



# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

September 2022 Issue 141

## Support Groups~RSVP req.

### Metastatic Breast Cancer Group

Offered in partnership with Mercy Health  
Wednesday, Sept. 7th  
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**  
Thursday, Sept. 1st  
6:00 - 7:30 pm (Zoom Option)

### Children's Art Therapy Group

For children/grandchildren,  
ages 6-12, of cancer patients/survivors  
Wednesday, Sept. 14th  
6:00 - 7:30 pm

### Blood Cancer Support Group

In Partnership with: **L & L Society**  
Monday, Sept. 12th  
6:00 - 7:30 pm

### Men's Cancer Support Group

Wednesday, Sept. 21st  
6:00 - 7:30 pm

### General Cancer Support Group

For all cancer types  
Wed, Sept. 14th and 28th  
6:00 - 7:30 pm (Zoom option)

### Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**  
Tues, Sept. 13th and 27th  
6:00 - 7:30 pm

### TVC Teen Time!

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

### Caregiver/Family Member's Support Group

Tuesday, Sept. 27th  
6:00 - 7:30 pm



**TVC Participant Retreat!**  
Tuesday, September 27th  
12:00pm - 6:00pm

Held at the Cannalee Treehouse Village in Swanton  
Lunch, Yoga, Experiential Session, Art (see descriptions below)  
Sign up for all or one of the sessions. **RSVP.**

INDOOR AND  
OUTDOOR  
EXPERIENCES!

## Healthy Spirit

**Art Therapy**

**Areka Foster, Art Therapist**

### **Shrinky Dinks**

**Friday, Sept. 2nd**  
**10:00am - 12:00pm**

Remember the days of Shrinky Dinks!? Plastic sheets that were colored and then placed in the oven to shrink. We will explore how different mediums like oil pastel, colored pencils, and markers can be used on shrink material. The finished project can be made into a keychain or pendant. Feel free to bring small, simple images for inspiration or to trace. **RSVP.**



**Art Studio - TVC@Toledo**  
**Open Hours this month:**  
**Thursday, Sept. 8th**  
**3:00pm - 4:30pm AND/OR**  
**Friday, Sept. 23rd**  
**10:30am - 12:00pm** **RSVP.**



**Fused Glass**  
**Monday, Sept. 19th**  
**10:30am - 12:30pm**  
**TVC@Perrysburg**

We will be layering small pieces of glass that will be fused into pendants. The pieces will be created onsite and taken to a kiln for fusing. This project will need to be picked up at a later date which will be announced at class. **RSVP.**



**Watercolor Wreaths**  
**Monday, Sept. 26th**  
**10:30am - 12:30pm**  
**TVC@Perrysburg**

With techniques to create leaves and flowers, we will use watercolor paints, pens and markers to create 2-D wreaths. Watercolor cards or paper will be offered so these can be made to share with others. **RSVP.**



**Learn About Acupuncture**  
**Tuesday, Sept. 20th**  
**6:00pm - 7:30pm**

What is it? How does it work? Be ready to learn some simple ways to help yourself with pressure points. Dr. Farzana Tausif, MD, will be giving an overview of acupuncture and educating us on options that are available. Handouts will be available. She is an Acupuncturist and Master of Auricular Medicine. **RSVP.**



**Retreat Schedule:**  
**Tuesday, Sept. 27th**

**Noon - 1:00pm (Bag Lunch)**

Bring your own lunch and enjoy the scenery! TVC will provide treats and drinks. The (indoor) Flatwood Commons will be open for your enjoyment also. In case of inclement weather, all sessions will be indoor.

<https://metroparkstoleado.com/explore-your-parks/cannalee-treehouse-village/>

**1:00pm - 2:00pm**

**Yoga in Nature**

TVC's Mike Zerner will lead a relaxed yoga session. Bring your own mats, if possible.

**2:00pm - 3:00pm**

**Energy of Healing**

TVC's Kathie Jasloski, Reiki Practitioner, will guide participants in easy-to-do calming techniques while enjoying the fresh air. She'll include a meditation, aligning with her natural heart wisdom.

**Art Therapy at the Treehouses**

**Choose ONE of the Art Sessions**

TVC's Areka Foster, Art Therapist

**3:00pm - 4:30pm**

**Nature Inspired Art**

Using objects found in nature, like leaves and stones, we will be creating temporary art (which can be photographed). Inspired by Andy Goldsworthy.

Check out his work at <https://www.livingyourwildcreativity.com/art-gallery-1-mitchell-1>

**4:30pm - 6:00pm**

**Reverse "Tie Die" with Bleach**

Bring your own black cotton t-shirt. We will use stencils, stamps and twist/tie techniques and bleach to create an awesome reverse dyed technique.



### **Friendly reminder: 1-1 Services Policy**

**If something comes up, please call if you are unable to keep your appointment or will be late. We often have a waiting list of people who would gladly take the appointment so please be courteous. Thank you for your understanding!**



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

Visit: [ote4victory.org](http://ote4victory.org) for more information!

## Journaling with Nature

Thursday, Sept. 1st  
2:00pm - 3:30pm

A September walk is filled with all the wonders of late Summer and signs of Fall. Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Tonneff of Ruth Esther Retreats. RSVP. Meet/park at TVC Toledo.



## Card Stamping

Thursday, Sept. 1st  
10:00am - 12:00pm  
TVC@Perrysburg

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



## Lymphedema Education

Monday, Sept. 12th  
12:00pm - 1:00pm  
TVC@Perrysburg

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.



## "She Comes By It Natural" by Sarah Smarsh

Friday, Sept. 16th  
11:00am - 12:00pm (RSVP)

Infused with Smarsh's trademark insight, intelligence, and humanity, this book is a sympathetic tribute to the icon Dolly Parton and—call it whatever you like—the organic feminism she embodies. RSVP.



## Hypnotherapy: In a small group setting

Thursday, Sept. 22nd  
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 still open, even as Fall begins. Enjoy the scenery before Winter! 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, Sept. 16th  
10:00am - 11:30am  
TVC@Toledo Topic: **Sore Mouth/Smell, Taste Changes/Food Safety**  
Facilitated by Kelly Houk/Marina Sedlar, Clinical Dietitians. Sponsored by ProMedica.

## Aromatherapy Consultation

w/ Deb Reis RN, MSN  
Certified Clinical Aromatherapist

Wed., Sept., 7th & 21st  
TOPIC: "Fall"  
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. RSVP.

## The Power of Acceptance: "Staying Positive"

Friday, Sept. 16th  
1:00pm - 2:30pm

Using meditation and discussion, we'll explore the challenge of staying positive. w/Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP.



## Mindfulness by Mariam

Thursday, Sept. 8th  
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.



## Air Dry Salt Spoons

Tuesday, Sept. 6th  
12:00pm - 2:00pm AND  
Tuesday, Sept. 13th  
12:00pm - 2:00pm

Create these cute and unique "salt" spoons with clay, then decorate them for your kitchen! w/Dottie Huls, retired art teacher and survivor. RSVP.



## Paper Quilling

Thursday, Sept. 22nd  
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.



## Coloring for Grown-Ups!

Thursday, Sept. 15th  
6:00pm - 7:30pm  
TVC@Perrysburg

Did you know that coloring for adults is relaxing and meditative? Choose from a variety of designs, and color them using mediums like colored pencils, markers or pens. Please bring your favorite coloring pens/pencils to class, if you'd like. Treats provided. w/ TVC's Dianne Barndt. RSVP.



## Coming back in November

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, September 30th  
1:00pm - 2:00pm  
TVC@Perrysburg



## Line Dancing

Friday, Sept. 23rd  
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.



## Zentangle: Structured Inspiration

Friday, Sept. 16th  
12:00pm - 2:30pm  
Fundamentals of Zentangle required first.

Let the structure inspire you! We will be structuring our strings on an OPUS tile. Bring your rulers and compasses. We will then tangle our structured strings. Teacher: Harley King, Certified Zentangle Instructor. RSVP.



## Tangle & Talk

Friday, Sept. 2nd  
12:00pm - 2:00pm  
TVC@Perrysburg

Fundamentals of Zentangle required first. Want to learn more patterns and share ideas? Well, this group is for you! Bring your own supplies and completed work. Teacher: Maureen Hines, Certified Zentangle Instructor. RSVP.



## Comic Relief

Monday, Sept. 19th  
6:00pm - 7:30pm

Back by popular demand! Another class in 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.



## Fall Galvanized Panel

Friday, Sept. 30th  
10:00am - 12:00pm

Participants will be painting a lovely Fall scene on a galvanized (protected metal) panel. w/Dottie Huls, retired art teacher and survivor. RSVP.





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

# September 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>You will face many defeats in life, but never let yourself be defeated. ~ Maya Angelou</p>						
4	5	6	7	8	9	10
	<p>WE WILL BE CLOSED</p> <p><b>Labor DAY</b></p>	<p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:00 Air Dry Salt Spoons*</p> <p>12:30 Yoga*</p>	<p>10:00 Pink Ribbon*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy *</p> <p>1:30 Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p> <p>6:00 Met Breast Cancer SG*</p>	<p>10:00 Card Stamping*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>2:00 Journal with Nature*</p> <p>5:30 Yoga Nights*</p> <p>6:00 Young CA Support Group*</p>	<p>2</p> <p>10:00 Shrinky Dinks*</p> <p>12:00 Tangle &amp; Talk*</p>	3
11	12	13	14	15	16	17
	<p>10:30 Yoga*</p> <p>12:00 Lymphedema Education*</p> <p>6:00 Blood Cancer SG*</p>	<p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:00 Air Dry Salt Spoons*</p> <p>12:30 Yoga*</p> <p>6:00 Breast Cancer SG*</p>	<p>10:00 Wig Bank *</p> <p>11:30 Nia Fitness*</p> <p>1:30 Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p> <p>6:00 General Cancer SG*</p> <p>6:00 Children's Art Therapy*</p>	<p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p> <p>6:00 Coloring for Grown-Ups*</p>	<p>10:00 Fight Back w/Nutrition*</p> <p>11:00 Book Club*</p> <p>12:00 Structured Inspiration*</p> <p>1:00 Power of Acceptance (Staying Positive)*</p>	<p>Note: different day for September only.</p> <p>10-12 Wig Bank *</p> <p>10:00 Wig Tips*</p>
18	19	20	21	22	23	24
	<p>10:30 Yoga*</p> <p>10:30 Fused Glass*</p> <p>6:00 Comic Relief*</p>	<p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:30 Yoga*</p> <p>6:00 Learn About Acupuncture*</p>	<p>9:00 Beautiful Nails*</p> <p>11:30 Nia Fitness*</p> <p>1:00 Aromatherapy *</p> <p>1:30 Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p> <p>6:00 Men's Cancer SG*</p>	<p>10:00 Paper Quilling*</p> <p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:00 Hypnotherapy*</p> <p>5:30 Yoga Nights*</p>	<p>10:30 Art Studio*</p> <p>1:00 Line Dancing*</p>	
25	26	27	28	29	30	
	<p>10:30 Yoga*</p> <p>10:30 Watercolor Wreaths*</p>	<p>10:00 Healthy Steps*</p> <p>11:00 Knit Wits*</p> <p>12:00—6:00 Participant Retreat*</p> <p>12:30 Yoga*</p> <p>6:00 Breast Cancer SG*</p> <p>6:00 Caregiver SG*</p>	<p>10:00 Wig Bank *</p> <p>11:30 Nia Fitness*</p> <p>No Healthy Steps*</p> <p>5:00 Aquatic Exercise*</p> <p>6:00 General Cancer SG*</p> <p>6:00 Teen Time!</p>	<p>1:30 Chair Yoga*</p> <p>2:30 Group Meditation*</p> <p>5:30 Yoga Nights*</p>	<p>10:00 Fall Galvanized Panel*</p> <p>1:00 Aromatherapy*</p>	

**TVC@Perrysburg~Inside the Mercy Health Perrysburg Cancer Center, 12623 Eckel Junction Road, Perrysburg, OH 43551**

**TVC@Toledo~3166 N. Republic Blvd, Toledo, OH 43615**

**\*RSVP needed,  
call 419-531-7600**





THE VICTORY CENTER

Reaching out to cancer patients & their families.

3166 N. Republic Blvd.  
Toledo, OH 43615

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Toledo, Ohio  
Permit No. 840

## The Victory Center News

September 2022 Issue 141

### 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 TVC to get instructions for online registering.



**Wednesdays, Oct. 5th - Nov. 9th**  
**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 must 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 the first 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, Sept. 21st, 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 **TOLEDO** 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.

