



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

October 2022 Issue 142

Support Groups~RSVP req.

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, Oct. 5th
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, Oct. 6th
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children/grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, Oct. 26th
6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: L & L Society
Monday, Oct. 10th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, Oct. 19th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wed, Oct. 12th and 26th
6:00 - 7:30 pm (Zoom option)

Breast Cancer Support Group

Funded by *The Breast Cancer Fund of OH*
Tues, Oct. 11th and 25th
6:00 - 7:30 pm

TVC Teen Time!

For adolescent family members ages 13-18,
of those affected by cancer
Wed., Oct. 26th
6:00 - 7:30 pm

Caregiver/Family Member's Support Group

Tuesday, Oct. 25th
6:00 - 7:30 pm

For the
whole
family!

TVC Tailgate Party!

Friday, October 7th

4:00pm - 6:00pm

**Wear your favorite football team gear and colors!
We'll have "tailgate" food, trivia, and yard games.
Park your car with the trunk out and bring some treats.**

Games!
Prizes!

Healthy Spirit

Art Therapy Areka Foster, Art Therapist

Boho Wrap Bracelets Monday, October 10th 10:30am - 12:30pm TVC@Perrysburg

These bracelets are super cute. Once you understand how to make them, they are fairly easy to create. This activity requires some fine motor skills, and we will be using beads, so bring your reading glasses and get ready to learn how to make these fun and fancy bracelets. Please wear old clothes or bring a paint shirt. RSVP.



Door Journal or Book Monday, October 24th 10:30am - 12:30pm TVC@Perrysburg

A book or journal can be a place of refuge — especially when it's kept behind closed doors. During this art therapy group, participants will be creating a mixed media foldout journal with a door cover. We will use paint, decorative papers, and other materials. Please wear old clothes or bring a paint shirt. RSVP.



Art Therapy Open Studio TVC@Toledo

**Open Hours this month:
Thurs, Oct. 13th 3:00pm - 4:30pm AND/OR
Fri, Oct. 28th 10:30am - 12:00pm**

Participants can choose their desired art medium and work at their own pace. Bring a project from home or start something new. RSVP.



Message from our new Program Director:

Hello! I'm Hattie Lykowski, the new Program Director! I have a background in disability advocacy and community outreach. Helping others who are experiencing challenges and barriers in their lives is my passion. I feel privileged to be a part of the positive and supportive environment at TVC! You can reach me directly at: 419-531-7600 or hlykowski@thevictorycenter.org



Small Canvas – Holiday Style Tuesday, October 4th 6:00pm - 7:30pm

The possibilities are endless when painting on small canvases. Some artists choose to create small paintings due to the short time needed to have a finished piece. While any theme or image is welcome, ideas will be offered for the holidays between October and the New Year. Come explore the possibilities of small canvas and let the small size help you leave with a finished meaningful project. We will be using acrylic paint, so wear a paint shirt or old clothing. RSVP.



Masks! Friday, October 21st 10:00am - 12:00pm

Historically, Halloween masks were used to scare away spirits and protect the person's identity. In this group, we will be exploring identity. You will decorate your mask to reflect who you are and what you have experienced. We will use paint and other mixed media materials. Please wear old clothes or bring a paint shirt. RSVP.



The Victory Center's 2nd Annual Wellness Expo! Saturday, Oct. 15th 11:00 am - 2:00 pm



FREE AND OPEN TO THE PUBLIC

The Victory Center wants everyone who is on their cancer journey, at any age or stage, to know about the free, incredible and supportive services we offer! This is a perfect opportunity for the community to see what TVC does and meet the wonderful staff and volunteers who make it happen. There will be different services highlighted, brief demonstrations, a local food truck, and door prizes.

Current participants — if you know of anyone who is thinking about being a part of TVC, please bring them and their family! Friends and supporters of TVC are welcome!

Walking with Nature Thursday, Oct. 6th 2:00pm - 3:30pm



An October walk is filled with all the wonders and colors 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 Toneff of Ruth Esther Retreats. RSVP.

Meet/park at TVC Toledo.

Card Stamping Thursday, Oct. 6th 10:00am - 12:00pm TVC@Perrysburg



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

TVC Teen Time! Wednesday, October 26th 6:00pm - 7:30pm

The Victory Center is excited to offer this 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! RSVP.

Hypnotherapy: Offered in a small group setting Thursday, Oct. 27th 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.

Did you know?! TVC's Lending Library

TVC has books on different types of subjects, ranging from cancer specific, bibliographies, 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...

TVC's Garden!



Fall and crisp air, still time to enjoy 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, October 14th 10:00am - 11:30am TVC@Toledo

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

Returning in November 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

Wednesday, October 5th & 26th 1:00pm - 2:00pm TVC@Toledo



*Discuss the benefits of aromatherapy for those with cancer with a Certified Clinical Aromatherapist. Learn to identify therapeutic-grade essential oils and their properties, and how they can be integrated into your health practices. RSVP.

The Power of Acceptance: "Cooperation" Friday, October 21st 1:00pm - 2:30pm



Using meditation and discussion, we'll explore the art of cooperation. Facilitated by Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP.

Jewelry Making Friday, October 7th 10:00am - 12:00pm



Learn to bead and make jewelry! Each participant will learn to create beaded jewelry and take home a necklace or bracelet in this class w/ Dottie Huls, retired art teacher and survivor. RSVP.

Paper Quilling Thursday, October 13th 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.

Mindful Moodling Thursday, October 20th 10:00am - 12:00pm



The purpose of *Mindful Moodling* is to be creative, build confidence and allow development while taking some time out. 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.

Line Dancing Friday, Oct. 14th and Friday, Oct. 28th 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.

Intro to Spanish Monday, October 3rd 5:00pm - 6:30pm



Hola! A fun chance to learn basic words and conversational vocabulary. Instructor: Itzel Krauss, TVC Operations Manager and survivor! RSVP.

PUPPY THERAPY Monday, Oct. 17th 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. Facilitated by Jean

Zentangle Fri., Oct 14th 12:00pm - 2:30pm Fri., Oct 21st 12:00pm - 2:30pm* TVC@Perrysburg

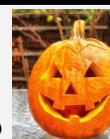
Fundamentals of Zentangle required first.

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.

Individual Services Policy Reminder:

If you are unable to make an appointment, kindly call to cancel/reschedule. Oftentimes, we have a waiting list so someone else can benefit from the service. Also, we want to be mindful of our therapists' time. We appreciate your understanding!

Halloween Trick or Treat Thursday, October 27th from 4:00pm - 5:30pm



Bring the whole family and come see the TVC staff! We'll be dressed up and handing out candy from our offices. Vote for the best dressed staff member. Fun Halloween games for kids of all ages. Costumes encouraged!



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

October 2022

Sun Mon Tue Wed Thu Fri Sat

Start where you are.
Use what you have.
Do what you can.

—ARTHUR ASHE,
AMERICAN TENNIS PLAYER

2	3	4	5	6	7	8
	5:00 Spanish 101* 	10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Small Canvas: Holiday*	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*	6 10:00 Card Stamping* 1:30 Chair Yoga* 2:30 Group Meditation* 2:00 Walking with Nature* 5:30 Yoga Nights* 6:00 Young CA Support Group*	10:00 Jewelry Making* 4:00 Tailgate Party*  	10-12 Wig Bank* 10:00 Wig Tips*  
9	10	11	12	13	14	15
	10:30 Yoga* 10:30 Boho Wrap Bracelet*  6:00 Blood Cancer SG*	10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG*	10:00 Wig Bank* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 General Cancer SG*	10:00 Paper Quilling* 1:30 Chair Yoga* 2:30 Group Meditation* 3:00 Art Studio* 5:30 Yoga Nights*	10:00 Fight Back w/Nutrition* 12:00 Zentangle* 1:00 Line Dancing*   	TVC Wellness Expo 11:00am - 2:00pm *Open to the Public
16	17	18	19	20	21	22
	10:30 Yoga* 6:00 Puppy Therapy* 	10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Men's Cancer SG	10:00 Mindful Moodling* 1:30 Chair Yoga* 2:30 Group Meditation* 5:30 Yoga Nights*	10:00 Mask Making* 12:00 Zentangle* 1:00 Power of Acceptance*   	
23/30	24	25	26	27	28	29
	10:30 Yoga* 10:30 Door Journals* 	10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	10:00 Pink Ribbon* 10:00 Wig Bank* 1:30 Healthy Steps* 11:30 Nia Fitness* 1:00 Aromatherapy* 5:00 Aquatic Exercise* 6:00 General Cancer SG* 6:00 Teen Time!*6:00 Children's Art Therapy*	1:30 Chair Yoga* 2:30 Group Meditation* 4:00 Trick or Treat*5 5:00 Hypnotherapy* 5:30 Yoga Nights*	10:30 Art Studio* 1:00 Aromatherapy* 1:00 Line Dancing*   	

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

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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 Hattie Lykowski at TVC to get instructions for online registering.



**Wednesdays, Oct. 5—Nov. 9
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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Victory Center"

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Get the latest news...
on events, programs, cancer topics and
inspirational messages!

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

This newsletter is also available online
at www.thevictorycenter.org.
Click on "View Newsletter" on the main
page and then click on the month you
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