



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

May 2023 Issue 149

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, May 3rd
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, May 4th
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, May 10th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, May 10th and 24th
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, May 8th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, May 17th
6:00 - 7:30 pm

Breast Cancer Support Group

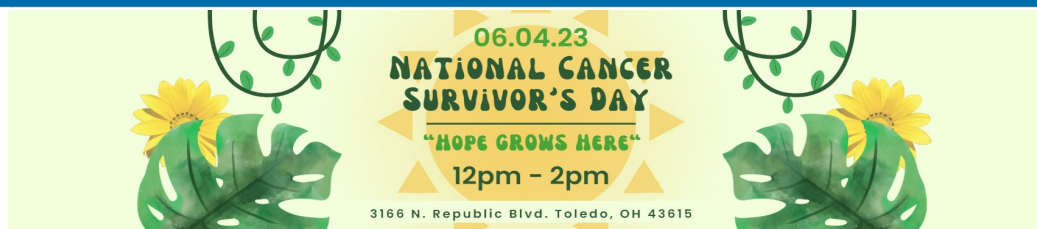
Funded by **The Breast Cancer Fund of OH**
Tuesday, May 9th and 23rd
6:00 - 7:30 pm

Caregiver & Family Member Support Group

Tuesday, May 23rd
6:00 - 7:30 pm

Art Therapy for Teens

For adolescent family members ages 13-18,
of those affected by cancer
Wednesday, May 24th
6:00 - 7:30 pm



Healthy Spirit

Pinecone Flower Box Thursday, May 18th 5:00pm - 7:00pm

April showers bring May flowers. In this group, we will make our own. Join us to make a painted pinecone flower or succulent box that can be on a table or hung on a wall. In this art therapy group, we will be painting pinecones to look like flowers or succulents and adding them to a 10-inch flower box. Please wear old clothing or bring a paint shirt. RSVP



Boho Wrap Bracelets Thursday, May 25th 5:00pm - 7:00pm

These bracelets are super cute and very trendy. Once you understand how to make them, they are fairly easy to create. This activity requires some fine motor skills, and we will be using beads, so bring your reading glasses and get ready to learn the tricks on how to make these fun and fancy bracelets. RSVP



Art Therapy Open Studio TVC@Toledo

Fri, May 26th 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.



Art Therapy Areka Foster, Art Therapist

Decorative Lighted Bottles Monday, May 1st 10:00am - 12:00pm TVC@Perrysburg

We will be using torn tissue paper, napkins and mod podge to create lighted bottles. The bottles will be provided, but feel free to bring your own. Any color or shape bottle is fine as long as the neck is similar to a wine bottle. One lighted cork will be provided for each participant. Please wear old clothing or bring a paint shirt. **Bring your leftover fancy paper napkins (think fun and funky designs) or tissue paper for this art experience.** RSVP



Alcohol Ink Flowers on Tile Monday, May 22nd 10:00am - 12:00pm TVC@Perrysburg

Alcohol inks are a fun way to create vibrant colors, interesting backgrounds, and atmospheres. The colors are bright, the effects are amazing, and they are fast drying on non-porous surfaces. Participants are free to create any design or atmosphere with the inks, but we will review how to make different flowers. If you own your own alcohol inks, please bring them. Please wear old clothes or a paint shirt. RSVP



Participant Retreat at the Cannaley Treehouse Village Tuesday, May 30th 11:00am - 4:00pm

Enjoy a day of activities in nature and fellowship with other survivors at the Treehouse Village in Swanton, OH.

Itinerary:

11am - 12pm	Lunch, Meet & Greet, Explore the Treehouses
12pm - 1pm	Explore Energy in Nature w/ Kathie Jaskolski
1:30pm - 2:30pm	Choose: Outdoor Yoga Session OR A Nature Walk
3pm - 4pm	Nature Craft: Make Sunprints using found objects



GIVEAWAY: Overnight Stay at Cannaley Treehouse Village Tues. May 30th 5:00pm - Wed. May 31st 10:30am

Participants: Enter to win an overnight stay for you and a guest in one of four private treehouses at the Cannaley Treehouse Village in Swanton, OH

- **Pizza & Smore's around the fire pit provided by TVC**
- **To Enter: Fill out an entry form at either TVC location**
- **Winners will be drawn 5/24/23**

Treehouses have electricity, heat, and AC. The restrooms and shower facilities are nearby but NOT inside the treehouses.

CELEBRITY WAIT NIGHT *a Night Under The Stars!*

05.11.23

<https://thevictorycenter.ejoinme.org/CWN2023>

Walking with Nature Thursday, May 4th 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, May 4th 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



Join Book Club to discuss and learn.

Hypnotherapy: Offered in a small group setting Thursday, May 18th 5:00pm - 6:00pm



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

TVC Garden Club Wednesday, May 24th 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, May 12th Friday, May 26th 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, May 12th TVC@Toledo "Poor Appetite"

10:00am - 11:00am

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

Next Workshop: July 2023

TVC@Perrysburg

11:00am - 12:00pm

Facilitated by Mercy Clinical Dietitian
Sponsored by Mercy Health

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

Wednesday, May 3rd & 17th

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.

Parents' Night In! Evening Programs w/ Pizza & Childcare

Tuesday, May 16th
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: Genetic Testing & Cancer

Facilitated by Kelly Morse & Lindsay Willard, Licensed Genetic Counselors.

Genetic Testing & Cancer Thurs, May 4th 11:00am - 12:00pm



What is genetic testing? Learn about genetic testing for cancer patients and their families. Facilitated by Kelly Morse & Lindsay Willard, Licensed Genetic Counselors, ProMedica. RSVP

Beaded Sun Catchers Monday, May 8th 10:00am - 12:00pm



Welcome in warmer weather by creating a Sun Catcher using beads. Supplies provided. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

Soul Care: "I Deserve" Friday, May 19th 1:00pm - 2:30pm



Using group discussion and meditation, we will focus on the life long goal of deepening our self love. Facilitated by Jane V. Lutz, MSN. RSVP

Paper Quilling Tuesday, May 23rd 10:00am - 12:00pm



Intro to Quilling required. Quill a peacock feather card. Facilitated by Dottie Huls, retired art teacher and survivor. RSVP

Estate Planning 101 - Where There's a Will, There's a Way Thursday, May 18th 12:00pm - 1:30pm



What is Estate Planning? It's making a plan in advance, naming the people or organizations you want to receive the things you own after you die, and taking steps now to make carrying out your plan as easy as possible later. Learn the ins and outs of estate planning and how to get started! Facilitated by Karen Davis, Esq. and TVC Board Member. RSVP

Zentangle: Tangling on Fabric Tues. May 16th TVC@Perrysburg Thurs. May 25th TVC@Toledo 10:00am - 12:00pm





























Fundamentals of Zentangle required first.

Tangling on fabric is exciting. Too often we put our tiles in a binder & only take them out on occasion. Fabric allows us to wear it; carry it; and visibly remind ourselves we are creative beings. You will Zentangle on small canvas bags. Tools provided. Facilitator Maureen Hines, Certified Zentangle Instructor. RSVP



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

May 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 10:00 <u>Lighted Bottles</u>  10:30 <u>Yoga</u> Livestrong @ YMCA begins this week!	2 10:00 Healthy Steps 11:00 Knit Wits 12:30 <u>Yoga</u>	3 10:00 Pink Ribbon 11:30 Nia Fitness 1:00 <u>Aromatherapy</u> 1:30 <u>Healthy Steps</u> 5:00 <u>Aquatic Exercise</u> 6:00 Met Breast Cancer SG	4 10:00 <u>Card Stamping</u> 11:00 <u>Genetics</u> 1:30 <u>Chair Yoga & Meditation</u> 2:00 Walking with Nature 5:30 <u>Yoga Nights</u> 6:00 <u>Young Survivor SG</u>	5 10:00 <u>Chair Yoga</u>	6
7	8 10:00 <u>Bead Suncatcher</u>  10:30 <u>Yoga</u> 6:00 <u>Blood Cancer SG</u>	9 10:00 Healthy Steps 11:00 Knit Wits 12:30 <u>Yoga</u> 6:00 <u>Breast Cancer SG</u>	10 10:00 <u>Wig Bank</u> 11:30 Nia Fitness 1:30 <u>Healthy Steps</u> 5:00 <u>Aquatic Exercise</u> 6:00 General Cancer SG 6:00 Children's Art	11 1:30 <u>Chair Yoga & Meditation</u> 5:30 <u>Yoga Nights</u> CELEBRITY WAIT NIGHT FUNDRAISING EVENT!	12 10:00 <u>Chair Yoga</u> 10:00 <u>Nutrition</u> 1:00 <u>Line Dancing</u>  	13 10-12 <u>Wig Bank</u> 10:00 <u>Wig Tips</u> 
14 	15 10:30 <u>Yoga</u>	16 10:00 Healthy Steps 11:00 Knit Wits 10:00 <u>Zentangle</u> 12:30 <u>Yoga</u> 5:30 <u>Parents' Night In!</u> 	17 11:30 Nia Fitness 1:00 <u>Aromatherapy</u> 1:30 <u>Healthy Steps</u> 5:00 <u>Aquatic Exercise</u> 6:00 Men's Cancer SG	18 12:00 <u>Estate Planning</u> 1:30 <u>Chair Yoga & Meditation</u> 5:00 <u>Pinecone Flower Box</u> 5:00 <u>Hypnotherapy</u> 5:30 <u>Yoga Nights</u>   	19 10:00 <u>Chair Yoga</u> 11:00 <u>Book Club</u> 1:00 <u>Soul Care</u>   	20
21	22 10:00 <u>Alcohol Ink Flowers</u> 10:30 <u>Yoga</u> 1:00 <u>P.A.W.S.</u>  	23 10:00 <u>Paper Quilling</u> 10:00 Healthy Steps 11:00 Knit Wits 12:30 <u>Yoga</u> 6:00 <u>Breast Cancer SG</u> 6:00 <u>Caregiver SG</u> 	24 10:00 <u>Wig Bank</u> 11:30 Nia Fitness 1:30 <u>Healthy Steps</u> 4:00 <u>Garden Club</u> 5:00 <u>Aquatic Exercise</u> 6:00 General Cancer SG 6:00 Teen Art Therapy  	25 10:00 <u>Zentangle</u> 1:30 <u>Chair Yoga & Meditation</u> 5:00 <u>Boho Bracelets</u>  	26 10:00 <u>Chair Yoga</u> 10:30 <u>Art Studio</u> 1:00 <u>Line Dancing</u> 1:00 <u>Aromatherapy</u>    	27
28	29 <u>Closed</u> 	30 10:00 Healthy Steps 11:00 Knit Wits 12:30 <u>Yoga</u> 11:00 - 4:00 <u>Participant Retreat</u>	31 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 <u>Healthy Steps</u> 5:00 <u>Aquatic Exercise</u> 			

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.

3166 N. Republic Blvd.
Toledo, OH 43615

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

The Victory Center News

May 2023 Issue 149

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 May 31st - July 5th, 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"

LIKE US ON FACEBOOK 

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, combined with 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

LIVESTRONG At YMCA Begins MAY 1st 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: Mon/Wed, 1:30pm-3pm
-Wolf Creek YMCA: Tues/Thurs, 12:30-2pm
-Sylvania YMCA/JCC: Tues/Thurs, 5:30-7pm