



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

March 2022 Issue 135

## Support Groups ~ RSVP req.

### Metastatic Breast Cancer Group

Offered in partnership with Mercy Health  
1st Wednesday of every month  
Wed, March 2nd  
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  
**IN PERSON—TVC@PERRSYBURG**  
Thurs, March 3rd  
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, March 30th  
6:00 - 7:30 pm

### Blood Cancer Support Group

In Partnership with: **L & L Society**  
2nd Monday of the month  
Mon, March 14th  
6:00 - 7:30 pm

### Men's Cancer Support Group

3rd Wed. of every month, for all cancer types  
Wed, March 16th  
6:00 - 7:30 pm

### General Cancer Support Group

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

### Caregiver/Family Member's Support Group

4th Tuesday of the month  
Tues, March 22nd  
6:00 - 7:30 pm

## TVC Cancer Survivor Art Show

Friday, April 8th, 4:00-6:00pm & Saturday, April 9th, 1:00-3:00pm  
TVC@Toledo, 3166 N. Republic Blvd.



Join us during this special annual event to see some of the wonderful pieces of artwork created by our participants! The cancer journey provokes strong emotions, conjures difficult images, and spurs creativity. Each individual represented in the show used art to help cope with their journey in some way. The artworks have been created through our Healthy Spirit Art Therapy Classes and in other art-related classes. Bring a friend and see the journey through the eyes of an artist! Refreshments will be served.



## Healthy Spirit

**Art Therapy** Areka Foster, Art Therapist

### **Miniature Books** **Friday, March 11th** **10:00am - 12:00pm**

Inside, you can add a poem, zentangles, or a secret message to someone you love. We will be using decorative paper, card stock, ribbons, stamping, and other embellishments to fold and glue a pop-up miniature book. If you're a tangler, bring your pens. These make great gifts. w/Areka Foster. RSVP.



### **Glass Mosaic** **Monday, March 28th** **4:30pm - 7:30pm** **Grouting:** **Mon, April 4th at 12:00pm**

There is something so Zen about mosaic. Each participant will learn glass mosaic techniques of cutting and placing glass in a design. You **must bring your own 8 x 10 or 9 x 12 picture frame with glass**. There will be many designs to choose from, or create your own! In the first class, you will complete the mosaic, and in the second class, you will be able to grout your project. w/Areka Foster. RSVP.



### **Wool Felting** **Monday, March 7th** **1:00pm - 3:00pm** **TVC@Perrysburg**

Felted wool is a woven textile made out of animal fibers that have been washed and agitated causing the fibers to shrink and connect. We will be using wet felting 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, but ideas and supplies will be offered for ways to finish your pieces. w/Areka Foster. RSVP.



### **Art Studio - TVC@Toledo** **Open Hours this month:** **Thursday, March 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.



### **Yoga for Beginners** **Wednesday, March 9th** **5:00pm - 6:00pm**

Shauna Gilsdorf (Certified Vishoka Meditation Teacher, YACEP, Reiki Practitioner) loves "Yoga Newbies" and is teaching a Beginners Yoga Workshop that will allow you to gain an understanding of the foundational yoga poses, breath work and mindfulness. You will learn body awareness, healthy alignment, utilization of props and how to work around injuries. All you have to do is bring your body and have fun! RSVP.



### **Children's Art Therapy program** **For children & grandchildren, ages 6-12, of** **cancer patients and survivors.**

**Wednesday, March 30th, 6:00pm - 7:30pm**  
Our group topic is "Big Feelings." We will be playing a game to discuss different emotions to help us discover what we are feeling, and also create Worry Stones, to assist in calming down and empower us when dealing with everyday life challenges. Facilitator: Kayt Harden, Art Therapist. RSVP.

### **Learn about Hypnosis & Dispel the Myths** **Tuesday, March 15th** **6:00pm - 7:00pm**

Learn the many benefits of hypnotherapy and how TVC will be providing this service. With breathing and imagery we can begin to unlock the body's true potential. Relaxation can be achieved. Our teacher: Robert Bremer, Master Hypnotherapist & Certified Reflexologist. RSVP.



### **"Energy Work" Explained** **Thursday, March 17th** **5:00pm - 6:00pm**

Ever wonder exactly what Reiki, Healing Touch or Healing from Within is? How can it benefit you 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: Connie Nuhfer, Deb Reis, Jan Archambeau. RSVP.





**Save the Date!  
Celebrity Wait Night!  
Thursday, May 12th**

For 2022, we've selected a 'Kentucky Derby' theme—Run for the Roses!

**Monthly Nature Walk  
& Journaling  
Thursday, March 3rd  
2:00pm - 3:30pm**



In March we will see signs of spring, birds, buds, berries, even the first spring wildflowers. Journals provided but feel free to bring your own as well. In case of inclement weather, we will move the program indoors w/Patty Toneff of Ruth Esther Retreats. Meet/park at TVC@Toledo location, 3166 N. Republic Blvd.

**Mindfulness by Mariam  
Thursday, March 10th  
12:00pm - 1:00pm  
ZOOM only**



This time will be geared toward helping people deal with stress and anxiety. No prior experience 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, March 14th  
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.

**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.

 **INK RIBBON PROGRAM**  
Post-Operative Workout Enhancing Recovery

**Wednesdays, 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**



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, March 11th  
10:00am - 11:30am**

**TVC@Toledo**

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

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

**Wed., March 2nd & 16th  
TOPIC: "St. Patrick's Green"  
1:00pm - 2:00pm**



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:  
"Renewal"**



**Friday, March 18th  
1:00pm - 2:30pm**

Renew, revitalize, refresh! Using meditation and discussion, we'll explore rejuvenation. Jane V. Lutz, MSN, meditation teacher & holistic practitioner.

**Blackjack Night with Griff  
Men Only!**

**Monday, March 7th  
6:00pm - 7:30pm**



Come on out and play some cards with your TVC buddies. This casual evening will feature a game of blackjack, pizza and light refreshments for the fellas. If you are unsure how to play, Jason will be hosting a brief tutorial at 5:30pm. No cost to play and no experience necessary. Every participant will be given a stack of chips to begin the night and whoever has the biggest stack at the end will win a prize! RSVP.

**TVC Staff Chili Cook-Off!  
Wednesday, March 16th  
12:00pm - 6:00pm**



TVC staff members will each showcase their award winning (well, in their world) chili! Taste test a variety and vote for the best. Winner receives bragging rights! Stop by in at the Toledo location!

**Chelsea's Face Class  
"Basic Make-Up Techniques"  
Thursday, March 24th  
5:00pm - 6:30pm**



Learn misconceptions about make-up and basic skin care. TVC's Chelsea Seger will walk you through application of a flawless finish! Come fresh-faced (no makeup) and bring your own, along with brushes. Mirrors will be provided as a parting gift, but feel free to bring your own. RSVP.

**Bingo Night!  
Tuesday, March 29th  
6:00pm-7:30pm**



Come for a time of fun, food, and prizes, with TVC staff! Bring a guest. RSVP.

**Thursday, March 10th  
11:00am - 12:00pm**

**TVC@Perrysburg**

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, March 25th  
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. There will be plenty of time for questions and answers based upon the interests of the group. Class limit 15. RSVP.

**Line Dancing  
Friday, March 11th  
and/or March 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. RSVP.

**Going with the Flow:  
Creating an Opus  
Tile**

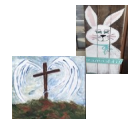
**Friday, March 18th  
10:00am-1:00pm  
TVC@Toledo**

**OR  
Friday, March 25th  
9:00am-12:00pm  
TVC@Perrysburg**



The beauty can be found in the string. Learn to design a flowing unstructured string for an Opus tile. Participants will create an abstract Opus tile using multiple tangles. **Prerequisite: Fundamentals of Zentangle class**—you must take Fundamentals first. Zentangle Teachers: Harley King & Maureen Hines). RSVP.

**Barnwood Art  
Wed., March 30th  
1:00pm - 3:00pm**



Paint a vintage looking picture with acrylics. Dottie Huls, retired art teacher and survivor. RSVP.

**Intro to Paper Quilling  
Thursday, March 31st  
12:00pm - 2:00pm**



Learn this unique craft of rolling strips of paper to create an intricate 3-dimensional piece of art. For beginners. w/Dottie Huls, retired art teacher/survivor. Class limit 12. RSVP.



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

# March 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>6</p> <p>This newsletter is also available online at <a href="http://www.thevictorycenter.org">www.thevictorycenter.org</a>. Click on "View Newsletter" on the main page and then click on the month you wish to view.</p>	<p>7</p> <p>10:30 Yoga*</p> <p>1:00 Wool Felting*</p> <p>6:00 Blackjack Night*</p>	<p>1</p> <p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p>	<p>2</p> <p>10:00 Pink Ribbon*</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>3</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>2:00 Nature Walk*</p> <p>5:30 Yoga Nights*</p> <p>6:00 Young Ca Survivor SG*</p>	<p>4</p> <p>BOTH TVC LOCATIONS CLOSED FOR THE LUNCHEON &amp; FASHION SHOW FUNDRAISER</p>	<p>5</p>
<p>13</p> <p>14</p> <p>10:30 Yoga*</p> <p>1:00 Lymphedema Education*</p> <p>6:00 Blood Cancer SG*</p>	<p>8</p> <p>9:00 Beautiful Nails*</p> <p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p> <p>6:00 Breast Cancer SG*</p>	<p>15</p> <p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p> <p>6:00 Learn Hypnosis*</p>	<p>9</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>5:00 Yoga for Beginners*</p> <p>6:00 General Cancer SG*</p>	<p>10</p> <p>11:00 Fight Back w/ Nutrition*</p> <p>12:00 Mindfulness* (Zoom)</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>3:00 Art Studio*</p> <p>5:30 Yoga Nights*</p>	<p>11</p> <p>10:00 Miniature Books*</p> <p>10:00 Fight Back w/Nutrition*</p> <p>1:00 Line Dancing*</p>	<p>12</p> <p>10-12 Wig Bank*</p> <p>10:00 Wig Tips*</p>
<p>20</p> <p>21</p> <p>10:30 Yoga*</p>	<p>14</p> <p>10:30 Yoga*</p> <p>1:00 Lymphedema Education*</p> <p>6:00 Blood Cancer SG*</p>	<p>22</p> <p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p> <p>6:00 Breast Cancer SG*</p> <p>6:00 Caregiver SG*</p>	<p>23</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>24</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:00 Chelsea's Face Class*</p> <p>5:30 Yoga Nights*</p>	<p>25</p> <p>9:00 Creating an Opus Tile (Zentangle)*</p> <p>1:00 Aromatherapy*</p> <p>1:00 Line Dancing*</p>	<p>26</p>
<p>27</p> <p>28</p> <p>10:30 Yoga*</p> <p>4:30 Glass Mosaic*</p>	<p>29</p> <p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p> <p>6:00 Bingo!</p>	<p>30</p> <p>10:00 Pink Ribbon*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Barnwood Art*</p> <p>No Healthy Steps</p> <p>5:00 Aquatic Exercise*</p> <p>6:00 Children's Art Therapy*</p>	<p>31</p> <p>12:00 Into to Paper Quilling*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<p>31</p> <p>12:00 Into to Paper Quilling*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<p>31</p> <p>12:00 Into to Paper Quilling*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<p>Happy Spring</p>

\*RSVP needed,  
call 419-531-7600

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

## The Victory Center News

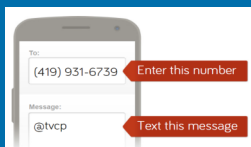
**March 2022 Issue 135**

### **WEATHER ALERTS:** To receive messages via EMAIL:

send an email to: [tvcp@mail.remind.com](mailto:tvcp@mail.remind.com).  
You will receive an instant email reply asking for you to confirm your email.

After you do that, you are all set up!  
To unsubscribe, reply with "unsubscribe" in the subject line.

### To receive messages via TEXT:



text @tvcp to (419) 931-6739.

To opt out of messages, reply: "unsubscribe @tvcp".



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>. A percentage of your purchase price is donated to us! Please sign up today.

### **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.



**March: St. Patrick's day theme!**

- ◆ **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., March. 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 PERRYSBURG location. **Tuesday, March 8th (9:00am - 12:00pm).** Call to reserve your spot today! (For those who have not had it done before). All supplies individually packaged and sanitized. Our nail consultant is Sharon Shaffer, TVC participant.

