



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

September 2023 Issue 153

Support Groups (RSVP)

Metastatic Breast Cancer Group

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

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, September 13th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, Sept 13th & 27th
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, September 11th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, September 20th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tuesday, Sept. 12th & 26th
6:00 - 7:30 pm

Caregiver, Family, & Friends Support Group

Tuesday, August 26th
6:00 - 7:30 pm

Participant Retreat at the Cannalee Treehouse Village

Tuesday, Sept 26th 12:00pm - 4:00pm

Enjoy outdoor activities and fellowship with survivors at the Treehouse Village in Swanton, OH.

Activities:

- * Nature Crafts * Scavenger Hunt with Prizes * Yoga on the Tent Platform
- * Nature Walk * Archery * Snacks Around the Fire

Space is limited for YOGA & ARCHERY— please RSVP for each activity separately!



GIVEAWAY: Overnight Stay at Cannalee Treehouse Village

Tues. Sept. 26th 5:00pm - Wed. Sept. 27th 10:30am

Participants: Enter to win an overnight stay for you and a guest in one of four private treehouses at the Cannalee 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 9/15/23



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

TVC ART THERAPY

WITH KAYT HARDEN, MA, LPC, ATR-P

Puzzle Piece Collage Thursday, Sept. 7th 3:00pm - 5:00pm



Regardless of if you enjoy puzzle making or not, this group is designed to use an array of puzzle pieces, to create your own work of art in collage format on a provided canvas. You are welcome to paint, decorate and embellish these pieces any way you would like. Feel free to bring your own unwanted puzzles and please wear a paint shirt. RSVP

Puzzle Piece Collage TVC@Perrysburg Friday, Sept. 1st 10:00am - 12:00pm



Regardless of if you enjoy puzzle making or not, this group is designed to use an array of puzzle pieces, to create your own work of art in collage format on a provided canvas. You are welcome to paint, decorate and embellish these pieces any way you would like. Feel free to bring your own unwanted puzzles and please wear a paint shirt. RSVP

Beaded Bracelets Thursday, Sept. 21st 3:00pm - 5:00pm



Join us for a fun afternoon of jewelry making through the use of beads and memory wire. You will have the option to use traditional beads or create your own out of Polymer clay. During this group you will be provided tools and supplies to create a bracelet for you or for someone special. You are welcome to bring your own tools, beads or charms if desired. Bring your reading glasses if needed! RSVP

Beaded Bracelets TVC@Perrysburg Friday, Sept. 22nd 10:00am - 12:00pm



Join us for a fun morning of jewelry making through the use of beads and memory wire. You will have the option to use traditional beads or create your own out of Polymer clay. During this group you will be provided tools and supplies to create a bracelet for you or for someone special. You are welcome to bring your own tools, beads or charms if desired. Bring your reading glasses if needed! RSVP

Open Art Studio Thursday, Sept. 14th & Thursday, Sept. 28th 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!

Healthy Houseplants TVC@Perrysburg Thursday, Sept. 28th 11:00am - 12:30pm



Did you know that houseplants can make you and your home healthier? Learn about houseplants that can boost oxygen levels & improve air quality in your home and how to cultivate them! Facilitated by Brad Schwamberger
RSVP



Presented by THERMATRU
September 8th, 2023
A one-of-a-kind adventure in
downtown Toledo! Rappel or
climb this year! Registration is
now open: ote4victory.org

Walking with Nature Thursday, Sept. 7th 2:00pm - 3:30pm

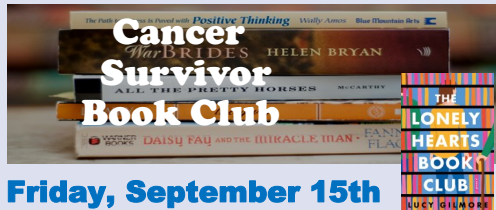


Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Toneff of Ruth Esther Retreats. RSVP. Meet/park at TVC@Toledo.

Card Stamping Thursday, Sept. 7th 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 15th 11:00am - 12:00pm

Book: *The Lonely Hearts Book Club* by Lucy Gilmore

A young librarian and an old curmudgeon forge the unlikely 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, Sept. 21st 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.

Line Dancing

Friday, Sept. 22nd 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

TVC Garden Club Wednesday, Sept. 27th 4:00pm - 5:00pm



This month we will be going on a guided nature walk at Wildwood! Whether you're a beginner or master gardener, join us for tips, tricks, and activities.

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, Sept 29th TVC@Toledo 10:00am - 11:00am "Sore Mouth & Throat"

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

Thursday, Sept. 21st 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, Sept. 6th & 20th 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, Sept 22nd 1:00pm - 2:00pm TVC@Perrysburg



Dot Art Monday, Sept. 11th 10:00am - 12:00pm



Create art and explore new patterns using different size dots on a black surface! Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Soul Care: "Mastering Fear" Friday, Sept. 15th 1:00pm - 2:30pm



Using meditation and small group discussion we'll explore ways to master our fear! Facilitated by Jane V. Lutz, MSN. RSVP

Parents' Night In! w/ Pizza & Childcare Monday, Sept. 18th 5:30pm - 6:30pm



Join evening programs designed for parents & their children or folks who work during the day! TVC provides pizza and childcare while participants attend a workshop or program.

This Month: Chair Yoga

Experience Chair Yoga for any skill level in a relaxed environment. Facilitated by Lisa Rasey. RSVP

Reiki 1 for Cancer Patients Fridays, Sept. 15th - Oct. 20th Weekly 1:00pm - 2:30pm

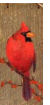
Feeling like cancer is happening to you and you've lost control? Reiki can help. It will help you relax. When the body is relaxed it's easier to sleep, meet challenges and cope with the unique stresses of cancer. Many find Reiki decreases or eliminates pain.

In this 6 week training you will:

- Participate in 4 unique ceremonies that wrap you in healing energy.
- Gain the confidence to use Self Reiki.
- Tap into unique-to-you wisdom through guided Contemplation.
- Explore ways to heal in community.

Facilitated by Kathie Jaskolski, Reiki Master & Teacher w/ assistance from Lisa Rasey
RSVP

Barnwood Art Monday, Sept. 25th 10:00am - 12:00pm



Barnwood makes terrific wall art. Create a unique painting. Bring your creativity! Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Zentangle: Alhambra Star Mandala Tuesday, Sept. 12th 1:00pm - 3:00pm



Fundamentals of Zentangle required first. In this Zentangle class, we will be using a geometric string to create a Alhambra Star mandala. You will receive a pre-strung Zentangle to tangle. Facilitated by Harley King, Certified Zentangle Instructor.

Zentangle: Alhambra Star Mandala Tuesday, Sept. 19th TVC@Perrysburg 10:00am - 12:00pm



Fundamentals of Zentangle required first. In this Zentangle class, we will be using a geometric string to create a Alhambra Star mandala. You will receive a pre-strung Zentangle to tangle. Facilitated by Harley King, Certified Zentangle Instructor.

LIVESTRONG At YMCA Begins SEPT 18th for 12 weeks 3 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

-Fort Meigs YMCA: Mon/Wed 12:00-1pm





-Wolf Creek YMCA: Tues/Thurs, 12:30-2pm

-Sylvania YMCA/JCC: Tues/Thurs, 5:30-7pm



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

September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 10:00 Chair Yoga 10:00 Puzzle Piece Collage 	2
3	4 TVC CLOSED 	5 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga	6 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	7 10:00 Card Stamping 1:30 Chair Yoga/Meditation 2:00 Walking with Nature 3:00 Puzzle Piece Collage 5:30 Yoga Nights 6:00 Young Survivor SG	8 TVC CLOSED 	9
10	11 10:00 Dot Art 10:30 Yoga 6:00 Blood Cancer SG	12 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Zentangle 6:00 Breast Cancer SG	13 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	14 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:30 Yoga Nights	15 10:00 Chair Yoga 11:00 Book Club 1:00 Soul Care 1:00 Reiki I	16 10-12 Wig Bank 10:00 Wig Tips
17	18 10:30 Yoga 5:30 Parents Night In 	19 10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga	20 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	21 11:00 Nutrition 1:30 Chair Yoga/Meditation 3:00 Beaded Bracelets 5:00 Hypnotherapy 5:30 Yoga Nights	22 10:00 Chair Yoga 10:00 Beaded Bracelets 1:00 Aromatherapy 1:00 Line Dancing 1:00 Reiki I	23
24	25 10:00 Barnwood Art 10:30 Yoga	26 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	27 10:00 Wig Bank 11:30 Nia Fitness NO Healthy Steps 5:00 Aquatic Exercise 4:00 Garden Club 6:00 General Cancer SG	28 11:00 Healthy Houseplants 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:30 Yoga Nights	29 10:00 Chair Yoga 10:00 Nutrition 1:00 Reiki I	30

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

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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 Oct. 4th - Nov. 8th 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.

Exercise Programs

- ◆ **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
1st&3rd Tues- 2-3pm



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.

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