



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

October 2023 Issue 154

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, October 4th
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, October 5th
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, October 11th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, Oct. 11th & 25th
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, October 9th
6:00 - 7:30 pm

Men's Cancer Support Group

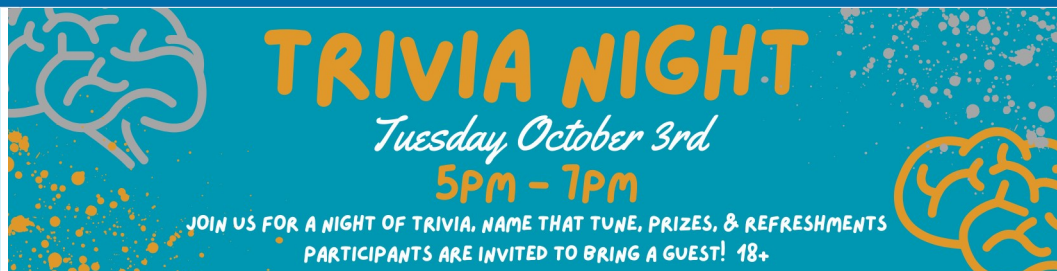
Wednesday, October 18th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tuesday, Oct. 10th & 24th
6:00 - 7:30 pm

Caregiver, Family, & Friends Support Group

Tuesday, Oct. 24th
6:00 - 7:30 pm



TRIVIA NIGHT

Tuesday, October 3rd
5pm - 7pm

JOIN US FOR A NIGHT OF TRIVIA, NAME THAT TUNE, PRIZES, & REFRESHMENTS
PARTICIPANTS ARE INVITED TO BRING A GUEST! 18+

TVC ART THERAPY

WITH KAYT HARDEN, MA, LPC, ATR-P

Painting w/ Hot Glue on Canvas Wednesday, Oct. 11th 3:00pm - 5:00pm

Each participant will be given a small low-heat glue gun to embellish a provided canvas in any way that they would like. Feel free to get inspired by the autumn season! Once the glue is set, you will be able to paint on top of it giving a dimensional/raised look to your painting. Please wear a paint shirt. RSVP



Acrylic Paint on Tile: Painting with Balloons Wednesday, Oct. 25th 3:00pm - 5:00pm

In art therapy it is never a requirement to have a specific image in mind when painting, which can sometimes lessen the pressure or expectation of needing to have artistic skill to make a piece of art. Allowing the creative subconscious to take over and enjoy the process can allow for a sense of release and gratification. This technique is all about experimentation and play! Using slightly inflated balloons as a painting tool, participants will be able to create a whimsical effect with acrylic paint on small tiles of their choosing. Please wear a paint shirt. RSVP



Open Art Studio Thursday, Oct. 12th & Thursday, Oct. 26th 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



Painting w/ Hot Glue on Canvas TVC@Perrysburg Friday, Oct. 6th 10:00am - 12:00pm

Each participant will be given a small low-heat glue gun to embellish a provided canvas in any way that they would like. Feel free to get inspired by the autumn season! Once the glue is set, you will be able to paint on top of it giving a dimensional/raised look to your painting. Please wear a paint shirt. RSVP



Acrylic Paint on Tile: Painting with Balloons TVC@Perrysburg Friday, Oct. 20th 10:00am - 12:00pm

In art therapy it is never a requirement to have a specific image in mind when painting, which can sometimes lessen the pressure or expectation of needing to have artistic skill to make a piece of art. Allowing the creative subconscious to take over and enjoy the process can allow for a sense of release and gratification. This technique is all about experimentation and play! Using slightly inflated balloons as a painting tool, participants will be able to create a whimsical effect with acrylic paint on small tiles of their choosing. Please wear a paint shirt. RSVP



UpCycle w/ Itzel: Centerpieces Monday October 23rd 11:00 - 12:30pm

Learn how to upcycle everyday objects into beautiful fall or holiday centerpieces. Facilitated by Itzel Krauss, TVC Staff and Crafter Extraordinaire! RSVP



Family Art Night Tuesday, October 17th 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 Art Therapist RSVP



Belly Dancing - It's BACK! Thursday, October 19th 7:00pm - 8:00pm

Belly Dancing is a low impact dance technique that can help you achieve a more joyful body image. Dance in your socks, barefoot, or in soft shoes. Ladies only. Survivors, friends, and family are welcome! No dance experience required. Hip scarves provided for class use. Instructor: Cheryl Johnson. RSVP.



ST(ART) YOUR ENGINES!

Thursday, October 26th
6:30pm - 8:00pm

You're invited to attend a one-of-a-kind art exhibition showcasing work from TVC artists. A range of art mediums will be on display and for sale!
@ Taylor Hyundai of Perrysburg—12681 Eckel Junction Rd., Perrysburg, OH 43551

Walking with Nature

Thursday, Oct. 5th
2:00pm - 3:30pm



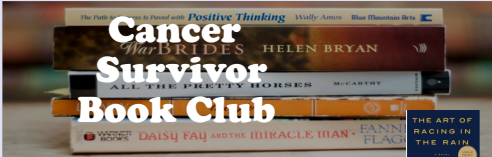
Nature has the ability to reduce fatigue and increase creativity. In case of inclement weather, we will move the program indoors. Led by Patty Toneff of Ruth Esther Retreats. RSVP. Meet/park at TVC@Toledo.

Card Stamping

Thursday, Oct. 5th
10:00am - 12:00pm
TVC@Perrysburg



Create a variety of homemade cards with avid stampers, Pat & Pat! Facilitated by Pat Szymanowski & Pat Piper. RSVP.



Cancer Survivor Book Club

Friday, November 17th
11:00am - 12:00pm



The Art of Racing in the Rain by Garth Stein
Join Book Club to discuss and learn.

Hypnotherapy: Offered in a small group setting

Thursday, Oct. 19th
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

Fridays, Oct. 13th & 27th
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, Oct. 25th
4:00pm - 5:00pm



It's time for Fall Cleanup! Bring some garden gloves and help get our garden ready for winter. 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, Oct 13th TVC@Toledo

10:00am - 11:00am
"Sore Mouth & Throat"

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

NOVEMBER

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, October 18th

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.

Paper Pumpkins

Monday, Oct. 16th
12:00pm - 2:00pm



Celebrate Fall! Participants will make a pumpkin out of a paperback book. Feel free to bring faux leaves or flowers to decorate. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Soul Care:

"Honing Your Intuition"
Friday, Oct. 20th
1:00pm - 2:30pm



Using meditation and small group discussion we'll explore ways to develop and deepen intuition! Facilitated by Jane V. Lutz, MSN. RSVP

Glass Mosaic Class Pt. 1

Monday, Oct. 9th
5:00pm - 7:00pm



Participants will use precut art glass pieces to make an 8 x 10" glass mosaic design of their choice. Templates will be available including abstract designs, florals, ribbons and more. All supplies will be provided except **every participant is asked to bring an 8 x 10" frame with a single pane of glass!** In addition, all participants will be able to take part in a large, community mosaic that will be donated to a survivor art auction in late October to benefit The Victory Center. Facilitated by glass mosaic enthusiast, Dianne Barndt. RSVP

Glass Mosaic Class Pt. 2

Thursday, Oct. 12th
1:00pm - 2:00pm

Participants will be taught how to grout their designs and take home a finished product. If you cannot attend this class, the facilitator will grout it for you. RSVP

Aromatherapy Consultation

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

Friday, October 27th

1:00pm - 2:00pm
TVC@Perrysburg



Twig Wreaths

Monday, Oct. 30th
12:00pm - 2:00pm



Use nature to decorate all season long. Participants will make twig-wreaths. Participants are encouraged to bring faux flowers to adorn their wreaths. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Zentangle: Ceramic Pumpkins

Tuesday, Oct. 17th
10:00am - 12:00pm
OR



Tuesday, Oct. 10th

TVC@Perrysburg
10:00am - 12:00pm

Fundamentals of Zentangle required first.
Join us in tangling a ceramic pumpkin in preparation for the Halloween & Thanksgiving holidays. The pumpkin & pen supplied but if you want to add color bring your tools appropriate for ceramic application. Facilitated by Maureen Hines, Certified Zentangle Instructor. RSVP

Estate Planning 101 - Where There's a Will, There's a Way

Tuesday, Oct. 24th
12:00pm - 1:30pm



Learn the ins and outs of estate planning and how to get started! Facilitated by Karen Davis, Esq., TVC Board Member. RSVP

Social Security: SSI & SSDI

Thursday, Oct. 19th
12:00pm - 1:30pm



Are you curious about Social Security Disability? Learn about SSI/SSDI, how it impacts work, and tips for applying. Facilitated by Gary Loach, CFO of Capabilities Inc. RSVP

Sign-up Day is Monday September 18th!



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

October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 10:30 Yoga	3 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga 5:00 Trivia Night	4 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	5 10:00 Card Stamping 1:30 Chair Yoga/Meditation 2:00 Walking with Nature 5:30 Yoga Nights 6:00 Young Survivor SG	6 10:00 Chair Yoga 10:00 Hot Glue on Canvas 1:00 Reiki I	7
8	9 10:30 Yoga 5:00 Glass Mosaics Pt. 1 6:00 Blood Cancer SG	10 10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG	11 10:00 Wig Bank 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 3:00 Hot Glue on Canvas 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art	12 1:00 Glass Mosaics Pt. 2 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:30 Yoga Nights	13 10:00 Chair Yoga 10:00 Nutrition 1:00 Reiki I 1:00 Line Dancing	14 10-12 Wig Bank 10:00 Wig Tips
15	16 10:00 Paper Pumpkin 10:30 Yoga	17 10:00 Healthy Steps 11:00 Knit Wits 10:00 Zentangle 12:30 Yoga 2:00 Chair Yoga 5:00 Family Art Night	18 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	19 12:00 SS/SSDI Workshop 1:30 Chair Yoga/Meditation 5:00 Hypnotherapy 5:30 Yoga Nights 7:00 Belly Dancing	20 10:00 Chair Yoga 10:00 Acrylic Paint on Tile 1:00 Soul Care 1:00 Reiki I	21
22	23 10:30 Yoga 11:00 Upcycle w/ Itzel	24 10:00 Healthy Steps 11:00 Knit Wits 12:00 Estate Planning 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	25 10:00 Wig Bank 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 3:00 Acrylic Paint on Tile 5:00 Aquatic Exercise 4:00 Garden Club 6:00 General Cancer SG	26 11:00 Nutrition 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:30 Yoga Nights	27 10:00 Chair Yoga 1:00 Aromatherapy 1:00 Line Dancing	28
29	30 10:00 Twig Wreaths 10:30 Yoga	31 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga Halloween				

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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