



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

July 2022 Issue 139

Support Groups ~ RSVP req.

Metastatic Breast Cancer Group

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

Children's Art Therapy Group

For children/grandchildren,
ages 6-12, of cancer patients/survivors
Wed, July 13th
6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: **L & L Society**
Mon, July 11th
6:00 - 7:30 pm

Men's Cancer Support Group

Wed, July 20th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wed, July 13th and 27th
6:00 - 7:30 pm (Zoom option)

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tues, July 12th and 26th
6:00 - 7:30 pm

TVC Teen Time!

For adolescent family members ages 13-18,
of those affected by cancer
Wed, July 27th
6:00 - 7:30 pm

Caregiver/Family Member's Support Group

Tues, July 26th
6:00 - 7:30 pm

Family Art Time



Monday, August 1st
6:00pm — 7:30pm



This will be a fun time to do art together for parents, grandparents, or guardians who are on their cancer journey AND caring for a child, ages 5-13. Light meal and snacks provided. RSVP. Facilitated by Janet Kempf, MA, Art Therapist.

Healthy Spirit

Art Therapy Areka Foster, Art Therapist
New class added in Perrysburg!

Oil Pastels & Watercolor
Tuesday, July 12th
10:00am - 12:00pm
TVC@Perrysburg



In this art therapy session, we will be using oil pastels and watercolor. If you've ever heard the phrase, oil and water don't mix, you will get how these two mediums are really fun to work with together. A scribble technique will be offered to create the atmosphere to play with watercolor techniques. Please wear old clothes or a paint shirt. RSVP.

Silk Painted Sun Catchers
Monday, July 18th
10:00am - 12:00pm
TVC@Perrysburg



Silk painting is a fun and easy way to create a beautiful piece of art. You will learn the basics of silk painting, using masking fluids, dyes and paints on a silk hoop sun catcher. Silk painting reinforces the idea of "let it go and let it flow." Come relax and create. Please wear old clothes or a paint shirt. RSVP.

Summer Tea Time!
Tuesday, July 19th
6:00pm - 7:00pm



Proper tea, loose, bagged, flowered—what does it all mean? Enjoy a special time of taste testing and learning tea terms, along with the history of having tea. Dress in your summer best, if you'd like. Bring your daughter (ages 16 & up) or a friend! Presented by Gretchen Fayeweather of Clara J's Tea Room in Maumee. RSVP.

The Art of Listening
Thursday, July 21st
6:00pm - 7:30pm



Experience a whole new way of LISTENING. You'll try a gentle movement practice to tune into your body's innate wisdom and allow a simple breathing practice to teach you how to soften and listen. Finally, practice listening to a partner without an agenda, or needing to fix or change them. Experience first hand the MAGIC that happens when someone truly listens to you. Our teacher: Kathie Jaskolski, Reiki Practitioner/Yoga Teacher & Guide for Transformational Women's Circles. RSVP.

Painted Rocks
Friday, July 1st
10:00am - 12:00pm



I love making painted rocks, but not trying to paint on uneven surfaces. We will have some fun and will solve that problem. You will be able to paint pre-formed smooth gypsum cement "rocks." Ideas will be offered, but you can bring your own inspirations. Think designs, animals, beach scenes or mandalas. The skies the limit! Wear an old paint shirt or old clothes. RSVP.

Summer Acrylic Painting
Thursday, July 14th
5:00pm - 7:00pm



I am ready for summer! I love walking on the beach, relaxing and enjoying the outdoors. Let's get in the spirit of summer with a painting inspired by the season. Join us for a relaxing art therapy session of painting using easy to follow instructions and adding your own personal touch. Please wear a paint shirt or old clothes and feel free to bring special shells or other summer items to add to your painting. RSVP.

Art Studio - TVC@Toledo
Open Hours this month:
Thursday, July 7th
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. RSVP.

**Flowerology 419: An
Open House Event to
benefit TVC**
Thursday, July 14th
4:00pm - 7:00pm



Create your own DIY flower centerpiece using the blooms from the Flowerology 419 Flower Truck! Julie and Sarah (of Flowerology 419) will be bringing their vintage 1952 Ford and their fresh local flowers to TVC so you can put together an arrangement for yourself or someone you love! (Please note, there is a cost involved. A portion of the proceeds from the evening will be donated right back to The Victory Center, helping our participants and their families). RSVP.

Flower arrangements come in two sizes:
OG VASE is \$20
COLLOSAL BLOSSOM is \$40



Camp Kesem

August 7th - 13th, 2022



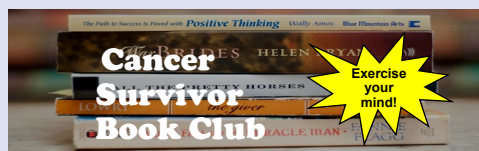
Camp Potowotami in Indiana

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, July 7th 2:00pm - 3:30pm



A July walk is experiencing all the wonders of Summer, the woods all in green, the meadows with flowers, baby birds and butterflies. 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 the TVC@Toledo location.** RSVP.



The Personal Librarian by Marie Benedict

Friday, July 15th
11:00am - 12:00pm

A remarkable novel about J. P. Morgan's personal librarian, Belle da Costa Greene, the Black American woman who was forced to hide her true identity and pass as White in order to leave a lasting legacy that enriched our nation. Bring a quote that has meaning to you or you think is special in some way. RSVP.

Did you know?! TVC has a Lending Library

TVC has books on different types of subjects, ranging from cancer specific, biographies, cookbooks/nutrition, enrichment, hope & inspiration, children's books and more! Come check one out, and bring it back at your convenience. The more you know...



Hypnotherapy: Offered in a small group setting Thursday, July 28th 5:00pm - 6:00pm



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

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



Whether you knit, crochet, sew or do needlework, come for a time to connect with other survivors. All skill levels welcome! RSVP.

TVC's Garden!



Our beautiful serenity garden is open and starting to bloom! Participants and their guests are welcome to sit and enjoy the water feature and sunshine any time we're open. Some small groups might also consider meeting in the garden area (see staff to schedule). Please access through the door off the back hallway.

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, July 8th 10:00am - 11:30am

TVC@Toledo Topic: Dehydration

Facilitated by Kelly Houk/Marina Sedlar, Clinical Dietitian. Sponsored by ProMedica.

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

Wed., July 6th & 20th TOPIC: "Pest Control" 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: "Celebrate" Friday, July 15th 1:00pm - 2:30pm



Using meditation and discussion, we'll explore what, when, where, why and with whom we celebrate. w/Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP.

Card Stamping Thursday, July 7th 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.

Genetics 101: Understanding Different Testing Monday, July 11th 6:00pm - 7:00pm TVC@Perrysburg



For those diagnosed with cancer, there seems to be an overwhelming amount of terms related to genetic testing. While the focus of the presentation will revolve around genetic testing related to hereditary risk factors, it will also help everyone understand the different types of genetic testing available related to one's tumor and treatment planning. If you have questions you'd like the speaker to address, please email, ahead of time: Kelly.morse@promedica.org and she'll do her best to include the information in the presentation. RSVP.

Fun & Games! Beat the Heat Monday, July 25th 6:00pm - 8:00pm TVC@Perrysburg



Enjoy playing some of your favorite games. There will be a light meal, snacks and prizes! You can bring a guest. (Ages 18 & up). Led by: Peggy Borell, teacher and TVC participant. RSVP.

Thursday, July 14th 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, July 22nd 1:00pm - 2:00pm TVC@Perrysburg



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

An Oldie but a Goodie! Tuesday, July 26th 12:00pm—2:00pm



Participants will have fun using acrylic paint to decorate an old vinyl record. Come with ideas. (You can search Pinterest for Vinyl painting ideas.) Dottie Huls, retired art teacher and survivor. RSVP.

Zentangle: Christmas in July! Friday, July 22nd 10:00am - 12:00pm TVC@Toledo OR Thursday, July 28th 10:00am - 12:00pm TVC@Perrysburg



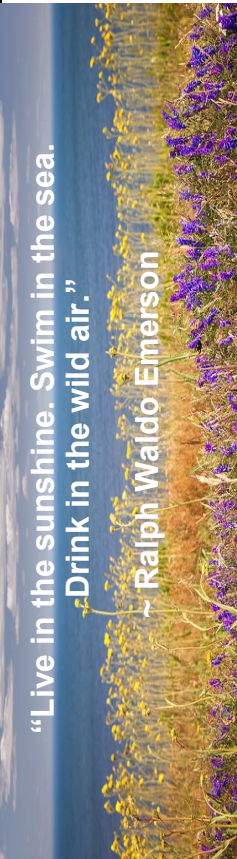

Fundamentals of Zentangle required first. Using tangles of your choice, you will be creating an angel to use as an addition to your daily decor or deck your tree on Christmas morning. A pre-cut form will be available to shape a 3-D design. Please bring your preferred pens and pencils. Teacher: Maureen Hines, Certified Zentangle Instructor. RSVP.

An Evening at the Museum Docent Led Tour Friday, July 29th 6:00pm—7:00pm



Art connects us with people from other times, cultures and places. In looking at art we often discover that we can relate to the artists or their subjects' struggles, and find inspiration for dealing with ours. This docent led 1 hour tour will take a look at works of art and the stories behind them that speak to hope and resilience in the face of adversity. (Ages 18 and up). Meet at the Toledo Museum, parking included. RSVP.

July 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div>"Live in the sunshine. Swim in the sea. Drink in the wild air." ~ Ralph Waldo Emerson</div> 						
3	4 TVC Closed 	5 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	6 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*	7 10:00 Card Stamping* 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Journal with Nature* 3:00 Art Studio* 5:30 Yoga Nights* 6:00 Young CA Support Group*	8 10:00 Fight Back w/Nutrition* 1:00 Line Dancing*	9 10-12 Wig Bank * 10:00 Wig Tips*
10	11 10:30 Yoga* 6:00 Blood Cancer SG* 6:00 Genetics 101*	12 10:00 Oil Pastels & Watercolor* 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG*	13 10:00 Wig Bank * 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Children's Art Therapy* 6:00 General Cancer SG*	14 11:00 Nutrition* 1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Flowerology 419* 5:30 Yoga Nights* 5:00 Summer Acrylic Paint	15 11:00 Book Club* 1:00 Power of Acceptance (Celebrate)*	16
17	18 10:30 Yoga* 10:00 Silk Painted Sun Catchers*	19 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Summer Tea Time*	20 9:00 Beautiful Nails* 11:30 Nia Fitness* 1:00 Aromatherapy * 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Men's Cancer SG*	21 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights* 6:00 Art of Listening *	22 10:00 Zentangle: Christmas* 1:00 Line Dancing* 1:00 Aromatherapy*	23
24/31	25 10:30 Yoga* 6:00 Fun & Games*	26 10:00 Healthy Steps* 11:00 Knit Wits* 12:00 Oldie but Goodie Art* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	27 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*	28 10:00 Zentangle: Christmas* 1:30 Chair Yoga* 2:30 Group Meditation* 5:00 Hypnotherapy* 5:30 Yoga Nights*	29 6:00 Evening at the Museum*	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**



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, and is for cancer survivors only. **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, August 3 — September 7
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 PERRYSBURG location, Wednesday, July 20th, 9am—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.

