



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

June 2022 Issue 138

Support Groups ~ RSVP req.

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wed, June 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
TVC@PERRYSBURG
Thurs, June 2nd
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children/grandchildren,
ages 6-12, of cancer patients/survivors
Wed, June 8th
6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: **L & L Society**
Mon, June 13th
6:00 - 7:30 pm

Men's Cancer Support Group

Wed, June 15th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wed, June 8th and 22nd
6:00 - 7:30 pm (Zoom option)

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tues, June 14th and 28th
6:00 - 7:30 pm

TVC Teen Time!

For adolescent family members ages 13-18,
of those affected by cancer
Wed, June 22nd
6:00 - 7:30 pm

Caregiver/Family Member's Support Group

Tues, June 28th
6:00 - 7:30 pm



Giveaways!

National Cancer Survivor's Day Event 2022!

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
New class added in Perrysburg!

Wrapped Wire Rings and Memory Wire Bracelets

Monday, June 13th

10:00am - 12:00pm

TVC@Perrysburg

Try to make *just one* of these! They are an easy jewelry project, you don't need a lot of supplies, and each are unique. The wire rings are a great way to use single beads that you have lying around. Please bring your reading glasses and needle nose or jewelry pliers if you have them. RSVP.



Painting on a Black Canvas

Monday, June 20th

1:00pm - 3:00pm

TVC@Perrysburg

We will be "working in reverse" by painting on black canvas. Painting an image on black canvas gives the painting depth and a dramatic feel. Bring your own ideas, but techniques and inspiration will be offered. This is a great time to make an image of the night sky, fireworks, flowers, or holiday-inspired paintings. Please wear old clothes or bring a paint shirt. RSVP.



Puppy "Therapy"

Thursday, June 16th

6:00pm - 7:00pm

Research shows the therapeutic effect animals can provide. TVC is partnering with the Lucas County Pit Crew and providing an opportunity for you to join in the fun of spending time with their puppies! Age 12 and up only. Facilitated by Jean Keating, Executive Director of LCPC. RSVP.



Comic Relief

Wednesday, June 29th

6:00pm - 7:00pm

This will be a beginner's class where we'll work on creating, playing memory games, and improvising short scenes. There is no memorizing or prep for this class; it's all about having fun and giving over to the freedom of "what will be, will be." Led by Amelia LaFevre, Master's of Ed, BFA & TSA Theatre Teacher. RSVP.



Flower Pot Painting

Friday, June 10th

10:00am - 12:00pm

Summer is here and with summer comes flowers. Join us for an art therapy session of painting and decorating flowerpots to give as a gift or to add some color to your own home or garden. "No fail" techniques and ideas will be offered. Wear old clothes or bring a paint shirt. RSVP.



Healing Environment Painting

Monday, June 27th

5:00pm - 7:00pm

A healing environment is defined as one that has a nurturing and therapeutic effect. Can you imagine what it would be like to heal and rest in this type of environment? In this group art therapy session, we will be using watercolor painting materials to imagine and create what type of environment would be healing for you. Please wear old clothes or bring a paint shirt. RSVP.



Art Studio - TVC@Toledo

Open Hours this month:

Thursday, June 9th

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.



Mind Body Connection

Monday, June 13th

6:00pm - 7:00pm

Carve out some time to connect with your whole self—mind, body and spirit. Dance/movement therapist Allison Kuhr will facilitate a group to help participants connect with and move through their current emotional states using body-based interventions. In addition, time will be spent connecting with others to help strengthen the feeling of community. No dance experience is required and you are welcome to participate at whatever physical capacity feels right for your own body during the session. Wear comfortable shoes and clothing. RSVP.



Camp Kesem

August 7th—13th, 2022



Camp Potowotami in Indiana

The Victory Center is excited to promote Camp Kesem put on by The University of Toledo! It is open to children ages 6 – 18, and completely **free** of charge. For more information, call TVC at 419-531-7600, or go directly to: www.kesem.org to register.

Journaling with Nature

**Thursday, June 2nd
2:00pm - 3:30pm**



A June walk is filled with freshly emerged leaves, late spring blooms, and nesting birds. 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 Toneff of Ruth Esther Retreats. **Meet/park at TVC@Toledo location. RSVP.**

Mindfulness by Mariam

**Thursday, June 9th
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, June 13th
11:00am - 12:00pm**



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.**

Understanding HER2+ Breast Cancer Recurrence: Get the Facts/Reduce Your Risk

**Tuesday, June 14th
5:00pm - 6:00pm**



This presentation will provide you with information about early-stage, HER2+ breast cancer and help you understand more ways to help reduce your risk of recurrence. Presenter: Anne Sosna, BSN, RN, CBCN. **RSVP.**

Hypnotherapy: Offered in a small group setting

**Thursday, June 23rd
5:00pm - 6:00pm**



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

Paper Quilling

**Thursday, June 30th
10:00am - 12:00pm**



You must first take Intro to Quilling before taking this class. Paper quilling is the art of cutting paper into long thin strips, rolling and pinching the pieces into different shapes and used as decorations on different things. w/Dottie Huls, retired art teacher and survivor. **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, June 17th

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., June 1st & 15th

TOPIC: "Summer Safety"

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: "Fun"

Friday, June 10th

1:00pm - 2:30pm

Using meditation and discussion, we'll explore finding the importance and ways of having fun. w/Jane V. Lutz, MSN, meditation teacher & holistic practitioner. **RSVP.**



Card Stamping

Thursday, June 2nd

10:00am - 12:00pm

TVC@Perrysburg

Create a variety of homemade cards with avid stampers, Pat & Pat! Includes some blank, so you can write your own special message. Facilitated by Pat Szymanowski & Pat Piper. **RSVP.**



"Dear Friend" Letter Project

Tuesday, June 14th

10:00am - 12:00pm

TVC@Perrysburg



The purpose of these letters is to provide support, love and encouragement to those facing a cancer diagnosis. Materials and guidance will be provided as we gather to write a note of encouragement; these letters will be used by TVC to encourage others in their cancer journey. Developed by Amanda Duris and Abbey Turner, TVC participants. **RSVP.**

Zentangle: Opus

Friday, June 17th

12:00pm - 2:30pm

TVC@Toledo

Fundamentals of Zentangle required first.

Let the structure inspire you! We will be structuring our strings on an Opus tile. Bring your rulers, protractors, and your compasses. We will then tangle our structured strings. w/Harley King, Certified Instructor. **RSVP.**



Coming In July!

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, June 24th

1:00pm - 2:00pm

TVC@Perrysburg



Line Dancing

Friday, June 10th

Friday, June 24th

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.**



Van Gogh's Sunflowers

Friday, June 3rd

10:00am - 12:00pm

TVC@Toledo

OR

Tuesday, June 7th

10:00am - 12:00pm

TVC@Perrysburg

Relax and paint this classic, with guidance from Dottie Huls, retired art teacher and survivor. **RSVP.**



Horticulture Class: Repotting

Thursday, June 16th

11:00am - 12:00pm

TVC@Perrysburg

Bring a plant to transplant into a pot no bigger than 2 inches larger than the old one. Gloves if you want clean hands. (Soil provided). Facilitated by Brad Schwamberger of Wilmington College and TVC participant. **RSVP.**



Labyrinth Walk

Tuesday, June 21st

12:00pm - 1:00pm

345 W. South Boundary

Perrysburg, Ohio














Come together on the first day of Summer for a guided and reflective walk through this garden. "The Norma Stark Memory Garden" is designed to be a sanctuary for peace, prayer, meditation and healing. Bring a snack and water, if desired. Led by TVC former board member, Rebecca Jaessing. Meet at entrance of the garden. **RSVP.**





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

JUNE 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5 National Cancer Survivor Event! 12:00-2:00pm 	6 10:30 Yoga*	7 10:00 Van Gogh's Sunflowers*  10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	1 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*	2 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*	3 10:00 Van Gogh's Sunflowers* 	4
12	13 10:00 Wrapped Wire Rings & Bracelets* 10:30 Yoga* 11:00 Lymphedema Education* 6:00 Mind Body Connection* 6:00 Blood Cancer SG*	14 9:00 Beautiful Nails* 10:00 Dear Friend Letters* 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 5:00 Understanding HER2+* 6:00 Breast Cancer SG*	15 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*	16 11:00 Horticulture: Repotting* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Puppy Therapy*	17  10:00 Fight Back w/Nutrition* 12:00 Zentangle: Opus* 	18
19	20 10:30 Yoga* 1:00 Painting on Black Canvas* 	21 10:00 Healthy Steps* 11:00 Knit Wits* 12:00 Labyrinth Walk* 12:30 Yoga*	22 10:00 Pink Ribbon* 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*	23 1:30 Chair Yoga* 2:30 Group Meditation* 5:00 Hypnotherapy* 5:30 Yoga Nights* 	24  1:00 Line Dancing* 1:00 Aromatherapy* 	25
26	27 10:30 Yoga* 5:00 Healing Environment Painting* 	28 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	29 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Comic Relief* 	30 10:00 Paper Quilling* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 		

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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June 2022 Issue 138

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, 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 before class.** 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., June 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). TVC is happy to offer this free service at our **TOLEDO** location, Tuesday, June 14th (9:00am - 12:00pm). Call to reserve your spot today! All supplies individually packaged and sanitized. Check out their Foundation Strips— with colors representing different types of cancer. Our nail consultant is Sharon Shaffer, TVC participant.

