



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

June 2023 Issue 150

Support Groups (RSVP)

Metastatic Breast Cancer Group

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

Children's Art Therapy Group

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

General Cancer Support Group

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

Blood Cancer Support Group

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

Men's Cancer Support Group

Wednesday, June 21st
6:00 - 7:30 pm

Breast Cancer Support Group

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

Caregiver & Family Member Support Group

Tuesday, June 27th
6:00 - 7:30 pm

Art Therapy for Teens

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

06.04.23
**NATIONAL CANCER
SURVIVOR'S DAY**
"HOPE GROWS HERE"
Sunday June 4th, 2023 12:00pm - 2:00pm
Open to the Public!
419.531.7600 | 3166 N. Republic Blvd. Toledo, OH 43615

Prizes!
Food & Refreshments
Games & Fun for All Ages
Live Music!

Healthy Spirit

Art Therapy Areka Foster, Art Therapist

Velour Paper Drawing Thursday, June 8th 5:00pm - 7:00pm



Velour paper is one of the most satisfying types of paper to draw on with oil or chalk pastels. This fuzzy paper "holds" onto the pastels, and the colors pop, creating a bright and bold image. Bring your own inspiration to draw or try your hand at creating a colorful mandala (circle drawing).
RSVP

Cookie Cutter Wool Needle Felting Friday, June 30th 10:30am - 12:00pm



Felted wool is a woven textile made out of animal (lamb, alpaca, goat, and more) fibers that have been agitated, causing the fibers to connect. We will use needle felting techniques to create small shapes of colorful felted wool that can be made into a pin. If you have an allergy to wool, gloves will be provided, but please decide if this class is suitable for you. Cookie cutters will be on hand, but please bring any cookie cutters you have.
RSVP.

Growing Aromatherapy Herbs Part 2 Wednesday, June 7th 12:00pm - 1:00pm TVC@Perrysburg



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. Now that our plants have sprouted... Learn how to use them and keep them healthy. Facilitators: Patty Leupp, Clinical Aromatherapist & Brad Schwamberger, Master Gardener. RSVP

Summer Acrylic Painting Monday, June 5th 10:00am - 12:00pm TVC@Perrysburg



I am ready for summer! I love walking on the beach, relaxing, and enjoying the outdoors. Let's get in the spirit of summer with a painting inspired by the season. Join us for a relaxing art therapy session of painting using easy-to-follow instructions and adding your personal touch. Please wear paint shirt or old clothes, and feel free to bring unique shells or other summer items to add to your painting.
RSVP

Silk Painted Sun Catchers Monday, June 19th 10:00am - 12:00pm TVC@Perrysburg



Silk painting is a fun and easy way to create a beautiful piece of art. You will learn the basics of silk painting, using masking fluids, dyes, and paints on a silk hoop sun catcher. Silk painting reinforces the idea of "let it go and let it flow." Come relax and create. Please wear old clothes or a paint shirt.
RSVP

Cocktails with Cory! Tuesday, June 13th 5:00pm - 6:30pm



Back by popular demand!
Let's raise a glass to summer!
Learn how to make fun and refreshing summer cocktails during this interactive workshop with Bartender Cory Berlekamp. 21+ only. There will be alcohol present at this event.
RSVP

Walking with Nature Thursday, June 1st 2:00pm - 3:30pm

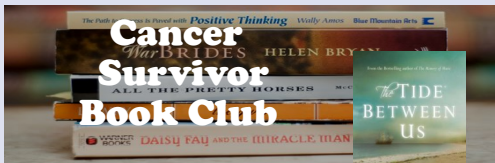


Spring has sprung! Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Toneff of Ruth Esther Retreats. RSVP. **Meet/park at TVC@Toledo.**

Card Stamping Thursday, June 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.



Friday, JULY 21st 11:00am - 12:00pm Book: **The Tide Between Us** by Olive Collins

Inspired by the real story of 2,000 Irish children deported to Jamaica and the statistics that 25% of Jamaican citizens claim Irish ancestry. *The Tide Between Us* is a powerful novel documenting true historical events and the resilience of the human spirit.

Join Book Club to discuss and learn.

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



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

TVC Garden Club Wednesday, June 28th 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!

Unfortunately, NO LINE DANCING THIS MONTH

Friendly reminder of 1-1 services policy: If you are unable to make your appointment, or are running late, please call us at 419-531-7600. We have a waiting list and can frequently fill cancellations. Repeated no-call/no-shows may affect eligibility for 1-1's in the future.

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, June 9th TVC@Toledo "Eat Right with Less Added Sugar" 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, June 21st 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, June 23rd 1:00pm - 2:00pm TVC@Perrysburg



Embroidery 101 Wednesday, June 7th 5:00pm - 6:30pm



Embroidery is a decorative art form using fabric, needles, and thread designed to add texture and embellishment. Learn the basics of embroidery and practice common stitches. Supplies provided. Facilitated by Stephanie Holiday-Ball, TVC Board Member and Embroidery Enthusiast. RSVP

Soul Care: "Member's Choice" Friday, June 16th 1:00pm - 2:30pm



Please come to this meeting with spiritual topics you wish to gain greater clarity about. We'll use meditation and small group discussion to address them. Facilitated by Jane V. Lutz, MSN. RSVP

Parents' Night In! w/ Pizza & Childcare Tuesday, June 20th 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: Hypnotherapy

Facilitated by Robert Bremer, Certified Master Hypnotherapist.

Embracing Death: Creating an Exit Strategy Friday, June 30th 12:00pm - 1:30pm



This month, join us to talk about making "an exit strategy". 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

What is Palliative Care? Thursday, June 8th 1:00pm - 2:00pm



What is the difference between palliative, hospice, and comfort care? Attend this educational workshop to learn the answer! Donna will discuss the continuum of care, who can benefit from different types of care, and where to access care. Facilitated by Donna Hall, Home Health & Hospice Liaison. RSVP

Fundamentals of Zentangle Tuesday, June 6th 10:00am - 12:00pm



Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn how to shift your state of mind towards relaxation and inspiration. Zentangle art is usually abstract and not focused on a scene, object or person. Facilitated by Maureen Hines, Certified Zentangle Instructor. RSVP

Family Art Night Thursday, June 22nd 5:30pm - 7:00pm



An evening of fun for parents, guardians, or grandparents and their children. Make a special art project with the kids in your life! All ages welcome. Snacks and refreshments will be provided. Facilitated by Kayt Harden, TVC Children's Art Therapist. RSVP

Zentangle: Tangle & Talk Thursday, June 29th TVC@Perrysburg 10:00am - 12:00pm



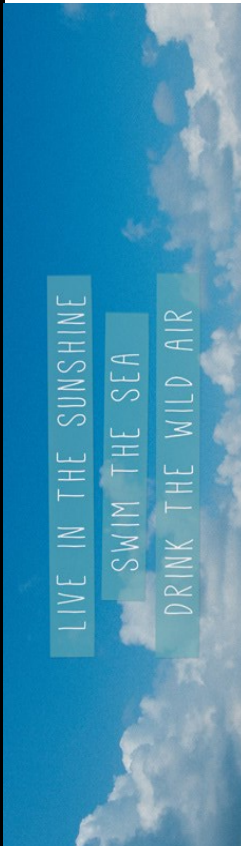
















Fundamentals of Zentangle required first. Want to learn more patterns and share ideas? Attend with other enthusiasts and be ready to pick up more skills. Bring your own supplies and completed work. Facilitated by Maureen Hines, Certified Zentangle Instructor. RSVP



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

June 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4  12:00pm - 2:00pm	5  10:00 Summer Acrylic Painting 10:30 Yoga	 6 10:00 Healthy Steps 10:00 Zentangle Fundamentals 11:00 Knit Wits 12:30 Yoga	7  10:00 Pink Ribbon Nia Fitness  12:00 Aroma Herbs 2 1:30 Healthy Steps  5:00 Aquatic Exercise 5:00 Embroidery 101 6:00 Met Breast Cancer	1 10:00 Card Stamping 1:30 Chair Yoga & Meditation 2:00 Walking with Nature 5:30 Yoga Nights 6:00 Young Survivor SG	2 10:00 Chair Yoga	3
11	12 10:30 Yoga 6:00 Blood Cancer SG	13 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 5:00 Cocktails w/ Cory 6:00 Breast Cancer SG	14  10:00 Wig Bank  10:00 Pink Ribbon Nia Fitness 11:30 Healthy Steps  5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art	15 1:30 Chair Yoga & Meditation 5:00 Hypnotherapy 5:30 Yoga Nights	16 10:00 Chair Yoga 1:00 Soul Care	17
18	19  10:00 Silk Sun Catchers 10:30 Yoga	20  10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 5:30 Parents' Night In!	21  10:00 Pink Ribbon Aromatherapy  11:30 Nia Fitness 1:30 Healthy Steps  5:00 Aquatic Exercise 6:00 Men's Cancer SG	22 1:30 Chair Yoga & Meditation 5:30 Family Art Night 5:30 Yoga Nights	23 10:00 Chair Yoga 10:30 Art Studio 1:00 Aromatherapy	24
25	26 10:30 Yoga	27 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	28  10:00 Wig Bank  10:00 Pink Ribbon Nia Fitness 11:30 Healthy Steps  5:00 Aquatic Exercise 4:00 Garden Club 6:00 General Cancer SG 6:00 Teen Art Therapy	29 10:00 Tangle & Talk 1:30 Chair Yoga & Meditation 5:30 Yoga Nights	30 10:00 Chair Yoga 10:30 Cookie Cutter Wool Felting 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

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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 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"

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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 Nicole Reamsnyder, 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



**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.