



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

March 2023 Issue 147

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, March 1st
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, March 2nd
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, March 8th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, March 8th and 22nd
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, March 13th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, March 15th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tuesday, March 14th and 28th
6:00 - 7:30 pm

Caregiver & Family Member Support Group

Tuesday, March 28th
6:00 - 7:30 pm

Art Therapy for Teens

For adolescent family members ages 13-18,
of those affected by cancer
Wednesday, March 22nd
6:00 - 7:30 pm



COCKTAILS WITH CORY

MONDAY MARCH 13TH, 5:00PM-6:00PM

Learn how to make easy, delicious cocktails & pair them with the perfect appetizers or charcuterie. 21+ Facilitated by Chef & Bartender Cory Berlekamp RSVP



Healthy Spirit

Art Therapy Areka Foster, Art Therapist

"Spring" Mixed Media Painting Friday, March 10th 10:00am - 12:00pm



We could all use a little sunshine & spring this time of year. In this art therapy session, we can create it! We will be using acrylic paint and mixed media materials such as decorative papers, washi tape and other embellishments to create a fun and sunny image. Please wear old clothing or bring an art smock/shirt. RSVP

Lava Bracelets Thursday, March 16th 5:00pm - 7:00pm



Lava stone bracelets are a nice way to diffuse essential oils wherever you go. If you're not into essential oils, lava beads are interesting and earthy. Lava is naturally porous and can hold the scent of an essential oil for several days. Join us for an evening of making these fashionable and beneficial bracelets. Please bring reading glasses if you wear them. Supplies will be provided, but please feel free to bring any jewelry tools or other beads that you have on hand. Essential oils will not be used during this group. RSVP

NEW PROGRAM Parents' Night In! Evening Programs with Dinner & Childcare Tuesday, March 21st 5:00pm - 6:00pm



Join us every month for an evening program designed for parents and their children & folks who work during the day! TVC will provide pizza and childcare while participants attend an educational workshop or program.

This month: Intro To Acupuncture with Dr. Tausif

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.

Handmade Watercolor Cards Monday, March 6th 10:00am - 12:00pm TVC@Perrysburg



Handmade cards are one of the nicest things to give and can be a meaningful gift when you fill it with kind words and love. In this art therapy class, we will be creating up to 6 handmade cards using watercolor paints and various types of resists (crayon, oil pastel and wax) to draw images or design. Watercolor painting techniques will be offered but play and experimentation is encouraged. Bring a paint shirt. RSVP

Painted Flower Pots Monday, March 20th 10:00am - 12:00pm TVC@Perrysburg



Maybe it's wishful thinking, but summer is right around the corner. Please join us for an art therapy session of painting and decorating flowerpots to give as a gift or to add some color to your own home or garden. "No fail" techniques and ideas will be offered. Wear old clothes or bring a paint shirt. RSVP

Art Therapy Open Studio TVC@Toledo



**Thurs, Mar. 9th 3:00pm - 4:30pm
Fri, Mar 24th 10:30am - 12:00pm**

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

Brow Workshop Wednesday, March 22nd 10:00am - 11:00am TVC@Perrysburg



Ashley will teach you how to measure your brows & apply product. You will learn simple techniques to create beautifully sculpted brows and use the demonstrations to create your own daily brow routine. Facilitator: Ashley Molnar, Licensed Esthetician.



GARDEN CLUB

Wednesday March 29th 4:00pm - 5:00pm



Whether you're a beginner or master gardener, join us for tips, tricks, and activities!

Walking with Nature Thursday, March 2nd 2:00pm - 3:30pm

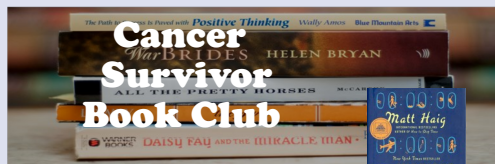


Find the first signs of Spring! Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Toneff of Ruth Esther Retreats. RSVP. **Meet/park at TVC@Toledo.**

Card Stamping Thursday, March 2nd 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, March 10th 11:00am - 12:00pm

Book: Midnight Library by Matt Haig
Between life and death there is a library, and within that library, the shelves go on forever. Every book provides a chance to try another life you could have lived. To see how things would be if you had made other choices. Would you have done anything different, if you had the chance to undo your regrets?



Art Therapy for Teens Wednesday, March 22nd 6:00pm - 7:30pm

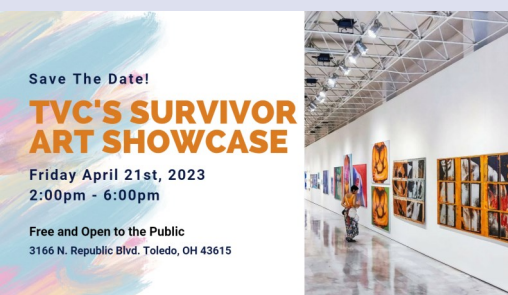


The Victory Center is excited to offer this group for adolescent family members of cancer patients and survivors! Expressive art therapy groups are a perfect way to allow teens to explore difficult thoughts and feelings through various artistic mediums. Every 4th Wednesday of the month. Facilitated by Kayt Harden, Art Therapist. RSVP.

Hypnotherapy: Offered in a small group setting Thursday, March 23rd 5:00pm - 6:00pm



Your teacher/guide: Robert Bremer, Certified Master Hypnotherapist. 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?
- Meet in a casual, small group setting to learn how your nutrition can help you with your cancer journey and wellness goals.



Friday, March 10th “Taste and Smell Changes” 10:00am - 11:00am TVC@Toledo

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

Quarterly: Next Class April 2023 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, March 1st 1:00pm - 2:00pm TVC@Toledo



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

Friday, March 24th 1:00pm - 2:00pm TVC@Perrysburg



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.

Abstract Painting Monday, March 13th 10:00am - 12:00pm



Let your creative energy flow using acrylic paints on canvas. Play with colors and shapes to make an abstract work of art. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

Spring Galvanized Panel Monday, March 27th 10:00am - 12:00pm



Create an inspiring Spring scene on metal galvanized panels. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

Soul Care: “Charity” Friday, March 17th 1:00pm - 2:30pm



Using meditation and group discussion we'll explore the intricacies of giving and receiving charity. Facilitated by Jane V. Lutz, MSN, meditation teacher & holistic practitioner.

Line Dancing Friday, Mar. 10th Friday, Mar. 24th 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

Zentangle: Tessellations Wed. March 15th 1:00pm - 3:00pm



Fundamentals of Zentangle required first. Tessellation is any recurring pattern of symmetrical & interlocking shapes. They are frequently visible in our daily existence - brickwork, tile floors, quilts, chess boards, bee hives & snake skins. Think MC Escher, the Dutch artist, who used tessellations in much of his art work. Facilitator Maureen Hines, Certified Zentangle Instructor. RSVP

Lymphedema Education Monday, March 13th 1:00pm - 2:00pm



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. Facilitated by Cindy Murphy, OT/Lymphedema Therapist.

Advanced Care Planning Monday, March 20th 1:00pm - 2:00pm



Health crises are unpredictable. Learn the importance of having conversations and documents prepared if an individual is unable to speak for themselves. Facilitated by Donna Hill, Healthcare Liaison with ProMedica.

Embracing Death: Creating a meaningful end of life experience Friday, March 31st 12:00pm - 1:30pm



Through interactive discussion and personal reflection participants will explore societal and personal attitudes towards death and learn about what it means to create a meaningful end-of-life experience. Facilitated by Lisa Rasey, LMT & End of Life Doula. RSVP

Zentangle: Tessellations Thurs. March 30th 10:00am - 12:00pm TVC@Perrysburg






























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

March 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
 5	 6 10:00 Watercolor Cards  10:30 Yoga	7 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga	 1 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	2 10:00 Card Stamping  1:30 Chair Yoga 2:30 Group Meditation 2:00 Walking with Nature  5:30 Yoga Nights 6:00 Young Survivor SG	3 TVC CLOSED Luncheon & Fashion Show 	4
12 Daylight Savings Time Begins!	13 10:30 Yoga 10:00 Abstract Painting 1:00 Lymphedema Ed  5:00 Cocktails w/ Cory 6:00 Blood Cancer SG	14 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG	8 10:00 Wig Bank  11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	9 1:30 Chair Yoga 2:30 Group Meditation  3:00 Art Studio 5:30 Yoga Nights	10 10:00 Chair Yoga 10:00 Mixed Media Paint  10:00 Nutrition  11:00 Book Club 1:00 Line Dancing 	11 10-12 Wig Bank  10:00 Wig Tips
19	20 10:30 Yoga 10:00 Painted Flower Pots  1:00 Advance CarePlan 	21 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 5:00 Parents' Night In! 	22 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 Teen Art Therapy 	23 1:30 Chair Yoga 2:30 Group Meditation 5:00 Hypnotherapy  5:30 Yoga Nights	24 10:00 Chair Yoga  10:30 Art Studio  1:00 Line Dancing  1:00 Aromatherapy	25
26	27 10:30 Yoga 10:00 Galvanized Panel 	28 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	29 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 4:00 Garden Club 	30 10:00 Zentangle  1:30 Chair Yoga 2:30 Group Meditation 5:30 Yoga Nights	31 10:00 Chair Yoga 12:00 Embracing Death 	

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 REQUIRED
Call 419-531-7600



THE VICTORY CENTER

Reaching out to cancer patients & their families.

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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 March 29th - May 3rd, 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.

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!

- ◆ 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 Instructors, Mike Zerner or Caroline Dawson.

- ◆ Healthy Steps Tues- 10-11:00am
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- 10-11:00am



Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructors, Caroline Dawson or Lisa Rasey.

- ◆ Guided Meditation Thurs- 2:30-3:00pm
Led by Caroline Dawson, following chair yoga.

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



**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 how much you shop! Don't worry, your fuel rewards remain the same.

This newsletter is also available online
at www.thevictorycenter.org
Click "View Newsletter" on the main
page and select the month you wish to
view.