



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

April 2022 Issue 136

Support Groups ~ RSVP req.

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
1st Wednesday of every month

Wed, April 6th

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@PERRYSBURG

Thurs, April 7th

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, April 13th

6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: **L & L Society**
2nd Monday of the month

Mon, April 11th

6:00 - 7:30 pm

Men's Cancer Support Group

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

Wed, April 20th

6:00 - 7:30 pm

General Cancer Support Group

All types of cancer welcome.

2nd & 4th Wednesdays of the month

Wed, April 13th and 27th

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, April 12th and 26th

6:00 - 7:30 pm

Caregiver/Family Member's Support Group

4th Tuesday of the month

Tues, April 26th

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! Each individual represented in the show used art to help cope with their journey in some way. The artwork has 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.

Free admission, public welcome!



Healthy Spirit

Art Therapy Areka Foster, Art Therapist

Personal Mandala **Friday, April 15th** **10:00am - 12:00pm**



Mandala means circle and center. Pema Chodron stated, "Each person's life is like a mandala - a vast, limitless circle. We stand in the center of our own circle, and everything we see, hear and think forms the mandala of our life...everything that shows up in your mandala is a vehicle for your awakening." We will use watercolor, pen, and other media. Words or images can be used to reflect your life. RSVP.

Asian Inspired Cherry Blossom Painting **Monday, April 25th** **5:00pm - 7:00pm**



Use Asian-inspired, ink-painting techniques to create the simplicity and harmony of the cherry blossom. Learn and practice the techniques of this traditional Asian art form, which is often practiced as a form of meditation. In this art group, we offer the opportunity to be creative and gather with others. Art projects are geared towards any skill level with support and techniques offered to overcome any hurdle. RSVP.

Reflexology Discovered **Thursday, April 14th** **5:00pm - 6:00pm**



Back by popular demand! We are again offering this informational session by our experts. They've been helping TVC participants for many years. Ever wonder exactly what Reflexology is, and the benefits of it while going through cancer treatment? Presenters: Milan Mihalek, Julie Howe and Margo Hertzfeld. RSVP.

Healthcare Resources for Every Stage of Life **Thursday, April 21st** **6:00pm - 7:00pm**



The world of healthcare can be very confusing. We will explore resources (including home health care, palliative medicine and hospice) that will improve quality of life and provide support for you. Learn about resources to live your best life! Caregivers and Family Members welcomed and encouraged to attend. Presentation by Donna Hall, Liaison for ProMedica Senior Care. RSVP.

Lava Stone Bracelets **Monday, April 18th** **1:00pm - 3:00pm** **TVC@Perrysburg**



Lava stone bracelets are great because you can diffuse essential oils wherever you go. Lava is naturally porous and can hold a scent for several days. Please bring reading glasses, if you wear them. Supplies will be provided, but feel free to bring jewelry tools or other beads you have on hand. Essential oils will NOT be used or provided. RSVP.

Art Studio - TVC@Toledo **Open Hours this month:** **Thursday, April 14th** **3:00pm - 4:30pm** **Friday, April 22nd** **10:30am-12:00pm**



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.

Medical Marijuana **Wednesday, April 6th** **5:00pm - 6:00pm**



Are you a cancer patient or survivor? Join us for this informative presentation for those of you who have heard about the medical uses for marijuana but don't know where to start. You will hear what the qualifying conditions are, the methods of administration, and the possible negative side effects to be aware of. Presenter is Jasmine Viola, MSCJ, LCDC, III, National Operations Manager from Bloom Medicinals, Maumee, OH. RSVP.

Gardening 101 **Monday, April 11th** **TVC@Perrysburg** **1:00pm - 2:30pm**



Spring is coming and the time to start planning and planting your vegetable garden is now. One of the best rewards when you grow your own garden is being able to harvest and enjoy the delicious produce you grow, using organic methods. Come and learn great growing ideas. w/ Sr. Rita Wienken, organic gardener/farmer for 30 years. RSVP.



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

For 2022, we've selected a 'Kentucky Derby' theme in a Run for the Roses! Celebrity Waiters deliver drinks to their guests while providing 5-star service at The Premier on Heatherdowns. Wearing seersucker suits and fascinator hats, 400+ guests will roam raffle baskets, a silent auction, the complementary photo booth, and our signature Wine or Dine Pull!

Hypnotherapy at TVC
Now offered in a small group setting.

Thursday, April 14th
12:00pm-1:00pm
Wednesday, April 20th
5:00pm-6:00pm

Your teacher/guide: Robert Bremer, Master Hypnotherapist. RSVP.



Monthly Nature Walk & Journaling
Thursday, April 7th
2:00pm - 3:30pm

Come explore nature through the seasons. Along the way we will pause for some journal and reflection time. In April we will see signs of Spring, birds, buds, berries, and even a wildflower. With nature's ability to reduce fatigue and increase creativity the pages of your journal will soon be filled with much insight. (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.



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.



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, April 8th
10:00am - 11:30am
TVC@Toledo

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

Will be offered in May at
TVC@Perrysburg

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

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

Wed., April 6th & 20th
TOPIC: "Spring into Wellness"
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. RSVP.

The Power of Acceptance:
"Renewal"
Friday, April 15th
1:00pm - 2:30pm



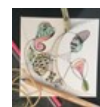
Renew, revitalize, refresh! Using meditation and discussion, we'll explore rejuvenation. Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP.

Card Stamping
Thursday, April 7th
10:00am - 12:00pm
TVC@Perrysburg



Create a variety of homemade cards with avid stampers, Pat & Pat! Includes an Easter card and birthday card. Facilitated by Pat Szymanowski & Pat Piper. RSVP.

Zentangle:
Tangle & Talk
Tuesday, April 12th
10:00am - 12:00pm
TVC@Perrysburg
OR
Thursday, April 28th
12:00pm - 2:00pm
TVC@Toledo



Prerequisite: Fundamentals of Zentangle class—you must take Fundamentals first, before any Zentangle classes. In this session of Zentangle, you will cut out and tangle an envelope to hold a few of your completed tiles or for gifting a hand drawn card. A template will be provided along with a ribbon to secure it. Bring your Sakura pen(s) and any preferred coloring tools. w/ Teacher Maureen Hines. RSVP.

Weathering the Storm
Monday, April 18th
6:00pm - 7:00pm



Former Broadcast Meteorologist Kimberly Newman of TVC will host a discussion on weather forecasting, weather disasters, and life in television. Have you ever wondered how meteorologists come up with snow totals, high and low temperatures, and storm predictions? This is your chance to ask those questions and more! RSVP.

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

Friday, April 22nd
1:00pm - 2:00pm
TVC@Perrysburg



Line Dancing
Friday, April 8th
Friday, April 22nd
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.

Spring Time Art on Metal
Friday, April 29th
10:00am - 12:00pm



Create a spring time landscape on galvanized metal. It'll be ready to be hung inside, or outside in your garden. w/Dottie Huls, retired art teacher and survivor. RSVP.

Paper Quilling
Tuesday, April 5th
12:00pm - 2:00pm
TVC@Toledo
OR



Monday, April 25th
12:00pm - 2:00pm
TVC@Perrysburg

You must first take Intro to Quilling before taking this class. (Look for the Intro class next month.) Paper quilling is the art of cutting paper into long thin strips, rolling and pinching the pieces into different shapes. Projects can be used to decorate cards, boxes, gift bags, picture frames, or even 3D stand-alone art pieces. Bring your own supplies, or some will be provided. Facilitator: Dottie Huls, retired art teacher and survivor. RSVP.

Nesting Dolls
Thursday, April 21st
10:00am - 12:00pm
TVC@Perrysburg

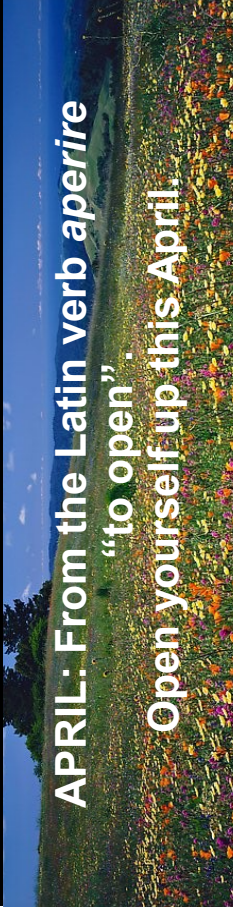



Come create your own nesting dolls, similar to that of a Matryoshka Russian nesting doll! We will be using cut-outs to decorate however you wish, in order to explore topics of self-identity. Plan to wear old clothes or a paint shirt if you would like to paint. w/Kayt Harden, Art Therapist. RSVP.



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

APRIL 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 	4 10:30 Yoga* 12:00 Glass Mosaic Grouting*	5 9:00 Beautiful Nails* No 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* No Healthy Steps* 5:00 Aquatic Exercise* 5:00 Medical Marijuana* 6:00 Met Breast Cancer SG*	7 10:00 Card Stamping* 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Nature Walk* 5:30 Yoga Nights* 6:00 Young Ca Survivor SG*	8 10:00 Fight Back w/Nutrition* 1:00 Line Dancing* ART SHOW! 4:00-6:00pm	9 10-12 Wig Bank* 10:00 Wig Tips* ART SHOW! 1:00-3:00pm
10 10:30 Yoga* 1:00 Gardening 101* 6:00 Blood Cancer SG*	11 10:30 Yoga* 1:00 Gardening 101* 6:00 Blood Cancer SG*	12 10:00 Tangle & Talk* 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG*	13 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* 6:00 Children's Art Therapy*	14 12:00 Hypnotherapy* 1:30 Chair Yoga* 2:30 Group Meditation* 3:00 Art Studio* 5:30 Yoga Nights* 6:00 Reflexology Discovered*	15 10:00 Personal Mandala* 1:00 Power of Acceptance*	16
17 	18 10:30 Yoga* 1:00 Lava Stone Bracelets* 6:00 Weathering the Storm*	19 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	20 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 5:00 Hypnotherapy* 6:00 Men's Cancer SG*	21 10:00 Nesting Dolls* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 * Healthcare Resources*	22 10:30 Art Studio* 1:00 Aromatherapy* 1:00 Line Dancing*	23
24 10:30 Yoga* 12:00 Paper Quilling* 5:00 Asian Inspired Cherry Blossom Painting*	25 10:30 Yoga* 12:00 Paper Quilling* 5:00 Asian Inspired Cherry Blossom Painting*	26 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	27 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*	28 12:00 Tangle & Talk* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	29 10:00 Metal Art*	30

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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on events, programs, cancer topics and
inspirational messages!



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

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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>. 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.



- ◆ 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 infor-
mation. One wig per person per calendar year.
Appointment is needed. **Wig Tips & Trims, Sat.,
April 9th, 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 mani-
cured 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, April 5 (9:00am - 12:00pm).
Call to reserve your spot today! (For those
who have not had it done before). All sup-
plies individually packaged and sanitized.
Our nail consultant is Sharon Shaffer, TVC
participant.

