



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

January 2023 Issue 145

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, Jan. 4th
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, Jan. 5th
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, Jan. 11th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, Jan. 11th and 25th
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, Jan. 9th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, Jan. 18th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tuesday, Jan. 10th and 24th
6:00 - 7:30 pm

Caregiver & Family Member Support Group

Tuesday, Jan. 24th
6:00 - 7:30 pm

TVC Teen Time!

For adolescent family members ages 13-18,
of those affected by cancer
Wednesday, Jan. 25th
6:00 - 7:30 pm



Tickets go on sale
January 23rd, 2023!

Purchase here:
<https://thevictorycenter.ejoinme.org/glitter2022>

Healthy Spirit

Art Therapy Areka Foster, Art Therapist

Alcohol Ink Coffee Mugs **Thursday, January 19th** **5:00pm - 7:00pm**



Alcohol inks are a fun way to create vibrant colors, interesting textures and atmospheres. The effects are amazing and they're fast drying on non-porous surfaces. If you own your own alcohol inks, please bring them. In this art therapy session, we'll explore and play with alcohol inks on large coffee mugs. Wear old clothes/a paint shirt. Mugs will be coated with a dishwasher-safe medium. RSVP

Shrink Art Jewelry **Friday, January 13th** **10:00am - 12:00pm**



Remember the days of Shrinky Dinks? Plastic sheets that were colored and then placed in the oven to shrink. In this class 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, pendant or earrings. Feel free to bring small (4X6) simple images for inspiration or to trace. RSVP

Silhouette Painting (rescheduled) **Thursday, January 12th** **5:00pm - 7:00pm**

Those who signed up for the original date will be given first opportunity to attend. Remaining spots will be open to all participants! Bring a simple foreground image (less than 9 x 12 in.) or get inspired from the ideas offered. RSVP

Cannabis, CBD, & Cancer **Friday, January 13th** **1:00pm - 2:30pm**



Join us for this informative presentation about the medical uses for Cannabis and CBD, including where to start. Facilitated by Karen Bolander, Registered Pharmacist and Lisa Rasey. Karen works as a compliance manager at a Michigan grow facility and is the formulator of Hempexco brand CBD products. RSVP

Wool Felting **Monday, January 9th** **10:00am - 12:00pm** **TVC@Perrysburg**



Felted wool is a woven textile made out of animal (lamb, alpaca, goat etc.) fibers that have been washed and agitated causing the fibers to shrink and connect. We will be using wet felting techniques to create small pieces of colorful felted wool. If you have an allergy to wool, gloves can be provided. This will be an experiential class, learning the technique of wet felting. RSVP.

Mandala or Circle Painting **Monday, January 23rd** **10:00am - 12:00pm** **TVC@Perrysburg**



We will be using acrylic paint to create a painting on a wood circle. You can create a traditional mandala, bird eye image, or abstraction. Please wear old clothes or bring a paint shirt. RSVP

Art Therapy Open Studio **TVC@Toledo**



Thurs, Jan. 12th 3:00pm - 4:30pm
Fri, Jan. 27th 3:00pm - 4:30pm

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

Self Defense Workshop **Tuesday, January 17th** **5:00pm - 7:00pm**



Self-defense is a set of awareness, assertiveness, verbal confrontation skills, safety strategies, and physical techniques that enable you to successfully escape, resist, and survive attacks. In this workshop you will learn physical safety techniques, assessing your environment, and work together with others to stay safe in different situations. Facilitated by Andy Sprenger, Self-Defense Teacher and martial artist. RSVP

NEW! Chair Yoga - TVC@Toledo **Every Friday 10:00am - 11:00am**

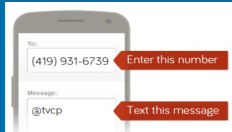
Facilitated by Lisa Rasey, Yoga Instructor & LMT. RSVP



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 receive messages via TEXT:



text @tvcp to (419)
931-6739.

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

Walking with Nature Thursday, Jan. 5th 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, Jan. 5th 10:00am - 12:00pm TVC@Perrysburg

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



Friday, January 20th 11:00am - 12:00pm Book: *A White Wind Blew* by James Markert

Join Book Club to discuss this month's book!



Hypnotherapy: Offered in a small group setting Thursday, Jan. 26th 5:00pm - 6:00pm

Your teacher/guide: Robert Bremer, Certified 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.

Fight Back with Nutrition—At both 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, January 20th 10:00am - 11:30am TVC@Toledo

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

Thursday, January 26th 11:00am - 12:00pm "Cancer Fighting Foods"

TVC@Perrysburg Sponsored by Mercy Health
Facilitated by Kristen McDougale, Clinical Dietitian

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

Wednesday, January 4th & 18th "Welcome In The New Year" 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.

Paper Quilling with Magazines Monday, January 9th 10:00am - 12:00pm

You must take Intro to Quilling before taking this class. Use magazine pages to create a beautiful tree. 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



Pop Up Cards Monday, Jan. 16th 10:00am - 12:00pm

Learn to make 3-D, pop up cards for all occasions. With the addition of a fun paper pop-up, it's easy to propel your handmade cards into the third dimension. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP



Soul Care "Building Faith" Friday, January 20th 1:00pm - 2:00pm

Using meditation and group discussion we'll explore developing greater faith. Facilitated by Jane V. Lutz, MSN, meditation teacher & holistic practitioner. RSVP



Stress Reduction & Guided Imagery For Survivors Wednesday, January 18th 1:00 - 3:30pm

Identify stressors and practice deep breathing and progressive relaxation. Experience a wonderful guided imagery with Facilitator Deborah Shulamit, RN, LSW.



Line Dancing Friday, Jan. 13th Friday, Jan. 27th 1:00pm - 2:00pm

Join us and learn to line dance. It's fun and great exercise! Facilitated by survivor Mary Leugers, line dance instructor. RSVP



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

Tuesday, January 31st "Beating the Winter Blahs & Blues" 11:30pm - 12:30pm TVC@Perrysburg

Zentangle: Framing a Tangle Thursday Jan. 12th 10:00am - 12:00pm

Fundamentals of Zentangle required first. Looking ahead to Valentine's Day, this class will work toward making a Zentangle frame for a beloved person, pet, place or your choice. Bring (no larger than) a 2 1/2" X 2 1/2" photo or drawing, your Zentangle tools, and your creative selves. Maureen Hines, Certified Zentangle Instructor. RSVP



Zentangle: Framing a Tangle Monday, Jan. 30th 10:00am - 12:00pm TVC@Perrysburg

Fundamentals of Zentangle required first. Looking ahead to Valentine's Day, this class will work toward making a Zentangle frame for a beloved person, pet place or your choice. Bring (no larger than) a 2 1/2" X 2 1/2" photo or drawing, your Zentangle tools, and your creative selves. Maureen Hines, Certified Zentangle Instructor. RSVP



LIVESTRONG At The YMCA Begins Jan. 23rd for 12 weeks

4 Locations to choose from!

We are pleased to bring back this collaboration! The YMCA is offering an exercise class for all cancer survivors, **at no charge**. Participants can expect to improve: muscular strength and cardiovascular endurance, flexibility and balance, and confidence and self esteem. Facilitated by: The Healthy Living Staff at the YMCA.





















Please RSVP with TVC

- West Toledo YMCA: Mon/Wed, 1-2:30pm
- East Toledo YMCA: Tues/Th 11:30am-1pm
- Wolf Creek YMCA: Tues/Thurs, 12:30-2pm
- Sylvania YMCA/JCC: Tues/Thurs, 5:30-7pm



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

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 TVC CLOSED	3 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga*	4 11:30 Nia Fitness* 1:00 Aromatherapy* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Met Breast Cancer SG*	5 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*	6 10:00 Chair Yoga*	7
8	9 10:30 Yoga* 10:00 Wool Felting* 10:00 Paper Quilling w/ magazines* 6:00 Blood Cancer SG*	10 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG*	11  10:00 Wig Bank* 10:00 Brows w/ Ashley* 11:30 Nia Fitness* 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 General Cancer SG* 6:00 Children's Art Therapy	12 1:30 Chair Yoga* 2:30 Group Meditation* 10:00 Zentangle: Framing*  3:00 Art Studio* 5:00 Silhouette Painting* 5:30 Yoga Nights*	13 10:00 Chair Yoga* 10:00 Shrink Art Jewelry*  1:00 Cannabis, CBD & Cancer*  1:00 Line Dancing*	14  10-12 Wig Bank* 10:00 Wig Tips*
15	16 10:30 Yoga 10:00 Pop-Up Cards*	17 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 5:00 Self-Defense Workshop* 	18 11:30 Nia Fitness* 1:00 Aromatherapy* 1:00 Stress Reduction & Guided Imagery 1:30 Healthy Steps* 5:00 Aquatic Exercise* 6:00 Men's Cancer SG*	19 1:30 Chair Yoga* 2:30 Group Meditation* 5:00 Alcohol Ink Coffee Mugs* 5:30 Yoga Nights*	20 10:00 Chair Yoga* 10:00 Nutrition* 11:00 Book Club* 1:00 Soul Care (PoA)*   	21
22	23 10:30 Yoga* 10:00 Mandala Circle Painting* 	24 10:00 Healthy Steps* 11:00 Knit Wits* 12:30 Yoga* 6:00 Breast Cancer SG* 6:00 Caregiver SG*	25 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* 6:00 Teen Time*	26 11:00 Nutrition* 1:30 Chair Yoga* 2:30 Group Meditation* 5:00 Hypnotherapy* 5:30 Yoga Nights*  	27 10:00 Chair Yoga* 1:00 Line Dancing* 3:00 Art Studio*  	28
29	30 10:00 Zentangle: Framing* 10:30 Yoga* 	31 10:00 Healthy Steps* 11:00 Knit Wits* 11:30 Aromatherapy* 12:30 Yoga* 			 CHEERS TO A NEW YEAR AND ANOTHER chance FOR US TO GET IT right. ~OPRAH WINFREY	

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

January 2023 Issue 145

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

Wednesdays Jan. 25th, 2023 - Mar. 1st, 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.

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
Fri- 10:00-11:00am
 - ◆ 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:

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

➤ Held at our PERRYSBURG Office



Brow Consultations with Ashley!

Want to learn how to create professional looking eyebrows using makeup? Meet with licensed esthetician Ashley Molnar for a brow consultation. Ashley will teach you how to measure your brows & apply product.

Consultations are 20mins in length and by appointment only. Call 419-531-7600 to schedule!

Every 2nd Wednesday 10am—12pm
➤ Held at our PERRYSBURG Office

Search "The Victory Center"

LIKE US ON FACEBOOK



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