

The Victory Center News

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES

December 2023 Issue 156

Support Groups (RSVP)

Metastatic Breast Cancer Group

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

Children's Art Therapy Group

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

General Cancer Support Group

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

Blood Cancer Support Group

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

Men's Cancer Support Group

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

Breast Cancer Support Group

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

Caregiver, Family, & Friends Support Group

Tuesday, December 12th
6:00 - 7:30 pm

YOU'RE INVITED!

TVC's Annual Holiday Party!

THURSDAY DECEMBER 7TH 5:00PM - 7:00PM

TVC'S ANNUAL HOLIDAY PARTY IS BACK!
REFRESHMENTS, MAIN DISH, & TABLEWARE PROVIDED- YOU ARE
WELCOME TO BRING A DESSERT OR SNACK TO SHARE!
ALL TVC PARTICIPANTS ARE INVITED TO BRING A GUEST.

RSVP

TVC ART THERAPY

WITH KAYT HARDEN, MA, LPC, ATR-P

Tree Squeegee Painting Wednesday, Dec. 6th 3:00pm - 5:00pm

This month we will be experimenting using squeegees to paint winter scenes. Squeegee painting can be surprisingly satisfying and create an unexpected and exhilarating result. Participants will have the option to create holiday greeting cards, or small paintings. Please wear clothes you aren't afraid to get messy! **RSVP**



Tree Squeegee Painting TVC@Perrysburg Friday, Dec. 8th 1:00pm - 3:00pm

This month we will be experimenting using squeegees to paint winter scenes. Squeegee painting can be surprisingly satisfying and create an unexpected and exhilarating result. Participants will have the option to create holiday greeting cards, or small paintings. Please wear clothes you aren't afraid to get messy! **RSVP**



Geometric Watercolors Wednesday, Dec. 13th 3:00pm - 5:00pm

Inspired by artist Josie Lewis, we will be using geometric templates on watercolor paper to experiment with and create your own geometric layouts, yielding stunning watercolor arrangements. Get lost in the pattern work, and vibrancy of the colors. Please wear a paint shirt. **RSVP**



Geometric Watercolors TVC@Perrysburg Friday, Dec. 22nd 10:00am - 12:00pm

Inspired by artist Josie Lewis, we will be using geometric templates on watercolor paper to experiment with and create your own geometric layouts, yielding stunning watercolor arrangements. Get lost in the pattern work, and vibrancy of the colors. Please wear a paint shirt. **RSVP**



Macrame Tree Ornaments Tuesday, Dec. 19th 5:00pm - 7:00pm

This is an introductory group to learn macrame. Make Macrame Tree Ornaments for the Holidays with the color of your choosing, using beads to embellish your design as an option. These can be hung on the tree 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
RSVP



Open Art Studio Thursday, Dec. 14th Thursday, Dec. 21st 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. Explore the creative process and new art mediums! **RSVP**



Sign-up Day is Monday, November 20th at 8:00 am

Walking with Nature Thursday, Dec. 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, Dec. 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.



Back Jan 19th, 2024

The Women with Silver Wings
by Katherine Sharp Landdeck



Hypnotherapy: Offered in a small group setting Thursday, Dec. 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, Dec. 8th & 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

**SIGN UP TODAY TO RECEIVE
INSTANT TEXT MESSAGE
WEATHER ALERTS:**

text @tvcp to
81010

To opt out of
messages, reply: "@leave".

**No more second guessing if TVC is
closed due to inclement weather!**

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.



January 2024 TVC@Toledo 10:00am - 11:00am

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

January 2024 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

Wed, Dec. 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

Returning March 2024 1:00pm - 2:00pm TVC@Perrysburg



Body Image Workshop Tuesday, Dec. 19th 10:30am - 11:30am



Join Licensed Dietician, Bethany Dario of Divergent Dietician for a special workshop on Body Image. Cultivate confidence by gaining tools to make your body your ally rather than your enemy. Start healing your relationship with your body today! RSVP

Painted Ornaments Monday, Dec. 4th 12:00pm - 2:00pm



Use paint to decorate clear glass bulbs with a winter or holiday scene! Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Mini Winter Scene Monday, Dec. 11th 12:00pm - 2:00pm



Participants will create their own mini winter scene on a vinyl record using miniatures and other craft supplies! Facilitated by Dottie Huls, retired Art Teacher & Survivor. RSVP

Belly Dancing - It's BACK! Thursday, Dec. 21st 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. All ages are welcome! No dance experience required. Hip scarves provided for class use. Instructor: Cheryl Johnson. RSVP.

Family Craft Night Monday, Dec. 18th 4:00pm - 5:30pm TVC@Perrysburg



Snowman Snack Container Family Craft Night. Let it snow! Let it snow! Participants will be making a simple snack and then decorating a snowman container to hold the food. All ages and abilities are welcome for this fun and simple holiday/winter activity. This fun family night will be facilitated by Staff & Students from St. Rose School.

Zentangle: Gnomes Thursday, Dec. 7th 12:00pm - 2:00pm



Fundamentals of Zentangle required first. Gnomes are small mythical creatures living underground who protect mines of gold, silver & other treasures. Knowing that, we will be tangling gnomes to protect our holiday treasures. Tiles provided but please bring your favorite pens & pencils. Facilitated by Jerrie Mowry & Harley King, CZT. RSVP

Zentangle: Gnomes Thursday, Dec. 14th 11:00am - 1:00pm TVC@Perrysburg



Fundamentals of Zentangle required first. Gnomes are small mythical creatures living underground who protect mines of gold, silver & other treasures. Knowing that, we will be tangling gnomes to protect our holiday treasures. Tiles provided but please bring your favorite pens & pencils. Facilitated by Jerrie Mowry & Harley King, CZT.

Soul Care: "Holiday Stress Management" Friday, Dec. 15th 1:00pm - 2:30pm
















We will examine and practice several stress management techniques so you can create calm and peaceful holidays. Facilitated by Jane V. Lutz, MSN. RSVP



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

December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3	4 10:30 Yoga 12:00 Painted Ornaments 	5 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga	6 11:30 Nia Fitness 1:00 Aromatherapy 1:30 Healthy Steps 3:00 Squegee Painting 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	7 10:00 Card Stamping 12:00 Zentangle Gnomes 1:30 Chair Yoga/Meditation 2:00 Walking with Nature NO Yoga Nights 5PM HOLIDAY PARTY! 6:00 Young Survivor SG	8 10:00 Chair Yoga 1:00 Squegee Painting 1:00 Line Dancing HAPPY HANUKKAH! 	9 10-12 Wig Bank 10:00 Wig Tips 
10	11 10:00 Yoga 12:00 Mini Winter Scene  6:00 Blood Cancer SG	12 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver SG	13 10:00 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 3:00 Geometric Watercolors 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art	14 11:00 Zentangle Gnomes 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:30 Yoga Nights  	15 10:00 Chair Yoga 1:00 Soul Care 	16
17	18 10:30 Yoga 4:00 Family Craft Night 	19 10:00 Healthy Steps 10:30 Body Image Workshop 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga 5:00 Macrame Ornament	20 11:30 Nia Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 6:00 Men's Cancer SG	21 1:30 Chair Yoga/Meditation 5:00 Art Studio 5:00 Hypnotherapy 5:30 Yoga Nights 7:00 Belly Dancing 	22 10:00 Chair Yoga 10:00 Geometric Watercolors 1:00 Line Dancing  	23
24	25 TVC CLOSED 	26 TVC CLOSED	27 10:00 Wig Bank 11:30 Nia Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 	28 1:30 Chair Yoga/Meditation 5:30 Yoga Nights	29 10:00 Chair Yoga	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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The Victory Center News

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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.



Returning 2024 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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inspirational messages!

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