



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

February 2022 Issue 134

Support Groups~RSVP req.

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
The first Wednesday of every month
Wed, Feb. 2nd

6:00 - 7:30 pm (Zoom option)

Children's Art Therapy Group

One Wed. a month for children/grandchildren, ages
6-12, of cancer patients/survivors

Wed, Feb. 2nd

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
1st Thursday of the month

IN PERSON—TVC@PERRYSBURG

Thurs, Feb. 3rd

6:00 - 7:30 pm (Zoom Option)

Blood Cancer Support Group

In Partnership with: **L & L Society**

2nd Monday of the month

Mon, Feb. 14th

6:00 - 7:30 pm

Men's Cancer Support Group

The 3rd Wed. of every month, for all cancer types

Wed, Feb. 16th

6:00 - 7:30 pm

General Cancer Support Group

All types of cancer welcome.

2nd & 4th Wednesdays of the month

Wed, Feb. 9th and 23rd

6:00 - 7:30 pm

(Zoom option)

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**

2nd & 4th Tuesday of the month

Tues, Feb. 8th and 22nd

6:00 - 7:30 pm

Caregiver/Family Member's Support Group

4th Tuesday of the month

Tues, Feb. 22nd

6:00 - 7:30 pm

TVC Cancer Survivor Art Show



*Due to unforeseen circumstances, we need to reschedule the Art Show.
We apologize for any inconvenience.
It will be held in the Spring. Stay tuned for details and save that artwork!
**February is Art month at the Victory Center! Sign up for one of
our classes, at both locations!***



Healthy Spirit

Art Therapy Areka Foster, Art Therapist

February Art Therapy groups are going to look a little different than usual. We are creating a mural at the Perrysburg office and we need your help!

Please sign up to create a portion of this collaborative mural. Stencils and tools will be available. If you're saying to yourself "I can't paint a mural", we know that you can and it will be all the more special if we have many people collaborating! All Healthy Spirit Art Therapy groups, and one studio time, in February will be spent creating this mural at the Perrysburg office.



Children's Art Therapy program

For children & grandchildren, ages 6-12, of cancer patients and survivors.

Wednesday, Feb. 2nd, 6:00pm - 7:30pm

First Wed, this month only.

Join us for a time of games, activities and art centered around the topic, "What is cancer?" We will also be creating DIY sensory calm down bottles to help ease our anxieties or worries when we have difficulty calming ourselves down.

Facilitator: Kayt Harden, Art Therapist.

Class limit: 12. RSVP.



Snapshots to Photos!

Tuesday, Feb. 8th

1:00pm - 3:00pm

Do you wonder how you can take better pictures with whatever camera or phone you have? Bring your camera or phone to this class, and Peggy Borell, a Photo Solutions Specialist, will help you learn some basic skills that will make your photos look great, as well as tips and tricks to turn those blurry snapshots into the beautiful photos you always wished you could take. Class limit: 12. RSVP.



Reflexology Discovered!

Thursday, Feb. 10th

5:00pm - 6:00pm

Ever wonder exactly what Reflexology is, and the benefits of it while going through cancer treatment? Or have you had it before and still have questions? Join us for a unique opportunity to hear from the experts. Each practitioner will describe how they have been able to help many participants. Our panel of three includes Milan Mihalek, Julie Howe and Margo Hertzfeld. Class limit: 12. RSVP.



The Toledo Symphony Presents "Superheroes on Stage"

Thursday, Feb. 24th at 7:00 pm

It's a bird...it's a plane...it's the Toledo Symphony!

Join us for this jam-packed concert featuring the most iconic superhero themes of all time, including music from *Superman*, *The Avengers*, *Spiderman*, and more. Call to reserve your chance to win up to 2 tickets!



**Choose from one of the
classes below! (All in Perrysburg)
RSVP. Class limit: 5 per hour.**

Monday, Feb. 7th, 5:00pm - 7:00pm
Thurs, Feb. 24th, 10:00am - 12:00pm
Friday, Feb. 25th, 10:00am - 12:00pm
Monday, Feb. 28th, 1:00pm - 3:00pm

Art Studio - TVC@Toledo

Open Hours this month:

Thursday, Feb. 10th

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.



Understanding Ourselves Con't! **Tuesday, Feb. 15th**

6:00pm - 7:30pm

We'll continue to learn and grow through this second time together. Still based on the Enneagram, we'll continue to be intrigued. Truly life changing! (You do not need to have attended the first class to come for this). Facilitated by Emily Newell, Enneagram enthusiast who is working on her certification. Class limit 12. RSVP.



Card Stamping

Thursday, Feb. 10th

10:00am - 12:00pm

TVC@Perrysburg

Create a variety of homemade cards with avid stampers, Pat & Pat! Includes a thank you card, get-well and Valentine's. Facilitated by Pat Szymanowski & Pat Piper. Class limit: 10. RSVP.



Intro to Ballet Class!

Thursday, Feb. 17th

2:00pm - 3:00pm

Have you always wanted to learn ballet? 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. RSVP.





**SAVE
THE
DATE!**



Tickets on sale
8am Monday,
January 24

Monthly Nature Walk & Journaling Thursday, Feb. 3rd 2:00pm - 3:30pm



We will see signs of winter: birds, buds, berries, even the first spring wildflower. With nature's ability to decrease fatigue and increase creativity, the pages of your journal will soon be filled with much insight. Journals will be provided, but feel free to bring your own as well. Discover the nature that is throughout Wildwood's various habitats! In case of inclement weather, we will move the program indoors. Led by Patty Toneff of Ruth Esther Retreats. **Meet/park at TVC@Toledo location, 3166 N. Republic Blvd. RSVP.**

Aquatic Exercise Program 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, please call Lisa Marquette at TVC to get instructions for online registering. Class/pool limit: 16.



Wedsdays, March 30th - May 4th 10:00am - 11:00am *In-person*

The Pink Ribbon Program is a Pilates-based, post-operative exercise program to help breast cancer survivors regain mobility & improve quality of life. 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 fill out forms and get your band and booklet.** RSVP. Class limit: 6 new; 5 alums.

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. 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.**



Friday, Feb. 4th 10:00am - 11:30am *TVC@Toledo*

Facilitated by Kelly Houk, Clinical Dietitian.
Sponsored by ProMedica. **RSVP.**

Our nutrition class in Perrysburg will now be offered quarterly. *Look for it in March!*

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

Aromatherapy Consultation w/ Deb Reis RN, MSN Certified Clinical Aromatherapist Sponsored by ProMedica

Wed., Feb. 2nd & Feb. 16th TOPIC: "Romance" 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. 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: "Love"

Friday, Feb. 18th 1:00pm - 2:30pm

Using meditation and discussion, we'll explore some aspects of love including how to know when our actions are the most loving, deepening self love and others. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. **RSVP.** Class limit 12.



Valentine Cookies & Pocket Art!

Monday, Feb. 14th 12:00pm - 2:00pm *TVC@Perrysburg*

After having fun decorating some Valentine's cookies, we'll make this cute little "pocket" perfect to tuck some candy in and give away to a loved one or friend! Facilitated by TVC staff and Dottie Huhls, retired art teacher and survivor. Class limit: 9. **RSVP.**



Nesting Dolls Thursday, Feb. 3rd 10:00am - 12:00pm *TVC@Perrysburg*

Come create your own nesting dolls, similar to that of a Matryoshka Russian nesting doll! We will be using cut-outs to decorate however you wish, in order to explore topics of self-identity. Plan to wear old clothes or a paint shirt if you would like to paint. w/Kayt Harden, Art Therapist. Class limit 9. **RSVP.**



Fundamentals of Zentangle Tuesday, Feb. 15th 10am - 12:00pm *TVC@Perrysburg*

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. w/ Maureen Hines, Certified Zentangle Teacher. Class limit: 9. **RSVP.**



Aromatherapy Consultation w/ Patti Leupp RN, CRNA Certified Clinical Aromatherapist Sponsored by Mercy Health

Friday, Feb. 25th 1:00pm - 2:00pm



Line Dancing Friday, Feb. 4th & 25th 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



Tea Fold Art Friday, Feb. 18th 10:00am - 12:00pm **OR** Monday, Feb. 21st 12:00pm - 2:00pm *TVC@Perrysburg*

Tea bag folding is a paper-crafting technique which traditionally involves the folding of squares of lightweight paper to create medallions or rosettes. Sometimes referred to as "miniature kaleidoscope origami." Lightweight scrapbook papers, giftwrap, Chiyogami, and origami papers are used. Both classes w/Dottie Huls, retired art teacher/survivor and Julie Howe, cancer survivor. Class limit—Toledo: 12. Perrysburg: 9. **RSVP.**



Paper Quilling Tuesday, Feb. 22nd 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. Paper quilling can probably be mastered in an hour or two, **but the Intro class is required before this one.** Bring your own supplies, or some will be provided. Facilitator: Dottie Huls, retired art teacher and survivor. Class of 12. **RSVP.**



Tangle & Talk Thursday, Feb. 17th 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 and completed work. w/Maureen Hines, Certified Zentangle Instructors. **RSVP.** Class limit 9.





THE VICTORY CENTER
Reaching out to cancer patients & their families.

February 2022

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----------|---|--|--|--|---|---|
| | | 1 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* | 2 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Met Breast Cancer SG* 6:00 Children's Art Therapy* | 3 10:00 Nesting Dolls* 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Nature Walk* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG* | 4 10:00 Fight Back w/Nutrition* 1:00 Line Dancing* | 5 |
| 6 | 7 10:30 Yoga* 5:00 Mural* | 8 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 1:00 Snapshots to Photos* 6:00 Breast Cancer SG* | 9 10:00 Wig Bank* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 General Cancer SG* | 10 10:00 Card Stamping* 1:30 Chair Yoga* 2:30 Group Meditation* 3:00 Art Studio* 5:00 Reflexology Panel* 5:30 Yoga Nights* | 11 BOTH TVC LOCATIONS CLOSED FOR STAFF DEVELOPMENT | 12 10-12 Wig Bank* 10:00 Wig Tips* |
| 13 | 14 10:30 Yoga* 12:00 Valentine Cookies & Pockets* 6:00 Blood Cancer SG* | 15 10:00 Healthy Steps* 10:00 Fundamentals of Zentangle* 11:00 Knit Wits* 12:30 Yoga* 6:00 Understanding Ourselves—Continued* | 16 9:00 Beautiful Nails* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Men's Cancer SG* | 17 12:00 Tangle & Talk* 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Intro to Ballet* 5:30 Yoga Nights* | 18 1:00 Power of Acceptance* 10:00 Tea Fold Art* | 19 |
| 20 | 21 10:30 Yoga* 12:00 Tea Fold Art* | 22 10:00 Healthy Steps* 11:00 Knit Wits* 12:00 Paper Quilling* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG* | 23 10:00 Pink Ribbon* 10:00 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 General Cancer SG* | 24 10:00 Mural* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 7:00 Superhero Symphony* | 25 10:00 Mural* 1:00 Aromatherapy* 1:00 Line Dancing* | 26 |
| 27 | 28 10:30 Yoga* 1:00 Mural* | | | | | |

"Life isn't about finding yourself, it's about creating yourself."

~George Bernard Shaw

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



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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

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



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! RSVP.

- ◆ **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** 2:30-3:00pm

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., Feb. 12th, 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 some New Year colors! TVC is happy to offer this free service at our Toledo location.

Wednesday, Feb. 16th (9:00am - 12:00pm). Call to reserve your spot today! (All supplies individually packaged and sanitized). Our nail consultant is Sharon Shaffer, TVC participant.

