



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

May 2022 Issue 137

Support Groups~RSVP req.

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
1st Wednesday of every month
Wed, May 4th
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, May 5th
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

2nd Wed of the month for children/grandchildren,
ages 6-12, of cancer patients/survivors
Wed, May 11th
6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: **L & L Society**
2nd Monday of the month
Mon, May 9th
6:00 - 7:30 pm

Men's Cancer Support Group

3rd Wed. of every month, for all cancer types
Wed, May 18th
6:00 - 7:30 pm

General Cancer Support Group

All types of cancer welcome.
2nd & 4th Wednesdays of the month
Wed, May 11th and 25th
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, May 10th and 24th
6:00 - 7:30 pm

Caregiver/Family Member's Support Group

4th Tuesday of the month
Tues, May 24th
6:00 - 7:30 pm

National Cancer Survivor's Day Event 2022!



Giveaways!

Sunday, June 5, 12:00 - 2:00pm
"Under the Big Top!" Come one, come all!

We want to celebrate with you and your family.
Toledo location (outside) 3166 N. Republic Blvd.
Join us for a time of food, fun and activities!
Hot dog cart/walking tacos, drinks and tableware provided.
Please RSVP and bring a dish to pass.

Presenting!
Leah the Acrobat!
And Nathan the Juggler!



Healthy Spirit

Art Therapy Areka Foster, Art Therapist

Picture Frames **Friday, May 20th** **10:00am - 12:00pm**



Who says the photo should draw more attention than the frame? Sometimes they both can be a "WOW." Join us in creating a photo frame for those special photos! We will be using handmade papers like mulberry, rice, and other specialty types, as well as embellishments to create a unique photo frame that is just as special as the person or memory in your photo. Please feel free to bring your own embellishments such as scrapbooking items, buttons, old jewelry, etc. **RSVP.**

Watercolor Exploration **Tuesday, May 17th** **10:00am - 12:00pm** **TVC@Perrysburg**



Watercolor painting can seem intimidating. Once you've learned a few techniques, it can be a relatively inexpensive and relaxing way to get the creative juices flowing. Watercolor paints offer many opportunities to explore and ways to use them. In this fun and non-threatening group, you can learn and practice watercolor techniques. Whether you're new to painting or have been painting for years join us for this art therapy group! Please wear old clothes or bring a paint shirt. **RSVP.**

TVC Teen Time! **Wednesday, May 25th** **6:00pm - 7:30pm**



The Victory Center is excited to announce our first ever group for adolescent family members of cancer patients and survivors! It's a place and time for support and activities, for those **ages 13-18**. Every 4th Wednesday of the month. Snacks always provided! Facilitator: Allison Kuhr, MA, LPCC, R-DMT. Allison comes with several years of experience working with youth so has relevant ideas for an excellent experience for them. She is also a Registered Dance Movement Therapist! Look for this class for our adult participants, as well. **RSVP.**

Alcohol Inks **Monday, May 23rd** **5:00pm - 7:00pm**



Alcohol inks are a fun way to create vibrant colors, interesting backgrounds, and atmospheres. The colors are bright, the effects are amazing and they are fast drying on non-porous surfaces. If you own your own alcohol inks, please bring them. In this art therapy session, we will explore and play with the alcohol inks on translucent and white non-porous "paper" that can be embellished with pens and markers. Plan to wear old clothes or a paint shirt. Feel free to bring gel pens or permanent markers. **RSVP.**

Art Studio - TVC@Toledo **Open Hours this month:** **Friday, May 27th** **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, May 18th** **12:00pm - 1:00pm** **TVC@Perrysburg**



Join us for this informative presentation about the medical uses for marijuana, including where to start. Presenter is Taeya Sherman from Bloom Medicinals. **RSVP.**

Understanding Ourselves! **Monday, May 16th** **6:00pm - 7:30pm** **TVC@Perrysburg**



What motivates you or others you know? Come for a fun, interesting and informative session about the Enneagram, which is a model of the human psyche principally understood and taught as a typology of nine interconnected personality types. Facilitated by Emily Newell, Enneagram enthusiast. **RSVP.** (If you attended before, come to review and learn more!)

The Victory Center Presents....Sexual Education after Cancer **A Professional Discussion on Intimacy Concerns for Women AND Men** **Tuesday, May 31st, 6:30pm - 8:00pm**

Please join us for our 8th Annual Intimacy & Cancer event, now including men (couples welcome). You will be able to submit questions anonymously when you register, or at the event, so that your privacy is preserved. Refreshments served. Presenter: Dr. Brithany Pawloski, PsyD. (Psychologist with over 12 years clinical experience) **RSVP.**



THE VICTORY CENTER
Celebrity Wait Night

RUN for the ROSES
DERBY PARTY

Thursday - May 12 - 2022
The Premier
Heatherdowns Blvd



5:30 to 6:30pm Cocktail Hour
6:30pm Welcome
7:00pm Dinner & Open Bar
\$60 Per Person

Call, or come in, for a chance to win a free ticket!

Journaling with Nature Thursday, May 5th 2:00pm - 3:30pm



Come explore nature through the seasons. We will pause for some journal and reflection time. Let Nature do its work by reducing stress and inducing calm. Led by Patty Toneff of Ruth Esther Retreats. **Meet/park at TVC@Toledo location.** RSVP.

Spring Bike Ride Thursday, May 19th Beginning at 5:00pm



Come on a relaxing bike ride on the Wildwood trail. Bring your bike, helmet (required), and water. Time will vary depending on the speed and length of ride. Distance depends on group preference. Led by: Susan Rostkowski. Toledo Area Bicyclists, current TVC participant. **RSVP. Meet/park at TVC@Toledo location.**

National Museum of the Great Lakes: Visit the Museum and Tour the Ship! Toledo, Ohio

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. Get your free pass today by calling TVC (up to 2 per participant). Quantities limited. Good until March, 2023. Generously donated by the Great Lakes Historical Society.



Family Portraits! Thursday, May 19th 3:00pm - 5:00pm



Capture a special moment in time! Bring up to 4 family members, plus yourself. Pictures taken outside at the TVC Toledo location, weather permitting. Ellen Loeffler-Kalinoski, of "Windows to the World" photography and "Franke's Girls" will offer one free complimentary photo. Please sign up for one of the 4 time slots per hour. **RSVP.**

Knit Wits Every Tuesday 11:00am - 12:00pm



Whether you knit, crochet, sew or do needlework, come for time to connect with other survivors. All skill levels welcome! 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, May 13th 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., May 4th & 18th TOPIC: "Spring Oils" 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: "Hope" Friday, May 20th 1:00pm - 2:30pm



Using meditation and discussion, we'll explore finding hope when things look dark. w/Jane V. Lutz, MSN, meditation teacher & holistic practitioner.

Card Stamping Thursday, May 5th 10:00am - 12:00pm TVC@Perrysburg



Create a variety of homemade cards with avid stampers, Pat & Pat! Includes a Mother's day and thank you card. Facilitated by Pat Szymanowski & Pat Piper. **RSVP.**

Tangle & Talk Zentangle Tuesday, May 10th 10:00am - 12:00pm TVC@Perrysburg



Fundamentals of Zentangle required first. For those who 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 Instructor. **RSVP**

Fundamentals of Zentangle Thursday, May 26th 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. It 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 Instructor. **RSVP.**



Thursday, May 12th 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, May 20th 1:00pm - 2:00pm TVC@Perrysburg



Line Dancing Friday, May 13th Friday, May 27th 1:00pm - 2:00pm



Join us and learn to line dance. It is also great exercise! Facilitated by survivor Mary Leugers, line dance instructor. **RSVP.**

Spring Blossom Vase Friday, May 6th 10:00am - 12:00pm



New Spring blossoms aren't just for the outside! Spruce up those plain glass bottles with paint (bring your own bottles). w/Dottie Huls, retired art teacher and survivor. **RSVP.**

Clay Calla Lily Flowers Monday, May 9th 12:00pm - 2:00pm TVC@Toledo



OR Friday, May 13th 10:00am - 12:00pm TVC@Perrysburg

Make this unique flower, from clay. (Wear an old shirt.) w/Dottie Huls, retired art teacher. **RSVP.**

Intro to Paper Quilling Tuesday, May 31st 10:00am - 12:00pm TVC@Perrysburg



Learn this unique art. You need Intro before taking other paper quilling classes. /Dottie Huls, retired art teacher and survivor. **RSVP.**

Intro to Chinese Calligraphy Tuesday, May 24th 5:00pm - 6:00pm






Chinese calligraphy has been practiced in China for thousands of years. It involves patience and focus. Participants will be introduced to the various styles of Chinese calligraphy and basic strokes. We'll do some warm up exercises and calligraphy strokes with brushes and brush pens. Teachers: Kathy Farber, Instructor and Linda Hill, TVC participant. **RSVP.**



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

MAY 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
	10:30 Yoga*	10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	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*	10:00 Card Stamping* 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Journaling w/Nature* 5:30 Yoga Nights* 6:00 Young CA Support Group*	10:00 Spring Blossom Vase*	
8	9	10	11	12	13	14
	10:30 Yoga* 12:00 Clay Flowers* 6:00 Blood Cancer SG*	10:00 Tangle & Talk* 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG*	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*	11:00 Fight Back w/ Nutrition 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* Celebrity Wait Night!	10:00 Fight Back w/Nutrition* 12:00 Clay Flowers* 1:00 Line Dancing*	10-12 Wig Bank* 10:00 Wig Tips*
15	16	17	18	19	20	21
	10:30 Yoga* 6:00 Understanding Ourselves*	10:00 Watercolor Exploration* 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	9:00 Beautiful Nails* 11:30 Nia Fitness* 12:00 Medical Marijuana* 1:00 Aromatherapy* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Men's Cancer SG*	1:30 Chair Yoga* 2:30 Group Meditation* 3:00 Family Portraits* 5:00 Spring Bike Ride* 5:30 Yoga Nights*	10:00 Picture Frames* 1:00 Aromatherapy* 1:00 Power of Acceptance (Hope)*	
22	23	24	25	26	27	28
	10:30 Yoga* 5:00 Alcohol Inks*	10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 5:00 Intro to Chinese Calligraphy* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	10:00 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Teen Time!* 6:00 General Cancer SG*	12:00 Fundamentals of Zentangle* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	10:30 Art Studio* 1:00 Line Dancing*	
29	30	31				
	TVC Closed 	10:00 Intro to Quilling* 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:30 Sexual Education after Cancer—Intimacy Event*				 ~ Ralph Waldo Emerson The only person you are destined to become is the person you decide to be.

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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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, June 1st — July 6th
10:00am - 11:00am In-person only

PR 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 must fill out forms and get your band and booklet from the front desk. RSVP.**



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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., May 14th, 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, May 18th, **(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.

