12</div> <div>10:00 Fight Back w/ Nutrition*</div> <div>1:00 Line Dancing*</div>	<div>13</div> <div>10-12 Wig Bank*</div> <div>10:00 Wig Tips*</div>	
<div>21</div> <div>22</div> <div>10:30 Yoga*</div> <div>5:00 Improv for Living*</div>	<div>16</div> <div>10:00 Healthy Steps*</div> <div>11:00 Knit Wits*</div> <div>12:30 Yoga*</div> <div>5:00 American Sign Language*</div>	<div>17</div> <div>11:30 Nia Fitness*</div> <div>1:00 Aromatherapy Consultation*</div> <div>1:30 Healthy Steps*</div> <div>4:30 Giving Wisely*</div> <div>6:00 Men's Cancer SG*</div>	<div>18</div> <div>12:00 Fundamentals of Zentangle*</div> <div>1:30 Chair Yoga*</div> <div>2:30 Group Meditation*</div> <div>4:00 Book Club*</div> <div>5:30 Yoga Nights*</div> <div>6:00 Exploring Natural Therapies*</div>	<div>19</div> <div>10:00 Scrabble Tile Frames & Ornaments*</div> <div>1:00 Power of Acceptance (Gratitude)*</div> <div>1:00 Aromatherapy*</div>	<div>20</div>	
<div>28</div> <div>29</div> <div>10:30 Yoga*</div> <div>6:00 Stress, Grief & Trauma</div>	<div>23</div> <div>10:00 Healthy Steps*</div> <div>11:00 Knit Wits*</div> <div>12:00 Holiday Cup Decorating*</div> <div>12:30 Yoga*</div> <div>6:00 Breast Cancer SG*</div> <div>6:00 Caregiver SG*</div>	<div>24</div> <div>10:00 Wig Bank*</div> <div>11:30 Nia Fitness*</div> <div>No Healthy Steps*</div> <div>No General Cancer SG*</div> <div>TVC Closes at 4:00</div>	<div>25</div> <div>Happy Thanksgiving</div>	<div>26</div> <div>TVC CLOSED</div>	<div>27</div>	
<div>28</div>	<div>November: The last month of autumn, but the beginning of a new adventure; time to take risks and do the unexpected.</div>					

TVC@Perrysburg-Inside the Mercy Health Perrysburg Cancer Center, 12623 Eckel Junction Road, Perrysburg, OH 43551
TVC_@ToledoOH~3166 N. Republic Blvd, Toledo, OH 43615

*RSVP needed,
 call 419-531-7600



THE VICTORY CENTER

Reaching out to cancer patients & their families.

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Toledo, OH 43615

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TVC Weather Cancellation Policy

LEVEL 1: OPEN

LEVEL 2: Check Facebook and TV or sign up for text or email alerts. Call the office on days with changing weather situations.

LEVEL 3: CLOSED

*Levels are all based on Lucas County, which is the location of TVC's main office.



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

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, Nov. 10th (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.



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.

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>.