

# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

December 2022 Issue 144

## Support Groups (RSVP)

### Metastatic Breast Cancer Group

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

### Children's Art Therapy Group

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

### Blood Cancer Support Group

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

### Men's Cancer Support Group

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

### General Cancer Support Group

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

### Breast Cancer Support Group

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

### TVC Teen Time!

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

### Caregiver & Family Member Support Group

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

## **TVC's Annual Holiday Party!**



**Tuesday, December 6th**

**5:00pm - 7:00pm**

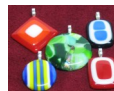
TVC's annual holiday potluck is back!

All TVC participants are invited to bring a guest. Please RSVP with the dish you'll be bringing. Refreshments and tableware will be provided.

## *Healthy Spirit*

## **Art Therapy** Areka Foster, Art Therapist

### **Fused Glass Pendant** **Friday, December 2nd** **10:00am - 12:00pm**



Need a gift for that hard-to-buy-for person or want a special piece of jewelry to match your holiday outfit? In this class, 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 in class. **If you attended the fused glass session in September, please allow others to take part in this class.** RSVP

### **Art Therapy Open Studio** **TVC@Toledo** **Thurs, Dec. 8th 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.

### **Winter Jar Ornaments** **Tuesday, December 13th** **5:30pm - 7:30pm**



We will create a winter scene ornament using miniature jars, decorative snow, and other small figurines. Feel free to bring any small winter-themed items you would like to include. We will also be using glue guns. RSVP

### **PAWS: Petting Away Worry & Stress (with Kittens!)** **Monday, December 19th** **1:00pm - 2:30pm**

Cat & Kitten Therapy builds on the pre-existing human-animal bond. Sitting and playing with a kitten or cat can aid in the relief of a variety of physical and mental issues. It can help reduce blood pressure and improve overall cardiovascular health. It can also release endorphins that produce a calming effect. Join Toledo Animal Rescue at TVC and pet away your holiday stress! Facilitated by Steve Kiessling, Director of Toledo Animal Rescue. RSVP



### **Holiday Greetings** **Monday, December 5th** **10:00am - 12:00pm** **TVC@Perrysburg**



In this art therapy session, we will be using many different materials to make our own holiday or thank you cards. We will have stamps, watercolors, decorative papers, and Styrofoam printing materials. Join us for a fun day of play and creating homemade cards. Please wear old clothing or bring a paint shirt. RSVP.

### **Holiday Alcohol Inks** **Monday, December 19th** **10:00am - 12:00pm** **TVC@Perrysburg**



Alcohol inks are so much fun to play with. If you are new to alcohol inks, they are hard to control but the playful effects are amazing. You will get to "play" with the effects of alcohol ink on ornaments. Please wear old clothes or bring a paint smock. RSVP

### **Winter Weather Workshop** **Thursday, December 15th** **2:00pm - 3:30pm**

Have you heard the term *windchill* used before? Maybe on the TV weather forecast? The windchill factor describes what happens to an object (like your body) when it is cold and windy outside. Former Meteorologist Kimberly Rosinski experiments with cold weather phenomenon and educates on how to protect yourself from frostbite, hypothermia, and other winter-related injuries. RSVP



This newsletter is also available online at [www.thevictorycenter.org](http://www.thevictorycenter.org). Click on "View Newsletter" on the main page and then click on the month you wish to view.

## Walking with Nature Thursday, Dec. 1st 2:00pm - 3:30pm



Explore the beauty and stillness of winter! 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, Dec. 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.

## Snowman Cricut Craft Monday, Dec. 5th 1:30pm - 2:30pm



Create your own seasonal snowman crafts with Cricut extraordinaire Peggy Borrell, TVC participant & teacher! RSVP



## Next Meeting: January Book: **A White Wind Blew** by James Markert

*A story of hope, survival, love and peace set inside of the Waverly Hills Tuberculosis Sanatorium during the 1920's. Dr. Wolfgang Pike — a widower, aspiring Priest, doctor, musician — tries to use his music to ease the pain of his patient's souls while they suffer from the illness and pray for healing.*

## Lymphedema Education Monday, Dec. 12th 12:00pm - 1:00pm



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. w/ Cindy Murphy, OT/Lymphedema Therapist. 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.

## Hypnotherapy: Offered in a small group setting Thursday, Dec. 15th 5:00pm - 6:00pm



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



## Returning in January 10:00am - 11:30am TVC@Toledo

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

## Returning in January 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, December 7th & 21st "Potpourri" 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.

## Fused Glass Ornaments Thursday, Dec. 1st 1:00pm - 2:30pm



Create your own seasonal fused glass ornament! The pieces will be created onsite and taken to a kiln for fusing. Facilitated by Itzel Krauss, TVC staff & survivor. RSVP

## Line Dancing Friday, December 9th 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

## 3-D Stars! Friday, Dec. 9th 10:00am - 12:00pm



A beautiful 3-D star in three sizes will embellish Christmas decor. Participants will learn to make three 3-D stars. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

## Paper Wreaths Monday, Dec. 12th 10:00am - 12:00pm



Participants will make a cone wreath using various paper. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

## Paper Quilling: Cards Friday, December 16th 12:00pm - 2:00pm



You must take Intro to Quilling before taking this class. Paper Quill a Christmas card for that special someone. 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. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

## Aromatherapy Consultation w/ Patti Leupp RN, CRNA Certified Clinical Aromatherapist Sponsored by Mercy Health

### Wednesday, December 14th "Oils of The Bible" 1:00pm - 2:00pm TVC@Perrysburg



## Mindfulness by Mariam Thursday, Dec. 15th 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

## Zentangle: Star Tuesday Dec. 6th 10:00am - 12:00pm



**Fundamentals of Zentangle required first.** Tangle a star for your holiday celebration. Paper & vellum cut-outs are provided but you will learn to fold & cut the template for your future designs. Bring all of your Zentangle supplies! Maureen Hines, Certified Zentangle Instructor. RSVP

## Zentangle: Star Friday Dec. 9th 10:00am - 12:00pm TVC@Perrysburg



**Fundamentals of Zentangle required first.** Tangle a star for your holiday celebration. Paper & vellum cut-outs are provided but you will learn to fold & cut the template for your future designs. Bring all of your Zentangle supplies! Maureen Hines, Certified Zentangle Instructor. RSVP

## Soul Care (formerly Power of Acceptance) "Stress Management" Friday, December 16th 1:00pm - 2:30pm

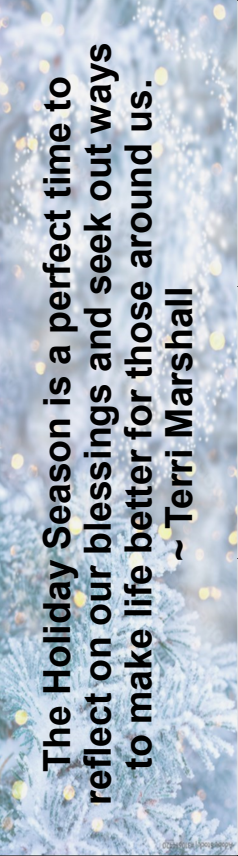



























Using meditation and discussion, we'll explore the art of stress management. Facilitated by Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP



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

# December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>4</b></p>  <p>The Holiday Season is a perfect time to reflect on our blessings and seek out ways to make life better for those around us. ~ Terri Marshall</p>	<p><b>5</b></p> <p><u>10:00</u> Holiday Greetings* </p> <p><u>10:30</u> Yoga*</p> <p><u>1:30</u> Cricut Snowman Crafts* </p>	<p><b>6</b></p> <p><u>10:00</u> Healthy Steps*</p> <p><u>10:00</u> Zentangle*</p> <p><u>11:00</u> Knit Wits*</p> <p><u>12:30</u> Yoga* </p> <p><u>5:00</u> HOLIDAY PARTY*</p>	<p><b>7</b></p> <p><u>11:30</u> Nia Fitness*</p> <p><u>1:00</u> Aromatherapy* </p> <p><u>1:30</u> Healthy Steps*</p> <p><u>5:00</u> Aquatic Exercise*</p> <p><u>6:00</u> Met Breast Cancer SG*</p>	<p><b>1</b></p> <p><u>10:00</u> Card Stamping* </p> <p><u>1:00</u> Glass Ornaments* </p> <p><u>1:30</u> Chair Yoga*</p> <p><u>2:30</u> Group Meditation*</p> <p><u>2:00</u> Walking with Nature*</p> <p><u>5:30</u> Yoga Nights*</p> <p><u>6:00</u> Young CA Support Group*</p>	<p><b>2</b></p> <p><u>10:00</u> Fused Glass Pendant* </p>	<p><b>3</b></p>
<p><b>11</b></p> <p><u>10:00</u> Paper Wreaths* </p> <p><u>10:30</u> Yoga*</p> <p><u>12:00</u> Lymphedema Ed* </p> <p><u>6:00</u> Blood Cancer SG*</p>	<p><b>12</b></p> <p><u>10:00</u> Paper Wreaths* </p> <p><u>10:30</u> Yoga*</p> <p><u>12:00</u> Lymphedema Ed* </p> <p><u>6:00</u> Blood Cancer SG*</p>	<p><b>13</b></p> <p><u>10:00</u> Healthy Steps*</p> <p><u>11:00</u> Knit Wits*</p> <p><u>12:30</u> Yoga* </p> <p><u>5:30</u> Winter Jar Ornaments* </p> <p><u>6:00</u> Breast Cancer SG*</p>	<p><b>14</b></p> <p><u>10:00</u> Wig Bank* </p> <p><u>11:30</u> Nia Fitness*</p> <p><u>1:00</u> Aromatherapy*</p> <p><u>1:30</u> Healthy Steps*</p> <p><u>5:00</u> Aquatic Exercise*</p> <p><u>6:00</u> General Cancer SG*</p> <p><u>6:00</u> Children's Art Therapy</p>	<p><b>15</b></p> <p><u>1:30</u> Chair Yoga*</p> <p><u>2:30</u> Group Meditation*</p> <p><u>12:00</u> Mindfulness by Mariam* (zoom) </p> <p><u>2:00</u> Winter Weather Workshop</p> <p><u>5:00</u> Hypnotherapy* </p>	<p><b>16</b></p> <p><u>10:00</u> Tangle and Talk* </p> <p><u>12:00</u> Paper Quilling* </p> <p><u>1:00</u> Soul Care (PoA)*</p>	<p><b>17</b></p>
<p><b>18</b></p> <p></p>	<p><b>19</b></p> <p><u>10:00</u> Holiday Alcohol Inks* </p> <p><u>10:30</u> Yoga*</p> <p><u>1:00</u> P.A.W.S. </p>	<p><b>20</b></p> <p><u>10:00</u> Healthy Steps*</p> <p><u>11:00</u> Knit Wits*</p> <p><u>12:30</u> Yoga* </p>	<p><b>21</b></p> <p><u>11:30</u> Nia Fitness*</p> <p><u>1:00</u> Aromatherapy</p> <p><u>1:30</u> Healthy Steps*</p> <p><u>5:00</u> Aquatic Exercise*</p> <p><u>6:00</u> Men's Cancer SG*</p>	<p><b>22</b></p> <p><u>1:30</u> Chair Yoga*</p> <p><u>2:30</u> Group Meditation*</p> <p><u>5:30</u> Yoga Nights*</p>	<p><b>23</b></p> <p><b>TVC CLOSED</b></p>	<p><b>24</b></p>
<p><b>25</b></p> <p></p>	<p><b>26</b></p> <p><b>TVC CLOSED</b></p>	<p><b>27</b></p> <p><u>10:00</u> Healthy Steps*</p> <p><u>11:00</u> Knit Wits*</p> <p><u>12:30</u> Yoga* </p> <p><u>6:00</u> Breast Cancer SG*</p> <p><u>6:00</u> Caregiver SG*</p>	<p><b>28</b></p> <p><u>10:00</u> Wig Bank* </p> <p><u>11:30</u> Nia Fitness*</p> <p><u>1:30</u> Healthy Steps*</p> <p><u>5:00</u> Aquatic Exercise*</p> <p><u>6:00</u> General Cancer SG*</p> <p><u>6:00</u> Teen Time!</p>	<p><b>29</b></p> <p><u>1:30</u> Chair Yoga*</p> <p><u>2:30</u> Group Meditation*</p> <p><u>5:30</u> Yoga Nights*</p>	<p><b>30</b></p>	<p><b>31</b></p>

**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.

3166 N. Republic Blvd.  
Toledo, OH 43615

Non-Profit Org.  
U.S. Postage  
**PAID**  
Toledo, Ohio  
Permit No. 840

## The Victory Center News

December 2022 Issue 144

### 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.

### INK RIBBON PROGRAM

Post-Operative Workout Enhancing Recovery

**Returning in 2023**  
**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"

LIKE US ON FACEBOOK



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](http://www.krogercommunityrewards.com)

They'll make a donation to TVC based on how much you shop! Don't worry, your fuel rewards remain the same.



AmazonSmile is a simple and automatic way for you to support The Victory Center every time you shop, at no cost to you!

Select us as your AmazonSmile Charity Partner by going to <https://smile.amazon.com>. A percentage of your purchase price is donated to us!