

# The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

April 2023 Issue 148

## **Support Groups (RSVP)**

### **Metastatic Breast Cancer Group**

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

### **Children's Art Therapy Group**

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

### **General Cancer Support Group**

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

### **Blood Cancer Support Group**

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

### **Men's Cancer Support Group**

Wednesday, April 19th  
6:00 - 7:30 pm

### **Breast Cancer Support Group**

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

### **Caregiver & Family Member Support Group**

Tuesday, April 25th  
6:00 - 7:30 pm

### **Art Therapy for Teens**

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

## **TVC SURVIVOR ART SHOWCASE**

FRIDAY APRIL 21ST 2:00PM - 6:00PM

**FREE & OPEN TO THE PUBLIC**

3166 N Republic Blvd. Toledo, OH 43615

## *Healthy Spirit*

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

### **Personal Mandala Friday, April 14th 10:00am - 12:00pm**

Mandala, when translated, means circle and center. Pema Chodron stated, "Each person's life is like a mandala - a vast, limitless circle." Join us for an art therapy session looking at and creating all the circles that have brought you to today. We will use watercolor, stamps, pens, and other media. Words or images can be used to reflect your life. RSVP



### **Wire Beaded Trees Thursday, April 27th 5:00pm - 7:00pm**

Wire-beaded trees are unique and elegant. They are a fun centerpiece that can be created with your own colors & style. You can create a bonsai, a spring weeping cherry, or a fall oak tree; possibilities are endless. Please bring your creativity, a pair of needle nose pliers, and work gloves. If you have a certain color in mind, bring a small container of beads (larger beads are easier to handle). This class does require some hand strength. RSVP



### **Art Therapy Open Studio TVC@Toledo**

**Thurs, Apr 13th 3:00pm - 4:30pm**  
**Fri, Apr 28th 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.



### **Learn About Bees Wednesday, April 26th 3:00pm - 4:00pm**

Join this class to learn all about Honey Bees! Discussion will include the workings of a bee colony, their roles in the ecosystem, and what it's like to be a bee keeper! Facilitated by Renee Jensen, Bee Keeper & Enthusiast. RSVP.



### **Star Paroles Monday, April 17th 10:00am - 12:00pm TVC@Perrysburg**

In the Philippines, star-shaped lanterns, or paroles, symbolize the victory of light over darkness as well as hope and goodwill. Traditionally used in the Christmas season, they are so festive and beautiful that they can be used all year round. They are created with natural reed, translucent paper, and watercolor. They can be displayed in a window making a colorful, festive decoration for any season. RSVP



### **Cherry Blossom Painting Monday, April 24th 10:00am - 12:00pm TVC@Perrysburg**

In this group, we'll use Asian-inspired ink-painting techniques to create the simplicity and harmony of the cherry blossom. Learn and practice the techniques of this traditional Asian art form, often practiced as a form of meditation. Please wear old clothes or paint shirt. This art therapy group offers the opportunity to be creative & gather with others. This class is geared towards any skill level with support and techniques to overcome hurdles. RSVP



### **NEW PROGRAM Parents' Night In! Evening Programs with Dinner & Childcare Tuesday, April 18th 5:30pm - 6:30pm**

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



### **This Month: Aromatherapy**

w/ Deb Reis MSN, RN, Clinical Aromatherapist

SAVE THE DATE!

## **TVC'S CELEBRITY WAIT NIGHT**

"A NIGHT UNDER THE STARS"

THURSDAY MAY 11TH, 2023 @ THE PINNACLE

CONTACT KIMBERLY ROSINSKI IF YOU ARE INTERESTED IN BEING A WAITER: KNEWMAN@THEVICTORYCENTER.ORG



## Walking with Nature Thursday, April 6th 2:00pm - 3:30pm



Spring has sprung!  
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, April 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.



## Friday, May 19th 11:00am - 12:00pm **Book: How to Stitch an American Dream by Jenny Doan**

*Faith, family, hard work, and second chances are at the core of every great American story, and Jenny Doan's story is just that. Readers will discover the success story of the Missouri Star Quilt Company and Jenny's remarkable journey to overcome hardship, claim the abundance of family, and ignite the power of giving—all while revitalizing a small town along the way.*

## Hypnotherapy: Offered in a small group setting Thursday, April 20th 5:00pm - 6:00pm



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

## TVC Garden Club Wednesday, April 26th 4:00pm - 5:00pm



Whether you're a beginner or master gardener, join us for tips, tricks, and activities. Garden Club meets monthly and has something for everyone: learn about special topics, help maintain the Serenity Garden, or participate in plant swaps and garden tours!

## Line Dancing Friday, April 14th Friday, April 28th 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

## 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, April 14th TVC@Toledo "Nutrition & Cancer Survivors" 10:00am - 11:00am

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

### Friday April 28th TVC@Perrysburg "Nutrition Myths" 11:00am - 12:00pm

Facilitated by Kristen McDougale, Clinical Dietitian Sponsored by Mercy Health

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

### Wednesday, April 5th & 19th 1:00pm - 2:00pm TVC@Toledo



Discuss the benefits of aromatherapy for cancer survivors with a Certified Clinical Aromatherapist. Learn to identify therapeutic-grade essential oils, their properties, and how to integrate them into your routine.

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

### Friday, April 28th 1:00pm - 2:00pm TVC@Perrysburg



## Watercolor Still Life Monday, April 3rd 10:00am - 12:00pm



Celebrate Spring by creating a watercolor still life painting that captures the beauty of seasonal flowers in bloom. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

## Paper Roses Monday, April 17th 10:00am - 12:00pm



Learn to make beautiful flowers that will never wilt using coffee filters! Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

## Flower Shadow Boxes Thursday April 13th 10:30am - 12:00pm



Make a unique, 3D piece of Spring décor to hang in your home or give as a gift. You'll learn how to make your own colorful flowers out of cardstock and arrange them inside a hexagonal box frame. Facilitated by Itzel Krauss, TVC Staff & Survivor. RSVP

## Soul Care: "Awe" Friday, April 14th 1:00pm - 2:30pm



Using meditation and group discussion, we'll explore the feelings of awe and how to expand and deepen it within ourselves. Facilitated by Jane V. Lutz, MSN RSVP.

## Growing Aromatherapy Herbs Mon, April 3rd TVC@Perrysburg 11:00am - 12:00pm



Herbs are among the easiest edible plants to grow. When you cultivate your own fresh herbs, you can enjoy their flavors, healing properties, and uses for a natural home every day. Learn about herbs and start your own from seed. Once our seeds germinate & sprout, a second session will teach you how to use them! Facilitator: Brad Schwamberger, Master Gardener RSVP

## Post-Treatment Recovery Thurs, April 6th TVC@Toledo Thurs, April 20th TVC@Perrysburg 11:00am - 12:00pm



It's now time to focus on the recovery phase of your cancer treatment. Chemotherapy and radiation can lead to long-term symptoms that make it more difficult to live a full life. Learn the *why* and *how* to support your energy and improve your gut function to regain your vitality. This program will be offered at both locations! Facilitated by Dr. Nancy Sturtz, MD, CFMP of Functional Medicine Plus RSVP

## Embracing Death: Creating a meaningful end of life experience Friday, April 28th 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: Around the World in Tangles Wed. April 12th 12:00pm - 2:00pm



**Fundamentals of Zentangle required first.** Do you love to travel? Come and explore tangles from around the world without leaving Ohio. Facilitator Harley King, Certified Zentangle Instructor & Artist. RSVP

## Zentangle: Around the World in Tangles Thurs. April 27th TVC@Perrysburg 11:00am - 1:00pm



**Fundamentals of Zentangle required first.** Do you love to travel? Come and explore tangles from around the world without leaving Ohio. Facilitator Harley King, Certified Zentangle Instructor & Artist. RSVP





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

# April 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
2	3 10:00 Watercolor Still Life 10:30 Yoga 11:00 Growing Aromatherapy Herbs	4 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga	5 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 Recovery 1:30 Chair Yoga 2:30 Group Meditation 2:00 Walking with Nature 5:30 Yoga Nights 6:00 Young Survivor SG	7 10:00 Chair Yoga	8 10-12 Wig Bank 10:00 Wig Tips
9	10 10:30 Yoga 6:00 Blood Cancer SG	11 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG	12 10:00 Wig Bank 10:00 Pink Ribbon 11:30 Nia Fitness 12:00 Zentangle 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art	13 10:30 Flower Shadow Box 1:30 Chair Yoga 2:30 Group Meditation 3:00 Art Studio 5:30 Yoga Nights	14 10:00 Chair Yoga 10:00 Nutrition 10:00 Personal Mandala 1:00 Line Dancing 1:00 Soul Care	15
16	17 10:00 Star Paroles 10:00 Paper Roses 10:30 Yoga	18 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 5:30 Parents' Night In!	19 10:00 Pink Ribbon 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	20 11:00 Post-Treatment Recovery 1:30 Chair Yoga 2:30 Group Meditation 5:00 Hypnotherapy 5:30 Yoga Nights	21 10:00 Chair Yoga 2:00pm - 6:00pm TVC Survivor Art Showcase!	22
23	24 10:00 Cherry Blossom Painting 10:30 Yoga	25 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	26 10:00 Wig Bank 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 3:00 Learn About Bees 4:00 Garden Club 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Teen Art Therapy	27 11:00 Zentangle 1:30 Chair Yoga 2:30 Group Meditation 5:00 Wire Beaded Trees 5:30 Yoga Nights	28 10:00 Chair Yoga 10:30 Art Studio 11:00 Nutrition 12:00 Embracing Death 1:00 Line Dancing 1:00 Aromatherapy	29
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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

No winter lasts forever; no spring skips its turn.



THE VICTORY CENTER

Reaching out to cancer patients & their families.

3166 N. Republic Blvd.  
Toledo, OH 43615

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Toledo, Ohio  
Permit No. 840

## The Victory Center News

April 2023 Issue 148

### 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.**

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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](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.

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