



The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

November 2023 Issue 155

Support Groups (RSVP)

Metastatic Breast Cancer Group

Offered in partnership with Mercy Health
Wednesday, November 1st
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, November 2nd
6:00 - 7:30 pm (Zoom Option)

Children's Art Therapy Group

For children & grandchildren,
ages 6-12, of cancer patients/survivors
Wednesday, November 8th
6:00 - 7:30 pm

General Cancer Support Group

For all cancer types
Wednesday, November 8th
6:00 - 7:30 pm (Zoom option)

Blood Cancer Support Group

In Partnership with: **L & L Society**
Monday, November 13th
6:00 - 7:30 pm

Men's Cancer Support Group

Wednesday, November 15th
6:00 - 7:30 pm

Breast Cancer Support Group

Funded by **The Breast Cancer Fund of OH**
Tuesday, Nov. 14th & 28th
6:00 - 7:30 pm

Caregiver, Family, & Friends Support Group

Tuesday, November 28th
6:00 - 7:30 pm

SPECIAL PROGRAM: PUPPY YOGA

Wednesday, November 1st, 6:00pm - 7:00pm

TVC is collaborating with local rescue, Toledo's P.E.T Bull Project, to bring you the cutest way to de-stress! Experience gentle yoga with instructor Lisa Rasey and PUPPIES roaming from one yoga mat to the next, cuddling with participants, and playing with other puppies as you move, flow, and breathe! This is designed for all abilities and there will be plenty of time to pet the pups.
RSVP Required. Ages 12+

TVC ART THERAPY

WITH KAYT HARDEN, MA, LPC, ATR-P

Painted Trees on Bottles Wednesday, Nov. 8th 3:00pm - 5:00pm

As the days grow shorter, Seasonal Affective Disorder (SAD) becomes more prevalent. This is a form of depression that is known to be directly related to a change in the seasons. Living in dark conditions can have negative effects on dopamine and serotonin production in the brain. Using a wine bottle of your choice, participants will be encouraged to embrace the change of season by painting autumn inspired trees on glass. Additionally you can feel free to create an uplifting, fall ambience in your home by adding your own fairy lights inside the bottle. During this group we will discuss the impact of SAD and ways to directly combat it. RSVP



Painted Trees on Bottles TVC@Perrysburg Friday, Nov. 10th 10:00am - 12:00pm

As the days grow shorter, Seasonal Affective Disorder (SAD) becomes more prevalent. This is a form of depression that is known to be directly related to a change in the seasons. Living in dark conditions can have negative effects on dopamine and serotonin production in the brain. Using a wine bottle of your choice, participants will be encouraged to embrace the change of season by painting autumn inspired trees on glass. Additionally you can feel free to create an uplifting, fall ambience in your home by adding your own fairy lights inside the bottle. During this group we will discuss the impact of SAD and ways to directly combat it. RSVP



Junk Journals Wednesday, Nov. 22nd 3:00pm - 5:00pm

Develop a habit of creativity by crafting your own visual journal to use as a source of inspiration, and opportunity for self-reflection. Don't like traditional journaling? Visual journaling is worth a try! Incorporating purposeful moments of gratitude has been found to relieve symptoms of depression after just a couple weeks of daily practice, and can be easily incorporated into journaling. Feel free to bring your own journal, or use one provided to embellish and personalize as you please. Various mixed-media art materials will be provided. RSVP



Junk Journals TVC@Perrysburg Friday, Nov. 17th 12:00pm - 2:00pm

Develop a habit of creativity by crafting your own visual journal to use as a source of inspiration, and opportunity for self-reflection. Don't like traditional journaling? Visual journaling is worth a try! Incorporating purposeful moments of gratitude has been found to relieve symptoms of depression after just a couple weeks of daily practice, and can be easily incorporated into journaling. Feel free to bring your own journal, or use one provided to embellish and personalize as you please. Various mixed-media art materials will be provided. RSVP



Learn Macrame! Tuesday, Nov. 28th 5:00pm - 7:00pm

This is an introductory group to learn macrame. Make your choice of macrame leaves or feathers with the color of your choosing, using beads to embellish your design as an option. These can be hung on the wall or mantle for display. Feel free to bring your own stick or dowel to hang them on if desired! Facilitated by Kayt Harden, TVC Art Therapist



Open Art Studio Thursday, Nov. 16th 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



Sign-up Day is Monday, October 16th!

Walking with Nature Thursday, Nov. 2nd 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, Nov. 2nd 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, Nov. 16th 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, Nov. 10th 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

Children's Art Therapy For children & grandchildren, ages 6-12, of cancer patients and survivors.

Wednesday, Nov. 8th 6:00pm - 7:30pm

Facilitator: Kayt Harden, Art Therapist.

*This program runs concurrent with the General Cancer Support Group

Did you know?! TVC's Lending Library

TVC has books on subjects ranging from cancer specific, bibliographies, nutrition, enrichment, hope & inspiration, children's books and more! Come check one out, and bring it back at your convenience.

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, Nov. 10th TVC@Toledo 10:00am - 11:00am "Fatigue"

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

Thursday, Nov. 30th TVC@Perrysburg 11:00am - 12:00pm

Facilitated by Mary Pietra, Licensed Nutritionist

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

Wednesday, Nov. 1st & 15th 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, November 10th 1:00pm - 2:00pm TVC@Perrysburg



Cocktails with Coryl Tuesday, Nov. 7th 5:00pm - 6:30pm



Back by popular demand! It's Fall y'all! Want to impress your friends & family this holiday season? Learn how to make fun and delicious seasonal cocktails during this interactive workshop with Bartender Cory Berlekamp. 21+ only: There will be alcohol present at this event. RSVP

Clay Tealight Trees Monday, Nov. 13th 12:00pm - 2:00pm



Using air-dry clay, participants will make a decorative tree with a tea light inside! Participants need to bring a rolling pin and a box to carry the tree home. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Holiday Paper Star Monday, Nov. 20th 12:00pm - 2:00pm



Participants will fold paper to make a beautiful holiday star embellished with glitter and beads. Perfect for holiday décor. Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Belly Dancing - It's BACK! Thursday, Nov. 16th 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.

Soul Care: "Gratitude" Friday, Nov. 17th 1:00pm - 2:30pm



Gratitude, one of our most powerful virtues, has positive effects on all aspects of well-being. Using meditation and small group discussion, we'll explore deepening our capacity for gratitude. Facilitated by Jane V. Lutz, MSN. RSVP

UpCycle w/ Itzel: Paperback Hedgehogs Thursday, Nov. 9th 11:00 - 12:30pm

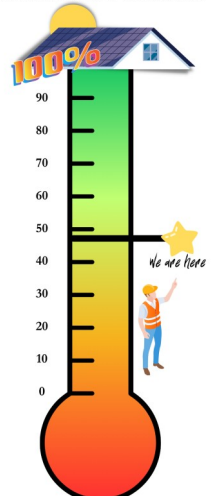


Turn old paperback novels into decorative hedgehogs. Facilitated by Itzel Krauss, TVC Staff and Crafter Extraordinaire! RSVP

#GIVINGTUESDAY™ NWO

Our Toledo office is in need of a new roof. Thanks to a few generous grants, and a couple of individual gifts, we are about halfway to meeting our goal. On Tuesday, November 28th, as part of the national Giving Tuesday initiative, if you would like to make a donation, we have a match that will match 25 cents of every dollar raised up to \$8,000! In other words, your gift of \$25 will turn into \$31.25. A gift of \$50 becomes \$62.50. Every dollar counts! On 11/28, here's the link to give:

REPLACING TVC'S ROOF



One Donation at a Time

www.thevictorycenter.org



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

November 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 10:30 Yoga	7 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 5:00 Cocktails w/ Cory 6:00 Breast Cancer SG	8 10:00 Pink Ribbon 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Puppy Yoga 6:00 Met Breast Cancer SG	9 10:00 Card Stamping 1:30 Chair Yoga/Meditation 2:00 Walking with Nature 5:30 Yoga Nights 6:00 Young Survivor SG	10 10:00 Chair Yoga 10:00 Nutrition 10:00 Painted Trees on Bottles 1:00 Line Dancing 1:00 Aromatherapy	11 10-12 Wig Bank 10:00 Wig Tips
12	13 10:30 Yoga 12:00 Clay Tea-Light Trees 6:00 Blood Cancer SG	14 10:00 Healthy Steps 10:00 Zentangle Fundamentals 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga	15 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	16 1:30 Chair Yoga/Meditation 5:00 Hypnotherapy 5:00 Art Studio 5:30 Yoga Nights 7:00 Belly Dancing	17 10:00 Chair Yoga 12:00 Junk Journals 11:00 Book Club 1:00 Soul Care	18
19	20 10:30 Yoga 12:00 Holiday Stars	21 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 5:00 Learn Macrame 6:00 Breast Cancer SG 6:00 Caregiver SG	22 10:00 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 3:00 Junk Journals 5:00 Aquatic Exercise	23 TVC CLOSED	24 TVC CLOSED	25
26	27 10:30 Yoga 10:00 Tangle & Talk	28 Giving Tuesday 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga	29 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise	30 11:00 Nutrition 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.

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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 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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