

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

November 2022 Issue 143

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, Nov. 2nd
6:00 - 7:30 pm (Zoom option)

Young Cancer Survivors

For those in their 20s, 30s, and 40s
Offered in partnership with Mercy Health
TVC@PERRYSBURG
Thursday, Nov. 3rd
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, Nov. 9th
6:00 - 7:30 pm

Blood Cancer Support Group

In Partnership with: L & L Society
Monday, Nov. 14th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, Nov. 16th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, Nov. 9th and 23rd
6:00 - 7:30 pm (Zoom option)

Breast Cancer Support Group

Funded by *The Breast Cancer Fund of OH*
Tuesday, Nov. 8th and 22nd
6:00 - 7:30 pm

TVC Teen Time!

For adolescent family members ages 13-18,
of those affected by cancer
Wednesday, Nov. 23rd
6:00 - 7:30 pm

Caregiver & Family Member Support Group

Tuesday, Nov. 22nd
6:00 - 7:30 pm

TVC GAME NIGHT

Monday, November 7th
5:00pm - 7:00pm

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



Healthy Spirit

Art Therapy Areka Foster, Art Therapist

Painted Log Slice Ornaments

Monday, November 7th
10:00am - 12:00pm
TVC@Perrysburg



Have you ever wanted to make homemade gifts for a birthday, holiday or for yourself? If so, this is the art therapy group for you! We will be preparing and painting log slice ornaments. Each participant will be able to make up to 4 ornaments. Ideas will be offered, but if you have stencils or image ideas please bring them. Wear old clothes or bring a paint shirt. RSVP

Alcohol Ink Pendant Necklace

Monday, November 21st
10:00am - 12:00pm
TVC@Perrysburg



In this art therapy session, we will be using alcohol inks on metal with a glass overlay. The glass will highlight and accentuate the designs in the alcohol inks. Whether you're new to alcohol inks or have lots of experience, this will be a class you leave with a piece of art you will want to wear. RSVP

Art Therapy Open Studio

TVC@Toledo
Open Hours this month:
Thurs, November 10th
3:00pm - 4:30pm



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

Advanced Care Planning Tuesday, November 8th 1:00pm - 2:30pm



Health crises are unpredictable. Advance Care Planning is making informed decisions about the care you or your loved one would prefer to receive in the event of a crisis. Learn the importance of having conversations and documents prepared if an individual is unable to speak for themselves. Facilitated by Jennifer Joseph, Hospice NWO Community Liaison. RSVP

What's Your Word?

Friday, November 11th
10:00am - 12:00pm



Do you have a word or name that makes your heart shine? A word you want to keep close? Bring your 7 (or less) letter word idea and create a blackboard pennant for that. The word might be a name, a belief, a strength—the sky's the limit (and the 7 letters). You can choose to decorate the pennant board with paint markers, chalk markers, and other embellishments. RSVP

Silhouette Painting

Tuesday, November 29th
5:00pm - 7:00pm



Silhouette paintings are often an animal, tree or person's profile painted against a lighter colored background. In this art form, the subject often stands out from the background and looks dramatic. Bring a simple foreground image (less than 9 x 12 inches) or get inspired from the ideas offered. Make sure your simple images has some defining features, such as the whiskers of a cat or the shape of a tree. Your image can be traced or drawn freehand on the canvas. Please wear old clothes or bring a paint shirt as we will be using acrylic paints. RSVP

Houseplants with Hattie: Kokedama Balls Tuesday, November 1st 5:00pm - 6:30pm



In this class we will learn to make Japanese Kokedama Balls. Kokedama is the practice of taking the root ball of a plant and suspending it in a mud ball, which is then coated with soft green moss. It is a living planter, as well as a distinctive display piece. They may be fixed to a piece of driftwood or bark or suspended from a string. Plants and supplies provided. Be prepared to get your hands dirty! Facilitated by Hattie Lykowski, TVC staff. RSVP

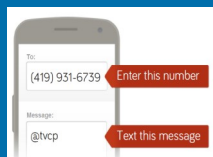
WEATHER ALERTS:

To receive messages via EMAIL:

send an email to:
tvcp@mail.remind.com.

You will receive an instant email reply asking for you to confirm your email. After you do that, you are all set up! To unsubscribe, reply with "unsubscribe" in the subject line.

To receive messages via TEXT:



text @tvcp to (419) 931-6739.

To opt out of messages, reply: "unsubscribe @tvcp".

Walking with Nature Thursday, Nov. 3rd 2:00pm - 3:30pm

A November 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.



Book Club Friday, November 18th 11:00am - 12:00pm

Book: Defiance by Nechama Tec
Jewish brothers in Nazi-occupied Eastern Europe escape into the Belarussian forests, where they join Russian resistance fighters. Held at The Victory Center with lunch to follow at Uncle John's. Bring a quote that has meaning to you or you think is special in some way. RSVP.



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

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



TVC Teen Time! Wednesday, Nov. 23rd 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.



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, November 11th 10:00am - 11:30am TVC@Toledo

Marcia Grandsko is back to teach this month!
Clinical Dietitian. Sponsored by ProMedica.

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

Wednesday, November 2nd & 16th "Oils of The Bible" 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.

Painted Wood: Gnomes & Trees Wednesday, Nov. 9th 10:00am - 12:00pm

Each participant will receive a wooden triangle to turn into a holiday tree or gnome! w/Dottie Huls, retired art teacher and survivor. RSVP.



Intro to Paper Quilling Monday, November 14th 1:00pm - 3:00pm

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



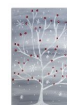
Hypnotherapy: Offered in a small group setting Thursday, Nov. 17th 5:00pm - 6:00pm

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



Holiday Galvanized Panel Friday, November 18th 12:00pm - 2:00pm

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



The Power of Acceptance: "Cooperation" Friday, November 18th 1:30pm - 2:30pm

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



Returning in December 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, November 18th 1:30pm - 2:30pm TVC@Perrysburg



Line Dancing Friday, November 11th 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, Nov. 15th 2:00pm - 4:00pm

You must 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 Thurs. Nov. 10th 12:00 - 2:00pm

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.



Zentangle: Tangle & Talk Friday Nov. 18th 10:00am - 12:00pm 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.





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

November 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 5:00 Kokedama Ball*	2 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*	3 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	4 TVC CLOSED For staff Retreat	5
6	7 10:30 Yoga* 10:00 Painted Log Ornaments* 5:00 Game Night*	8 10:00 Healthy Steps* 11:00 Knit Wits* 1:00 Advanced Care Planning 12:30 Yoga* 6:00 Breast Cancer SG*	9 10:00 Wig Bank* 10:00 Painted Gnomes/Trees* 10:00 Pink Ribbon* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 General Cancer SG* 6:00 Children's Art Therapy*	10 12:00 Fundamentals Zentangle 1:30 Chair Yoga* 2:30 Group Meditation* 3:00 Art Studio* 5:30 Yoga Nights*	11 10:00 Fight Back w/Nutrition* 10:00 What's Your Word?* 1:00 Line Dancing*	12 10-12 Wig Bank* 10:00 Wig Tips*
13	14 10:30 Yoga* 1:00 Intro to Paper Quilling 6:00 Blood Cancer SG*	15 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 2:00 Paper Quilling*	16 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Men's Cancer SG	17 1:30 Chair Yoga* 2:30 Group Meditation* 5:00 Hypnotherapy* 5:30 Yoga Nights*	18 10:00 Tangle and Talk* 11:00 Book Club* 12:00 Holiday Galvanized Panel* 1:30 Power of Acceptance* 1:30 Aromatherapy*	19
20	21 10:00 Alcohol Ink Necklace* 10:30 Yoga*	22 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	23 10:00 Wig Bank* 11:30 Nia Fitness* 1:30 Healthy Steps* 6:00 General Cancer SG* 6:00 Teen Time!	24 TVC CLOSED	25 TVC CLOSED	26
27	28 10:30 Yoga*	29 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 5:00 Silhouette Painting*	30 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise*			

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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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. **NO AQUATICS 11/23/2022**

INK RIBBON PROGRAM

Post-Operative Workout Enhancing Recovery

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.

Search "The
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, 2nd Saturday 10-12, call for appointment.**

Wig Bank HOURS:

➤ 2nd & 4th Wednesday and
2nd Saturday each month.

➤ Held at our PERRYSBURG Office



**Are YOU enrolled? It
helps so much!**

Register your Kroger

Card online at:

www.krogercommunityrewards.com

They'll make a donation to TVC based on



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