

# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

December 2021 Issue 132

## 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, Dec. 1st  
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, Dec. 2nd  
6:00 - 7:30 pm  
(Zoom Only)

### Blood Cancer Support Group

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

### Men's Cancer Support Group

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

### General Cancer Support Group

All types of cancer welcome.  
2nd & 4th Wednesdays of the month  
Wed, Dec. 8th and 22nd  
6:00 - 7:30 pm

### Breast Cancer Support Group

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

### Caregiver/Family Member's Support Group

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



Door  
Prizes!

**TVC's ANNUAL HOLIDAY POTLUCK is back!**

**Monday, Dec. 20th: 5:00pm-7:00pm**

All participants (and 1 guest) are invited.  
(Due to Covid restrictions, space is limited)

Please RSVP with the dish you'll be bringing.  
(VC will provide meat, paper products and drinks.)



Music entertainment  
provided by  
vocalist &  
guitarist,  
Renee Michel

## Healthy Spirit

**Art Therapy** Areka Foster, Art Therapist

### **Card Making** **Monday, Dec. 6th** **5:00pm - 7:00pm**

In this art therapy session, we will be using many different materials to make our own holiday or thank you cards. We will have stamps, watercolors, decorative papers, and styrofoam printing materials. Join us for a fun day of play and creating homemade cards. Please wear old clothing or bring a paint shirt. w/Areka Foster. Class limit 12. RSVP.



### **Tree Shaped Mosaic** **Friday, Dec. 17th** **10:00am - 12:00pm**

In this art therapy session, we will be creating a grout-less mosaic tree using mosaic glass, pottery pieces, and marbles. You are encouraged to bring your own embellishments to personalize your creation. Embellishments may include, but are not limited to vintage/costume jewelry, beads and other hard materials. Finished pieces are around 8 inches in size. Please wear old clothes or bring an art smock/shirt. w/Areka Foster. Class limit 12. RSVP.



### **Holiday Greenery Arrangement** **Thursday, Dec. 2nd** **12:00pm - 1:00pm**

Join us to create your own holiday centerpiece with fresh greenery that you will enjoy all season long! A six inch basket or planter, greens, and other holiday items will be supplied to help jazz up your creation. You may also bring your own 6 inch basket or container to use instead of ours. And, you may bring in decorations to use in your greenery basket, or to share with others. Nippers will be available to share, but if you have your own pruners or nippers, please bring them. Class limit 12. Facilitator: Mary Machon of Bensell Greenhouse.



### **Vishoka Meditation Workshop** **Wednesday, Dec. 8th** **5:00pm - 6:00pm**

During this workshop participants will learn and explore: The four noble truths, preparatory practices to Vishoka Meditation, the three stages of meditation, and the benefits of healthy breathing. This will be an informative class that will include a lecture, gentle movement, and Vishoka Meditation. Our teacher: Shauna Gilsdorf E-RYT 500 is a Certified Vishoka Meditation Teacher, one of 90 in the world! A Reiki Practitioner, MHP, and YACEP. Shauna is inspired to teach this technique driven practice so that others can be profoundly fulfilled and nourished, at every level of their being. Class limit 12. RSVP.



### **Poured Epoxy Candleholders** **Monday, Dec. 13th** **1:00pm - 3:00pm** **TVC@Perrysburg**

In this art therapy session we will be arranging decorative items in a glass jar and pouring epoxy to create a floating candle effect. The epoxy can be clear or colored. Winter and holiday themed materials will be provided, but feel free to bring your own dried flowers, small leaves, sticks, sequins, buttons, old jewelry, or sequins. w/Areka Foster. Class limit 9.



### **Art Studio - TVC@Toledo** **Open Hours this month:** **Thursday, Dec. 16th** **3:00pm - 4:30pm**

Participants can choose their desired art medium and work at their own pace. Participants can bring a project from home or start something new. It's a time for creativity. w/Areka Foster. Please RSVP.



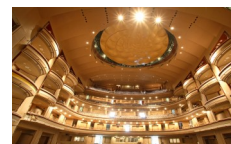
### **Holiday Gift Wrapping** **Tuesday, Dec. 7th** **5:00pm - 6:00pm**

Create the *perfect* Christmas gift arrangement; learn creative and festive ways to wrap a gift. Baskets, gift boxes and decorating items will be supplied, but feel free to bring your own. Please bring your own small gift that needs to be wrapped. This group is appropriate for children ages 13 and up. Class limit 12, RSVP. Facilitated by TVC's former Special Events Manager and Volunteer, Karen Evans.



### **Holiday Music Concert!** **Thursday, Dec. 16th** **6:00pm - 7:30pm** **TVC@Toledo**

Join Grace Wipfli and her father, Steven, as they present a program of holiday favorites. Whether you love classic carols or popular holiday tunes, there will be something for everyone at this concert! Grace Wipfli is a Soprano and Resident Artist with the Toledo Opera, Her talents are sure to delight! Refreshments served. Bring a guest! (18 & up)



## Monthly Nature Hike & Journaling

### Thursday, Dec. 2nd

#### 10:00am-11:30am



In December we will see signs of the start of winter, trees and wildlife preparing for colder weather, and snow birds. With nature's ability to decrease fatigue and increase creativity, the pages of your journal will soon be filled with much insight. Journals provided, but feel free to bring your own as well. In case of inclement weather, we will move the program indoors. Led by Patty Tonneff of Ruth Esther Retreats. **Meet/park at TVC@Toledo location, 3166 N. Republic Blvd. Then enter the trail behind the building.**

## Belly Dancing!

### Thursday, Dec. 2nd

#### 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.

## Introduction to Qigong

### Wednesday, Dec. 15th

#### 10:00am - 11:00am



This one day introduction class will put emphasis on yi yin jing - it works with the connective tissue. Facilitator: Kathy Farber, Ph.D., Pilates Instructor, Certified Post Rehabilitative BC Exercise Specialist. Class limit 12. RSVP.

## Lights Before Christmas at the Toledo Zoo!

### (Tickets Available)



With over one million lights, the award-winning Big Tree and 200+ illuminated animal images spread out across the Zoo, the 2021 edition of this electrical spectacle is sure to be both merry AND bright! Tickets are good Nov. 19 - Dec. 31, 2021 and are available at both locations. Two tickets per participant. First come, first served.

## Aquatic Exercise is Back!

### Beginning December 1st

#### Every Wednesday

#### 5:00pm - 6:00pm



This free weekly exercise class is held at the Central Park West Health Center's (NOMS) heated pool. You must be a registered participant at TVC to participate. Pre-registration required, so please call Lisa Marquette at TVC to get instructions for online registering. Class/pool limit: 16. Program runs one month at a time.

## 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! If starting from scratch, feel free to come and get ideas. 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

- 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.

## Aromatherapy Consultation w/ Deb Reis RN, MSN

### Certified Clinical Aromatherapist

#### Sponsored by ProMedica

### Wed., Dec. 1st & 15th

#### TOPIC: Holiday Potpourri

#### 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. Class limit 15. RSVP.

## The Power of Acceptance: "Peace"

### Friday, Dec. 17th

#### 1:00pm - 2:30pm



We'll discuss and meditate about ways to obtain and maintain Peaceful living. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP. Class limit 12.

## Homemade Christmas Gift Tags

### Tuesday, Dec. 14th

#### 10:00am - 11:30am

#### TVC@Perrysburg



Get in the gift-giving spirit making these fun gift tags. Supplies provided. Facilitated by Debbie McNamee, TVC Volunteer. Class limit 9. RSVP.

## Coloring for Grown-Ups!

### Wednesday, Dec. 15th

#### 5:00pm - 6:00pm

#### TVC@Perrysburg



Did you know that coloring for adults is relaxing and meditative? You will be able to choose from a variety of holiday designs, and color them using mediums like colored pencils, markers, pens, etc. If you're already into coloring, please bring your favorite coloring pens/pencils to class. RSVP. Class limit 12. Staff Facilitator.

## Children's Art Therapy Program

### Coming in January!

Children and grandchildren of participants (ages 6-12) will be eligible.



## Zentangle: "Stars, Stars, Everywhere Stars!"

### Monday, Dec. 6th

#### 10:00am - 12:00pm

#### TVC@Perrysburg

OR

### Friday, Dec. 10th

#### 12:00pm - 2:00pm

#### TVC@Toledo

Come join us on an adventure through a galaxy of Zentangle stars. You will have the opportunity to tangle a group of stars that you can hang in your universe. Prerequisite: Fundamentals of Zentangle. Facilitators: Harley King & Maureen Hines, Certified Zentangle Teachers. Class limit 9 in Perrysburg, 12 in Toledo. RSVP.

## Thursday, Dec. 9th

### 11:00am - 12:00pm

### Topic: Healthy Diet & the Holidays

### TVC@Perrysburg only this month



Facilitated by Kristen McDougale, Clinical Dietitian. Sponsored by Mercy Health.

## Aromatherapy Consultation w/ Patti Leupp RN, CRNA

### Certified Clinical Aromatherapist

#### Sponsored by Mercy Health

### Friday, Dec. 17th

#### 1:00pm - 2:00pm

#### TVC@Perrysburg



## Line Dancing

### Friday, Dec. 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. RSVP.

## Pop Up Greeting Cards

### Friday, Dec. 3rd

#### 10:00am - 12:00pm



Get creative with this personal expression of card giving. w/Dottie Huls, retired art teacher/survivor. Class limit 12. RSVP.

## Mindfulness by Mariam

### Thursday, Dec. 9th

#### 12:00pm - 1:00pm

#### ZOOM only



This Mindfulness class is geared toward helping people deal with the stress and anxiety. No prior experience or special equipment is necessary but it helps to have an open mind. There will be guided exercises and you will come away with practical tips. Facilitator: Mariam Deland, LMSW, therapist and practitioner. RSVP.

## Lymphedema Education

### Monday, Dec. 13th

#### 1:00pm - 2:00 pm



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. Class limit 12. RSVP.



# December 2021

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>5</b></p> <p>Lights Before Christmas at the Toledo Zoo Tickets! (Limited availability) Good until Dec. 31.</p>	<p><b>6</b></p> <p>10:30 Yoga*</p> <p>10:00 Zentangle (Stars)*</p> <p>5:00 Card Making*</p>	<p><b>7</b></p> <p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p> <p>5:00 Holiday Gift Wrapping*</p>	<p><b>1</b></p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy*</p> <p>1:30 Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p> <p>6:00 Met Breast Cancer SG*</p>	<p><b>2</b></p> <p>10:00 Belly Dancing*</p> <p>10:00 Nature Hike*</p> <p>12:00 Holiday Greenery*</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><b>3</b></p> <p>10:00 Pop Up Greeting Cards*</p>	<p><b>4</b></p>
<p><b>12</b></p>	<p><b>13</b></p> <p>10:30 Yoga*</p> <p>1:00 Lymphedema Education*</p> <p>1:00 Epoxy Candleholders*</p> <p>6:00 Blood Cancer SG*</p>	<p><b>14</b></p> <p>10:00 Healthy Steps*</p> <p>10:00 Christmas Gift Tags*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p>	<p><b>15</b></p> <p>10:00 Intro to Qigong*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy*</p> <p>1:30 Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p> <p>5:00 Coloring for Grownups*</p> <p>6:00 Men's Cancer SG*</p>	<p><b>16</b></p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>3:00 Art Studio*</p> <p>5:00 Yoga Nights*</p> <p>6:00 Holiday Music Concert*</p>	<p><b>17</b></p> <p>10:00 Tree Shaped Mosaic*</p> <p>1:00 Aromatherapy*</p> <p>1:00 Power of Acceptance (Peace)*</p>	<p><b>18</b></p>
<p><b>19</b></p>	<p><b>20</b></p> <p>10:30 Yoga* (By Zoom)</p> <p>6:00 Holiday Potluck*</p>	<p><b>21</b></p> <p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p>	<p><b>22</b></p> <p>10:00 Wig Bank*</p> <p>11:30 Nia Fitness*</p> <p>1:30 Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p> <p>6:00 General Cancer SG*</p>	<p><b>23</b></p> <p>TVC CLOSED</p>	<p><b>24</b></p> <p>TVC CLOSED</p>	<p><b>25</b></p>
<p><b>26</b></p>	<p><b>27</b></p> <p>10:30 Yoga*</p>	<p><b>28</b></p> <p>10:00 Healthy Steps</p> <p>11:00 Knit Wits*</p> <p>12:00 Paper Quilling*</p> <p>12:30 Yoga*</p> <p>6:00 Breast Cancer SG*</p> <p>6:00 Caregiver SG*</p>	<p><b>29</b></p> <p>11:30 Nia Fitness*</p> <p>1:30 Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p>	<p><b>30</b></p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<p><b>31</b></p> <p>TVC CLOSED</p>	

**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.

3166 N. Republic Blvd.  
Toledo, OH 43615

Non-Profit Org.  
U.S. Postage  
**PAID**  
Toledo, Ohio  
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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



**Are YOU enrolled? It helps so much!**

Register your Kroger Card online at:

[www.krogercommunityrewards.com](http://www.krogercommunityrewards.com)

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

**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. **Dec. 16 only, time change: Begin at 5:00 pm.**

- ◆ **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** 2:30-3:00pm

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. Please call Sandy at 419-531-7600 for more information. One wig per person per calendar year. Appointment is needed. **Wig Tips & Trims, Sat., Dec. 11, 10-12, call for appointment.**

### 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, Dec. 8th (9:00am - 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.

