



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

August 2023 Issue 152

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health

Wednesday, August 2nd

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, August 3rd

6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors

Wednesday, August 9th

6:00 - 7:30 pm

General Cancer Support Group

For all cancer types

Wednesday, Aug 9th & 23rd

6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**

Monday, August 14th

6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, August 16th

6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**

Tuesday, Aug 8th & 22nd

6:00 - 7:30 pm

Caregiver, Family, & Friends

Support Group

Tuesday, August 22nd

6:00 - 7:30 pm

The Victory Center and Baskets of Care Presents...

Intimacy & Cancer

A Frank Discussion of Sexuality for Women Survivors

Wednesday, August 30th 6:00-7:30pm

This event is an opportunity to discuss all things related to women's intimacy during and after the cancer journey. There will be an open and respectful atmosphere to discuss your concerns. You may also submit your questions anonymously when you attend the event.

All women who have been diagnosed with any type of cancer, whether in treatment or post treatment, are eligible to attend.

- Doors open at 5:30pm with Refreshments
- Register Now! Space Is Limited!

Featured Speakers:

Danae Hamouda, MD - Brithany Pawloski, Psy. D - Tina Kerr, BSN, RN

TVC ART THERAPY

WITH KAYT HARDEN, MA, LPC, ATR-P

Flower Pressing on Fabric

Thursday, August 3rd

3:00pm - 5:00pm

The ancient Japanese technique of hammering plants to create patterns on fabric is called Tatakizome. This very simple technique will render gorgeous results using fresh flowers, a hammer and your choice of paper, canvas or fabric to transfer the flower "dye." Feel free to bring an article of clothing, or fabric of your own to try your hand at flower pressing! RSVP



Squiggle Painting on Canvas

Thursday, August 17th

3:00pm - 5:00pm

This form of painting is all about the satisfying and playful elements of paint on canvas. Using several dabs of different colored acrylic paint, dabbed directly onto the canvas, we will use squiggle motions with medium sized paintbrushes to mix the colors and create a beautiful, and unexpected work of art! Please wear a paint shirt. RSVP



Open Art Studio

Thursday, Aug 10th

5:00pm - 7:00pm

Participants choose any art medium and work at their own pace. Bring a project from home or use this opportunity to start something new! RSVP



Altered Bookmaking

TVC@Perrysburg

Friday, August 4th

10:00am - 12:00pm

In this workshop, participants will be given the opportunity to choose or bring a used book that can be transformed for visual journaling and altered bookmaking. Feel free to research online "altered book making" to get some ideas – the variations are endless! All are welcome to bring any additional collage materials you would like to incorporate into your altered book. RSVP.



Squiggle Painting on Canvas

TVC@Perrysburg

Friday, August 18th

10:00am - 12:00pm

This form of painting is all about the satisfying and playful elements of paint on canvas. Using several dabs of different colored acrylic paint, dabbed directly onto the canvas, we will use squiggle motions with medium sized paintbrushes to mix the colors and create a beautiful, and unexpected work of art! Please wear a paint shirt. RSVP



Anyone interested in walking with TVC at the annual **Pride Parade** on **Saturday, August 19th** at 12pm

please contact Dianne Barndt: dcherry@thevictorycenter.org or 419-531-7600. Parade walkers receive a free t-shirt at the event!

NEW!

Tuesday Chair Yoga w/ Sita

1st & 3rd Tuesdays

2:00pm - 3:00pm



Presented by THERMATRU
September 8th, 2023

Over the Edge for Victory is a one-of-a-kind adventure in downtown Toledo! Rappel or climb this year!

Walking with Nature Thursday, August 3rd 2:00pm - 3:30pm



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, August 3rd 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, September 16th 11:00am - 12:00pm

Book: The Lonely Hearts Book Club
by Lucy Gilmore

A young librarian and an old curmudgeon forge the unlikelyst of friendships in this charming, feel-good novel about one misfit book club and the lives (and loves) it changed along the way.

Join Book Club to discuss and learn.

Hypnotherapy: Offered in a small group setting Thursday, August 17th 5:00pm - 6:00pm



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

Knit Wits

Tuesdays 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.

TVC Garden Club Wednesday, Aug 23rd 4:00pm - 5:00pm



This month we will be making **Terrarium Jars!** A terrarium jar is essentially a self-contained garden that you can display around your house! Bring your own jar with a lid—all other supplies provided.

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, August 11th TVC@Toledo 10:00am - 11:00am "Dehydration"

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

OCTOBER 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, Aug 2nd & 16th 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.

Airdry Clay Bottles Monday, August 7th 10:00am - 12:00pm



Air dry clay will be used to embellish a colored bottle. Save your bottle. Bottle could be an olive oil green bottle, wine bottle, or any colored bottle. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Soul Care: "Keeping Your Energy High" Friday, August 18th 1:00pm - 2:30pm



Using meditation and small group discussion we'll explore a number of ways for keeping our energy positive! Facilitated by Jane V. Lutz, MSN. RSVP

Parents' Night In! w/ Pizza & Childcare Tuesday, Aug 15th 5:30pm - 6:30pm



Join evening programs 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: Terrarium Jars

A terrarium jar is essentially a self-contained garden that you can display around your house! Learn how to make your own. Supplies provided. Facilitated by Hattie Lykowski, TVC Staff.

Repotting House Plants Thursday, August 24th 11:00am - 12:30pm



Learn the best ways to repot and reinvigorate your house plants! Bring your plant and a pot (up to 2), soil & tools will be provided. Hands on instruction will be provided along with tips and tricks to keep your house plants healthy and happy! Facilitator: Brad Schwamberger

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

Friday, August 25th 1:00pm - 2:00pm TVC@Perrysburg



Paper Quilling Monday, August 21st 10:00am - 12:00pm



Intro to Paper quilling is a prerequisite for this class! Participants will Quill unique gift tags for any occasion. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Sponge Painting on Canvas Monday, August 28th 10:00am - 12:00pm



Make a fun and beautiful painting! Using sponges participants will create flowers on canvas. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Zentangle: Tangle & Talk Monday, August 7th TVC@Perrysburg 10:00am - 12:00pm



Fundamentals of Zentangle required first. This is a great time to bring those unfinished projects, learn more patterns, and share ideas! Bring your supplies and tangle with other enthusiasts. Facilitated by Maureen Hines, Certified Zentangle Instructor. RSVP

Zentangle: Tangle & Talk Tuesday, August 15th 10:00am - 12:00pm



Fundamentals of Zentangle required first. This is a great time to bring those unfinished projects, learn more patterns, and share ideas! Bring your supplies and tangle with other enthusiasts. Facilitator: Maureen Hines, Certified Zentangle Instructor. RSVP

Preparing Your Lawn & Garden for Winter Thursday, August 31st 12:00pm - 2:00pm



Join this workshop to learn tips & tricks for putting your lawn & garden to bed for the Season! Facilitator: Brad Schwamberger



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

August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga	2 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	3 10:00 Card Stamping 1:30 Chair Yoga/Meditation 2:00 Walking with Nature 3:00 Flower Pressing 5:30 Yoga Nights 6:00 Young Survivor SG	4 10:00 Chair Yoga 10:00 Altered Book Making	5
6	7 10:00 Airdry Clay Bottles 10:00 Tangle & Talk 10:30 Yoga	8 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG	9 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 Children's Art	10 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:30 Yoga Nights	11 10:00 Chair Yoga 10:00 Nutrition	12 10-12 Wig Bank 10:00 Wig Tips
13	14 10:30 Yoga 6:00 Blood Cancer SG	15 10:00 Healthy Steps 10:00 Tangle & Talk 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga 5:30 Parents' Night In!	16 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	17 1:30 Chair Yoga/Meditation 3:00 Squiggle Painting 5:00 Hypnotherapy 5:30 Yoga Nights	18 10:00 Chair Yoga 10:00 Squiggle Painting 1:00 Soul Care	19
20	21 10:30 Yoga 10:00 Paper Quilling	22 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	23 10:00 Wig Bank 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 4:00 Garden Club 6:00 General Cancer SG	24 11:00 Repotting Class 1:30 Chair Yoga/Meditation 5:30 Yoga Nights	25 NO CHAIR YOGA 1:00 Aromatherapy	26
27	28 10:30 Yoga 10:00 Sponge Painting	29 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga	30 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 5:30 Intimacy & Cancer	31 12:00 Preparing your Yard for Winter 1:30 Chair Yoga/Meditation 5:30 Yoga Nights		

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

August 2023 Issue 152

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 August 2nd - Sept 6th 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 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. , lifetime limit of 2 wigs. 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.