

FEBRUARY 2024

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



TVC Defiance Opens February 1st!

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



Toledo Chair Yoga Moving to THURSDAYS

Beginning in February, chair yoga will move from Fridays at 10am to Thursdays at 10am.

Yards Against Cancer: Spring Cleanup

Horticulturist & survivor Bradley Allan is giving back through a free spring cleanup program. Bradley is donating his time to provide a one-time spring cleanup service to 5 TVC participants with a cancer diagnosis. This includes weeding, pruning, and general yard cleanup! [Applications available at TVC locations](#). Please complete and return to Program Director Hattie Lykowski no later than [Friday, February 2nd](#).

SPECIAL PROGRAMS



Virtual Reality Expedition: Ancient Egypt

Thursday, Feb. 22, 11 a.m. - 12 p.m. @ Perrysburg

Take an afternoon away from the gray skies and cold temperatures and join us on a Virtual Reality Expedition to the exciting lands of Ancient Egypt! Guide: Sara Gray from The Way Library

Help Your Body Heal from the Inside Out!

Friday, Feb. 2, 11 a.m. - 12 p.m.

When many people think about health, they think about physical appearance. The truth is that those who are in the best health actually heal their body from the inside out. They take care of the inside first, and then the outside follows after. Learn tips to take care of yourself from the inside! Presentation by Dr. Reyna Levan from New Life Chiropractic Center.

How to Support Your Nervous System (the Master Control System of Your Body)

Tuesday, Feb. 20, 11 a.m. - 12 p.m.

When you almost constantly feel tired, anxious, or want to isolate yourself from others, those can be signs that emotional stress has overpowered your life. And that's nothing to take lightly. Learn how to support your nervous system and take control of the stress in your life. Presentation by Dr. Reyna Levan from New Life Chiropractic Center.

SIGN UP DAY: **MONDAY, JAN. 22**

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, Feb. 9, 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, Feb. 7 & 21, 1 p.m. - 2 p.m.

Sponsored by ProMedica

Discuss the benefits of aromatherapy for cancer survivors with a Certified Clinical Aromatherapist, Deb Reis RN, MSN. Learn to identify therapeutic-grade essential oils, their properties, and how to integrate them into your routine.

Soul Care: Space

Friday, Feb. 16, 1 p.m. - 2:30 p.m.

Using meditation and group discussion we'll explore using space, openness and expansion for personal and spiritual growth. Facilitated by Jane V. Lutz, MSN.

Hypnotherapy in a small group setting

Thursday, Feb. 15, 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

IT'S BACK! Cannabis, CBD, CBG, & Cancer

Friday, Feb. 16, 11 a.m. - 12 p.m.

Join us for this informative presentation about the medical uses for Cannabis and CBD, including where to start. Karen will also discuss new information on CBG. Facilitated by Karen Bolander, Registered Pharmacist and the formulator of Hempexco brand CBD products.

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, Feb. 14, 6 p.m. - 7:30 p.m.

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

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

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Valentine's Pocket Picture Books**

Friday, Feb. 2, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, Feb. 6, 3 p.m. - 5 p.m.

Learn how to create a small, foldable, pocket picture book with a Valentine's Day theme. This can be turned into a card for a loved one, or a special keepsake just for you! Please bring photos that you do not mind cutting and pasting into the booklet. Facilitator: Kayt Harden

Art Therapy: Bleeding Tissue Paper Art

Friday, Feb. 16, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, Feb. 20, 3 p.m. - 5 p.m.

Tuesday, Feb. 13, 2 p.m. - 4 p.m. @ Defiance

During this session we will create hidden images using white crayons. The crayon will become visible through the application of bleeding tissue paper and water. Every image is a surprise in the way that the colors mingle together to create a work of art! Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Thursday, Feb. 22, 4 p.m. - 6 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 Feb. 1, 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.

Friday Feb 9 & Feb. 23, 1 p.m. - 2 p.m. @ Perrysburg

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

UpCycle with Itzel: DIY Gnomes

Monday Feb. 5, 10 a.m. - 11 a.m.

Using felt, yarn, and baubles, participants will create a Gnome that can be hung up as an ornament or accent. Pick a Valentine's Day theme or other inspiration! Facilitator: Itzel Krauss

Zentangle: Tangle & Talk

Tuesdays Feb. 6, 10 a.m. - 12 p.m. @ Perrysburg

Fundamentals of Zentangle required first. This is a great time to bring those unfinished projects, learn more patterns, and share ideas! Bring your supplies and tangle with other enthusiasts. Facilitated by Jerrie Mowry, CZT.

Zentangle: Fundamentals

Thursday Feb. 22, 10 a.m. - 12 p.m.

Zentangle is an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Learn how to shift your state of mind towards relaxation and inspiration. Facilitated by Jerrie Mowry, CZT.

Macramé: Wristlet Keychains

Thursday, Feb. 8, 3 p.m. - 5 p.m.

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

Color Me Calm

Monday, Feb. 5, 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. Guided by Maggie Kollman from Way Library.

MOVEMENT

**Belly Dancing**

Thursday, Feb. 15, 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. Instructor: Cheryl Johnson

Line Dancing

Friday, Feb. 9 & 23, 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, Feb. 1, 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

Thursdays, 10 a.m. - 11 a.m.

1st & 3rd Tuesdays, 2 p.m. - 3 p.m.

Thursdays, 1:30 p.m. - 3 p.m. @ Perrysburg w/ Meditation

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. 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.**

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 10:00 Chair Yoga 10:00 Card Stamping 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	2 10:00 Pocket Picture Books 11:00 Help Your Body Heal 1:00 Reiki 1	3
4	5 10:00 Upcycle with Itzel 10:30 Yoga 1:30 Color Me Calm	6 10:00 Healthy Steps 10:00 Tangle & Talk 11:00 Knit Wits 12:30 Yoga 2:00 Chair Yoga 3:00 Pocket Picture Books	7 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	8 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 3:00 Macrame 5:30 Yoga	9 10:00 Nutrition 1:00 Knit Wits 1:00 Line Dancing 1:00 Reiki 1	10 10:00 Wig Bank
11	12 10:30 Yoga 6:00 Blood Cancer SG	13 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Bleeding Tissue Paper Art 6:00 Breast Cancer SG	14 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	15 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 7:00 Belly Dancing	16 10:00 Bleeding Tissue Paper Art 11:00 Cannabis CBD & Cancer 1:00 Soul Care 1:00 Reiki 1	17
18	19 10:30 Yoga	20 10:00 Healthy Steps 11:00 Knit Wits 11:00 Support Your Nervous System 12:30 Yoga 2:00 Chair Yoga 3:00 Bleeding Tissue Paper Art	21 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	22 10:00 Chair Yoga 10:00 Zentangle Fundamentals 11:00 VR Expedition 1:30 Chair Yoga/Meditate 4:00 Art Studio 5:30 Yoga 6:00 General Cancer SG	23 1:00 Knit Wits 1:00 Line Dancing 1:00 Reiki 1	24
25	26 10:30 Yoga	27 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	28 10:00 Wig Bank 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	29 10:00 Chair Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga		

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., Feb. 12, 6p.m. – 7:30 p.m.
In Partnership with L & L Society.

Men's Cancer Support Group

Wed., Feb. 21, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group


Tues., Feb. 13 & 27, 6 p.m. – 7:30 p.m.
Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group


Wed., Feb. 14, 6 p.m. – 7:30 p.m..
For children ages 6 – 12.

 : Zoom Option Available


Metastatic Breast Cancer Group

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

Young Cancer Survivors

Thurs., Feb. 1, 6 p.m. – 7:30 p.m. @Perrysburg
 For those in their 20s, 30s, and 40s.
Offered in partnership with Mercy Health.

General Cancer Support Group

Wed., Feb. 14 & 28, 6 p.m. – 7:30 p.m.
 Thurs., Feb 22, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family

Caregiver & Family Support Group

Tues., Feb. 27, 6 p.m. – 7:30 p.m.

**SIGN UP DAY:
MONDAY, JAN. 22**

**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