

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

August 2022 Issue 140

Support Groups ~ RSVP req.

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wed, August 3rd
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, August 4th
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children/grandchildren,
ages 6-12, of cancer patients/survivors
Wed, August 10th
6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: **L & L Society**
Mon, August 8th
6:00 - 7:30 pm

Men's Cancer Support Group

Next Group: Wed. Sept. 21st
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wed, Aug. 10th and 24th
6:00 - 7:30 pm (Zoom option)

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tues, Aug. 9th and 23rd
6:00 - 7:30 pm

TVC Teen Time!

For adolescent family members ages 13-18,
of those affected by cancer
Next Group: Sept. 28th
6:00 - 7:30 pm

Caregiver/Family Member's Support Group

Tues, August 23rd
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

Kindness Coins
Monday, August 8th
10:30am - 12:30pm
TVC@Perrysburg



Art can make a difference, for the person creating and if you share it or give it away. These wood "coins" will be created especially to share, and can be decorated with painting, drawing, stamps, collage and writing. We will focus on creating art to share encouragement or kindness with others. Please wear old clothes or bring a paint shirt. RSVP.

Art Studio - TVC@Toledo
Open Hours this month:
Thursday, Aug. 11th
3:00pm - 4:30pm AND/OR
Friday, Aug. 26th
10:30am - 12:00pm RSVP.



Friendly reminder: SIGN-UP/RSVP policy. If a message is left, please call back to confirm your spot as there is often a waiting list. If you don't receive a call, please speak to a staff before attending a class. We try to accommodate but no walk-in's. Thank you!

Who Am I?
Thursday, Aug. 4th
6:00pm - 7:00pm



Do you ever wonder about personality traits of others, and yourself?! Why is my co-worker, friend or family the way they are? Have fun learning how to understand others and about the basic personality types, in this class. Instructor: Lisa Marquette, Clinical Social Worker, TVC staff. RSVP.

Healthy Eats & Treats
Cooking Demo
Monday, August 15th
5:00pm - 7:00pm
@ Promedica Ebeid Institute
1806 Madison Ave. 2nd Floor



Learn some "kitchen hacks" as well as healthy meal solutions (free of chemicals and preservatives) that can be ready to eat in less than 20 minutes without breaking the bank. Julie Price has been "in the biz" of healthy cooking for over 7 years and believes that if you want to be healthy, you have to cook more at home. Wife of a Toledo Fire Chief and a mother of two teenage growing boys, she wants to share these healthy solutions with others! RSVP.

Polymer Clay Pendant Necklace
Friday, August 19th
10:00am - 12:00pm



Bring your small rubber stamps, old buttons or anything with an interesting pattern. We will use the patterns or textures to create pendants using polymer clay and stains. They will be hung on a leather cord necklace. Bring your glasses if needed. RSVP.

Embodied Art Therapy
Monday, August 22nd
10:30am - 12:30pm
TVC@Perrysburg



Participants will be guided to become aware and connected to their internal experiences, it could be a thought, a feeling, a sensation, a belief or meaning. The goal is to use curiosity and creativity to tap into what is happening inside. A variety of art materials will help you bring these internal experiences out onto the page. This class will focus on bringing awareness to internal "felt sense" and finding a place of safety or comfort that is within. This class is about process, not the end product. Wear comfortable clothes. RSVP.

Painted "Glass" Light-Catching Rings
Wednesday, August 31st
5:00pm - 7:00pm



We will be combining an old tradition of painting on translucent surfaces to achieve a beautiful, back-lit scene. We will use acrylic paint and medium to create translucent artwork on pieces of clear plastic within a ring. These pieces can be hung in a window or in front of a lighted background. RSVP.

Mind Body Connection
Thursday, August 11th
1:00pm - 2:30pm



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. 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. Wear comfortable shoes and clothing. RSVP.





Friday, Sept. 9th, 2022
Main Rappel Day
The Plaza
300 Madison Ave.
Downtown Toledo

Visit: ote4victory.org for more information!

Camp Kesem

August 7th - 13th,
Camp Potowotami in

Indiana Call TVC at 419-531-7600, or go directly to: www.kesem.org to register.



Journaling with Nature

Thursday, August 4th
2:00pm - 3:30pm

Led by Patty Tonneff of Ruth Esther Retreats. RSVP. Meet/park at TVC@Toledo.



Card Stamping

Thursday, August 4th
10:00am - 12:00pm
TVC@Perrysburg

Create a variety of homemade cards with avid stampers, by Pat & Pat! RSVP.



What You Need to Know About Estate Planning

Thursday, August 18th
11:30am - 1:00pm
Light Lunch Served!

Do you think estate planning is an uncomfortable or confusing topic? Want to be generous with your time, talent and resources, but not sure how? If so, join us for a special program with Estate and Legacy Planning Consultant, Laura Walker who will help you understand what you need to know and consider when creating an estate plan. Spouses or friends are encouraged to attend as well. RSVP.



Hypnotherapy: Offered in a small group setting

Thursday, August 25th
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 in 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, August 12th

10:00am - 11:30am

TVC@Toledo Topic: Dehydration
Facilitated by Kelly Houk/Marina Sedlar, Clinical Dietitian. Sponsored by ProMedica.

Coming in September

11:00am - 12:00pm

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., Aug. 3rd & 17th
TOPIC: "Summer Fun"
1:00pm - 2:00pm
TVC@Toledo



Discuss the benefits of aromatherapy with an aromatherapist experienced in the concerns of cancer patients. There will be plenty of time for questions and answers based upon the interests of the group. RSVP.

The Power of Acceptance: "Self-Love"

Friday, August 19th
1:00pm - 2:30pm

Using meditation and discussion, we'll explore ways to deepen self love. w/Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP.



Wooden Cat Painting

Friday, August 5th
10:00am - 12:00pm

Each participant will receive a wooden cat to paint in the style of artist Laurel Burch. Laurel Burch created abstract cats which were then used in bags, purses, and jewelry. Check her out online. w/Dottie Huls, retired art teacher and survivor. RSVP.



Mindful Moodling

Thursday, August 25th
10:00am—12:00pm

Participants will create an abstract Mandala using watercolors. This is a class that encourages a time to play with color. w/Dottie Huls, retired art teacher and survivor. RSVP.



"Don't Shoot the Dog"

Monday, August 22nd
6:00pm - 7:30pm

Do you have a grumpy family member, a screaming child, or annoying animals in your life? There are seven ways to have peaceful relationships. Learn how to shape the behaviors of others (and yourself) in this interactive, fun session. Instructor: Peggy Borell, survivor, retired teacher and a recognized speaker in using positive reinforcement. RSVP.



LIVESTRONG At The YMCA

Begins August 16th for 12 weeks
West Toledo:

Tues/Thurs, 12:30 - 1:30pm OR
Wolf Creek YMCA:

Tues/Thurs, 5:30 - 6:30pm We are pleased to announce this collaboration! The YMCA is offering an exercise class for all cancer survivors, **at no charge**. Participants can expect to improve strength, endurance, flexibility, balance and confidence. Facilitated by: The Healthy Living Staff at the YMCA. Please RSVP with TVC.

Aromatherapy Consultation w/ Patti Leupp RN, CRNA

Certified Clinical Aromatherapist
Sponsored by Mercy Health

Friday, August 26th
1:00pm - 2:00pm
TVC@Perrysburg



Line Dancing

Friday, Aug. 12th
Friday, Aug. 26th
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.



Paper Quilling

Tuesday, August 23rd
12:00pm - 2:00pm

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.



Fundamentals of Zentangle

Tuesday, August 9th
10:00am - 12:00pm
TVC@Perrysburg

Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. 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.



Tangle & Talk

Tuesday, August 16th
6:00pm—8:00pm

Fundamentals of Zentangle required first. Want to learn more patterns and share ideas? Attend with other enthusiasts and be ready to pick up more skills. Bring your own supplies and completed work. Teacher: Maureen Hines, Certified Zentangle Instructor. RSVP.



American Sign Language

Tuesday, August 30th
6:00pm - 7:30pm

A fun chance to learn some basic signs and conversational vocabulary. Learn about the deaf culture and community, as well. Instructor: Susan Rostkowski, BS in Deaf Education, with over 23 years experience, and a TVC participant and MBC survivor! RSVP.





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

August 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:30 Yoga* 6:00 Family Art*	2 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	3 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:00 Aromatherapy* No Healthy Steps* 5:00 Aquatic Exercise* 6:00 Met Breast Cancer SG*	4 10:00 Card Stamping* 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Journal with Nature* 6:00 Who Am I? * 5:30 Yoga Nights* 6:00 Young CA Support Group*	5 10:00 Wooden Cat Painting*	6
7	8 10:30 Kindness Coins* 10:30 Yoga* 6:00 Blood Cancer SG*	9 10:00 Fundamentals of Zentangle* 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG*	10 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*	11 1:30 Chair Yoga* 2:30 Group Meditation* 1:00 Mind Body Connection* 3:00 Art Studio* 5:30 Yoga Nights*	12 10:00 Fight Back w/Nutrition* 1:00 Line Dancing*	13 10-12 Wig Bank* 10:00 Wig Tips*
14	15 10:30 Yoga* 5:00 Healthy Eats & Treats*	16 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Livestrong at YMCA* 12:30 Yoga* 5:30 Livestrong at YMCA* 6:00 Tangle & Talk*	17 10:00 Pink Ribbon* 9:00 Beautiful Nails* 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 No Men's Cancer SG*	18 11:30 What You Need to Know/Estate Planning* 12:30 Livestrong at YMCA* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Livestrong at YMCA* 5:30 Yoga Nights*	19 10:00 Polymer Clay Pendant* 1:00 Power of Acceptance (Self-Love)*	20
21	22 10:30 Yoga* 10:30 Embodied Art Therapy* 6:00 Don't Shoot the Dog*	23 10:00 Healthy Steps* 11:00 Knit Wits* 12:00 Paper Quilling* 12:30 Livestrong at YMCA* 12:30 Yoga* 5:30 Livestrong at YMCA* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	24 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*	25 10:00 Mindful Moodling* 12:30 Livestrong at YMCA* 1:30 Chair Yoga* 2:30 Group Meditation* 5:00 Hypnotherapy* 5:30 Livestrong at YMCA* 5:30 Yoga Nights*	26 10:30 Art Studio* 1:00 Line Dancing* 1:00 Aromatherapy*	27
28	29 10:30 Yoga*	30 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Livestrong at YMCA* 12:30 Yoga* 5:30 Livestrong at YMCA* 6:00 American Sign Language*	31 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 5:00 Painted "Glass" Light-Catching Rings*	You may have a fresh start any moment you choose, for this thing that we call 'failure' is not the falling down, but the staying down. ~Mary Pickford		

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

Reaching out to cancer patients & their families.

3166 N. Republic Blvd.
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

Wednesday, August 17th, 9am - 12:00pm.

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. 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.

