

JANUARY 2024

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER
PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



SIGN UP FOR TEXT MESSAGE WEATHER ALERTS!

text @tvcp to 81010

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

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

New TVC Location Coming to Defiance Feb. 2024

This new location will be on the 2nd floor of the Promedica Defiance Regional Hospital. Open Tuesdays & Thursdays!

17th Luncheon & Fashion Show: Warriors In White

March 1st, 2024 @ Hilton Garden Inn

Tickets go on sale January 8th!

SPECIAL PROGRAMS



Color Me Calm

Monday, Jan. 15, 1:30 p.m. - 3 p.m. @ Perrysburg

Come and enjoy a stress-free hour of Coloring. With light music to help you feel calm we will leave our worries at the door and immerse ourselves in the delight of staying in the lines, or completely staying out of them. Take one picture or take a couple, everything is Provided by the Way Public Library Foundation and Friends. Guided by Maggie Kollman

Virtual Reality Expedition: Fiji

Thursday, Jan. 25, 11 a.m. - 12 p.m. @ Perrysburg

Take an afternoon away from the gray winter skies and cold temperatures and join us on a Virtual Reality Expedition to the tropical waters of Fiji! We'll view the clear waters and epic landscape that make these islands famous. Guided by Sara Gray from The Way Library

Macramé: Coasters

Tuesday, Jan. 16, 5 p.m. - 7 p.m.

Join Art Therapist Kayt Harden for this beginner friendly macramé class and make macramé coasters!

Reiki 1 for Cancer Patients

Fridays, Jan. 6 - Feb. 9, 1 p.m. - 2:30 p.m.

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

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, Jan. 12, 10 a.m. - 11 a.m. *Sponsored by ProMedica*

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.

Aromatherapy

Wednesday, Jan. 17, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

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.

Soul Care: "New Year"

Friday, Jan. 12, 1 p.m. - 2:30 p.m.

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

Hypnotherapy in a small group setting

Thursday, Jan. 18, 5 p.m. - 6 p.m.

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

Conscious Connected Breathing

Thursdays 10:30 a.m. - 11:30 a.m.

Conscious Connected Breathing allows you to release suppressed emotional stress in a comfortable, safe, natural way. Anastasia is an experienced breathwork practitioner offering 1 on 1 sessions at TVC

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, Jan. 10, 6 p.m. - 7:30 p.m.

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

Family Art Night

Tuesday, Jan. 9, 5 p.m. - 7 p.m.

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. Facilitated by Kayt Harden, TVC Art Therapist

SIGN UP DAY: **MONDAY, DEC. 18**

RSVP BY CALLING **419-531-7600**

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Altered Book Making**

Wednesday, Jan. 3, 3 p.m. – 5 p.m.

Choose from a selection of used books, or bring your own book that can be transformed for visual journaling and altered bookmaking. The abundant and stimulating canvas allows freedom of expression with endless variations! All are welcome to bring additional collage materials to incorporate.

Art Therapy: Zen Gardens

Friday, Jan. 5, 10 a.m. – 12 p.m. @ Perrysburg.

Create zen rock gardens. They have been found to aid in stress relief, reducing anxiety, increasing focus and soothing the mind and body. Using various materials, you will build your garden including sand, rocks, small trinkets, and collage techniques. Let's get zen.

Art Therapy: Textured Tissue Painting

Wednesday, Jan. 17, 3 p.m. – 5 p.m.

Friday, Jan. 19, 10 a.m. – 12 p.m. @ Perrysburg

In this process-oriented style of art, you will create a design of your choice, and fill in your painting with a mixture of tissues and paint to create a textured painting. The transformation of material and rhythmic movement of ripping paper assists in relaxation and mindfulness. Please wear a paint shirt.

Art Therapy: Open Art Studio

Thursday, Jan. 11 & Jan. 25, 5 p.m. – 7 p.m.

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

Card Stamping

Thursday Jan. 4, 10 a.m. – 12 p.m. @ Perrysburg.

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

Knit Wits

Tuesdays 11 a.m. – 12 p.m.

Whether you knit, crochet, sew or do needlework, come for a time to connect with other survivors. All skill levels welcome!

Zentangle: Star Paradox

Thursday Jan. 11, 11 a.m. – 1 p.m. @ Perrysburg

Tuesday Jan. 30, 11 a.m. – 1 p.m.

Fundamentals of Zentangle required first. In this class we'll explore the beautiful and challenging tangle, Paradox. The final project will be drawing Paradox within a star, creating a beautiful piece of Zentangle art. Facilitated by Harley King, CZT.

Art with Dottie: Wooden Snowman

Monday Jan. 8, 12 p.m. – 2 p.m.

Participants will paint a snowman on a piece of wood. Facilitated by Dottie Huls, retired Art Teacher & Survivor.

Art with Dottie: Watercolor Flower

Monday Jan. 15, 12 p.m. – 2 p.m.

Participants will create a watercolor flower painting in the style of artist Georgia O'Keeffe. Facilitated by Dottie Huls, retired Art Teacher.

Book Club: The Women with Silver Wings

Friday Jan. 19, 11 a.m. – 12 p.m.

Book Club will discuss: The Women with Silver Wings
By Katherine Sharp Landdeck



MOVEMENT

**Belly Dancing**

Thursday, Jan. 18, 7 p.m. – 8 p.m.

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. No dance experience required. Hip scarves available for class use. Instructor: Cheryl Johnson

Line Dancing

Friday, Jan. 12 & 26, 1 p.m. – 2 p.m.

Join us and learn to line dance. It's fun and great exercise! Facilitated by Survivor Mary Leugers.

Walking with Nature

Thursday, Jan. 4, 2 p.m. – 3:30 p.m.

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. Meet at TVC@Toledo.

Yoga

Mondays, 10:30a.m. – 12 p.m.

Thursdays 5:30 p.m. – 7 p.m.

Tuesdays 12:30 p.m. – 1:30 p.m. @ Perrysburg

Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Mats are available. Led by Certified Yoga Instructors, Mike Zerner or Caroline Dawson.

Chair Yoga

Fridays 10 a.m. – 11 a.m.

1st & 3rd Tuesdays 2 p.m. – 3 p.m.

Thursdays 1:30 p.m. – 2:30 p.m. @ Perrysburg

Chair yoga provides the movements of yoga from a comfortable seated position. Led by Certified Yoga Instructors, Caroline Dawson, Lisa Rasey or Sita Wiczynski.

NIA Fitness

Wednesdays 11:30 a.m. – 12:30 p.m.

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.

Healthy Steps

Tuesdays 10 a.m. – 11 a.m.

Wednesdays 1:30 p.m. – 2:30 p.m. @ Perrysburg

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.

Aquatic Exercise

Wednesdays 5 p.m. – 6 p.m. @ Central Park West NOMS

This free, weekly exercise class is held at the Central Park West Health Center's (NOMS) heated pool for cancer survivors. 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.

Pink Ribbon Program

Wednesdays: Jan. 31 – Mar. 6, 10 a.m. – 11 a.m.

Pilates-based, post-operative 6-week 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. Facilitator: Kathy Farber, Ph.D. **New participants must fill out forms and get your band & booklet from the front desk.**

JANUARY 2024

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 TVC CLOSED <i>Happy New Year</i>	2 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga	3 No NIA 1:30 Healthy Steps 3:00 Altered Book Making 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	4 10:00 Card Stamping 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	5 10:00 Chair Yoga 10:00 Zen Gardens 1:00 Reiki 1	6
7	8 10:30 Yoga 12:00 Wooden Snowman 6:00 Blood Cancer SG	9 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 5:00 Family Art Night 6:00 Breast Cancer SG	10 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	11 11:00 Zentangle: Star Paradox 1:30 Chair Yoga/Meditate 5:00 Art Studio 5:30 Yoga	12 10:00 Chair Yoga 10:00 Nutrition 1:00 Line Dancing 1:00 Reiki 1	13 10:00 Wig Bank
14	15 10:30 Yoga 12:00 Watercolor Flowers 1:30 Color Me Calm	16 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga 5:00 Macramé Coasters	17 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 3:00 Textured Tissue Painting 5:00 Aquatic Exercise 6:00 Men's Cancer SG	18 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 7:00 Belly Dancing	19 10:00 Chair Yoga 10:00 Textured Tissue Painting 11:00 Book Club 1:00 Soul Care 1:00 Reiki 1	20
21	22 10:30 Yoga	23 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	24 10:00 Wig Bank 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	25 11:00 VR Expedition Fiji 1:30 Chair Yoga/Meditate 5:00 Art Studio 5:30 Yoga	26 10:00 Chair Yoga 1:00 Line Dancing 1:00 Reiki 1	27
28	29 10:30 Yoga	30 10:00 Healthy Steps 11:00 Knit Wits 11:00 Zentangle: Star Paradox 12:30 Yoga	31 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise			

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., Jan. 8, 6p.m. – 7:30 p.m.
In Partnership with L & L Society.

Men's Cancer Support Group

Wed., Jan. 17, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group


Tues., Jan. 9 & 23, 6 p.m. – 7:30 p.m..
Funded by The Breast Cancer Fund of Ohio.

Caregiver, Family, & Friends Support Group

Tues., Jan. 23, 6 p.m. – 7:30 p.m.

 : Zoom Option Available

Metastatic Breast Cancer Group

Wed., Jan. 3, 6 p.m. – 7:30. 1, 6 p.m. – 7:30
 Offered in partnership with Mercy Health.

Young Cancer Survivors

@Perrysburg Thurs., Jan. 4, 6 p.m. – 7:30 p.m.

 For those in their 20s, 30s, and 40s.
Offered in partnership with Mercy Health.

Children's Art Therapy Group

Wed., Jan. 10, 6 p.m. – 7:30 p.m..
For children ages 6 – 12.

General Cancer Support Group

Wed., Jan. 10 & 24, 6 p.m. – 7:30 p.m..
 For any cancer patient & their family

**SIGN UP DAY:
MONDAY, DEC. 18**

**RSVPs are required for
all TVC programs and
services!**

419-531-7600

THE WIG BANK



**The Wig Bank is open to any cancer survivor
experiencing hair loss due to treatment.**

Wigs are FREE, and new or are donated & gently used. Trained wig fitters are here to help with fitting and practical advice. Call 419-531-7600 for more information. One wig per person per calendar year, lifetime limit of 2 wigs. Appointment required.

Wig Bank:

2nd Tuesday, 4th Wednesday, & 2nd Saturday each month.

Wig Tips & Trims:

2nd Saturday 10 a.m. – 12 p.m., call for appointment

Held at our Perrysburg Location:

12623 Eckel Junction Rd, Perrysburg, OH 43551



THANK YOU