

MARCH 2024

# THE VICTORY CENTER

## NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

### NEWS & ANNOUNCEMENTS



#### Save The Date: Celebrity Wait Night Thursday May 16th, 2024

Join us for a lively evening of music, cocktails, and raffles. Participate in our signature Wine or Dine Pull. Bid on remarkable auction items. Enter to win Best Dressed. Celebrity Wait Night is a dinner party that brings together you & 500 of your closest friends. Tickets go on sale in April.

Call or email Kimberly to inquire:  
[knewman@thevictorycenter.org](mailto:knewman@thevictorycenter.org)



### SPECIAL PROGRAMS



#### Cancer Treatment, Exercise, & Physical Therapy

Monday, Mar. 4, 11 a.m. - 12 p.m. @ Perrysburg

Lear about the benefits of safe exercise throughout treatment...from prehab on, and what PT can do to help! Presentation by Oncology Rehab certified physical therapists Anne Schroeder and Joany Reno.

#### Embroidery Stitch & Sip

Thursday Mar. 14, 5 p.m. - 6:30 p.m.

Join other embroidery enthusiasts for an evening of collaboration and refreshments. All skill levels welcome. Your host will be Stephanie Holliday-Ball, TVC Board Member and embroidery enthusiast.

#### Eliminating Physical, Emotional, & Chemical Stress

Friday Mar. 8, 11 a.m. - 12 p.m.

Learn what these stressors are and how they affect your body's ability to heal. Stress can affect your body in different ways. Learn techniques to reduce stress and start thriving! Presentation by Dr. Reyna Levan from New Life Chiropractic Center.

#### From Fight or Flight to Restoration & Repair

Tuesday Mar. 26, 11 a.m. - 12 p.m.

Learn about your sympathetic and parasympathetic components of your nervous system and how the effect your overall wellness. Controlling these two components of your nervous system can help your body heal and regulate. Presentation by Dr. Reyna Levan from New Life Chiropractic Center.

#### Virtual Reality Expedition: The Milky Way

Thursday, Mar. 28, 11 a.m. - 12 p.m. @ Perrysburg

Get ready for the Solar Eclipse and go out of this world! Join us on a Virtual Reality Expedition to outer space and explore the Milky Way! Guide: Sara Gray from The Way Library

### HEALTH & WELLNESS



#### Fight Back with Nutrition

Friday, Mar. 8, 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, Mar. 6 & 20, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

Friday, Mar. 22, 1 p.m. - 2 p.m. @ Perrysburg *Sponsored by Mercy*

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

#### Soul Care: Self Love

Friday, Mar. 15, 1 p.m. - 2:30 p.m.

Deepening self love, a vital key to happiness, is a life long project. We'll discuss and meditate on ways to expand our capacity to cherish ourselves. Facilitated by Jane V. Lutz, MSN.

#### Hypnotherapy in a small group setting

Thursday, Mar. 21, 5 p.m. - 6 p.m.

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

#### Lymphedema Education

Tuesday Mar. 26, 3 p.m. - 4p.m.

This session will educate survivors, of any type cancer, about cancer-related lymphedema. Learn about the risk factors, the signs and symptoms, and how to reduce the chance of occurrence. Facilitated by Cindy Murphy, OT/Lymphedema Therapist.

#### Conscious Connected Breathing

Thursdays 11:00 a.m. - 12:00 p.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



#### Family Art Night

Tuesday, Mar. 5, 5 p.m. - 7 p.m.

An evening of fun for parents, guardians, or grandparents and their children! Make a special project with the kids in your life! All ages welcome. With Art Therapist Kayt Harden.

#### Children's Art Therapy

Wednesday, Mar. 13, 6 p.m. - 7:30 p.m.

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

SIGN UP DAY: **TUESDAY, FEB. 20**

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

MORE NEWS →

## CREATIVE ARTS

**Art Therapy: Meditation Stones**

Tuesday, Mar. 5, 2:30 p.m. - 4:30 p.m.

Friday, Mar. 8, 10 a.m. - 12 p.m. @ Perrysburg

A meditation stone with a word or self-motto can be kept in your pocket to hold in moments you may want to feel more grounded. Make your own beautiful meditation stone and explore new creative calming practices you can refer to when experiencing day to day life stressors. Come and get creative! Facilitator: Kayt Harden

**Art Therapy: Postcards**

Friday, Mar. 15, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, Mar. 19, 2:30 p.m. - 4:30 p.m.

Tuesday, Mar. 26, 2 p.m. - 4 p.m. @ Defiance

Even though our lives are constantly changing, keeping in touch through those changes lets our loved ones know that they are still cared for, remembered, and an important part of our lives. Using watercolors, elastics and sponges, we will be creating unique postcards to send to a loved one, or to keep and display. Please wear a paint shirt. Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Thursday, Mar. 14, 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 Mar. 7, 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 Mar 8 & 22, 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!

**Macramé: Keychains**

Tuesday Mar. 12, 2:30 p.m. - 4:30 p.m.

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

**Zentangle: ZIA**

Tuesday Mar. 12, 10 a.m. - 12 p.m. @ Perrysburg

Thursday Mar. 21, 10 a.m. - 12 p.m.

Fundamentals of Zentangle required first. In this class we will explore botanical tangles on an oval tile creating a beautiful piece of Zentangle Inspired Art! Facilitated by Jerrie Mowery, CZT.

**Book Club**

Friday Mar. 15, 11 a.m. - 12 p.m.

**Lady Tan's Circle of Women by Lisa See.**

Join Book Club to discuss and learn

**Color Me Calm**

Monday, Mar. 4, 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, Mar. 21, 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, Mar. 8 & 22, 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, Mar. 7, 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

Thursdays, 10:30 a.m. - 11:30 a.m. @ Defiance

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.

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.**


MARCH 2024

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Luncheon & Fashion Show! TVC CLOSED	2
3	4 10:30 Yoga 11:00 Treatment & PT 1:30 Color Me Calm	5 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:30 Meditation Stones 5:00 Family Art Night	6 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	7 10:00 Chair Yoga 10:00 Card Stamping 10:30 Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	8 10:00 Nutrition 10:00 Meditation Stones 11:00 Eliminating Stress 1:00 Knit Wits 1:00 Line Dancing	9 10:00 Wig Bank
10 Daylight Savings 	11 10:30 Yoga 6:00 Blood Cancer SG	12 10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:30 Macrame 6:00 Breast Cancer SG	13 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	14 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 4:00 Art Studio 5:00 Embroidery 5:30 Yoga	15 10:00 Post Cards 11:00 Book Club 1:00 Soul Care	16
17	18 10:30 Yoga	19 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:30 Postcards	20 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	21 10:00 Chair Yoga 10:00 Zentangle 10:30 Yoga 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 7:00 Belly Dancing	22 1:00 Knit Wits 1:00 Line Dancing 1:00 Aromatherapy	23
24	25 10:30 Yoga	26 10:00 Healthy Steps 11:00 Knit Wits 11:00 Fight, Flight, Repair 12:30 Yoga 2:00 Postcards 3:00 Lymphedema Ed 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	27 10:00 Wig Bank 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	28 10:00 Chair Yoga 10:30 Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	29	30
	31					

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### SUPPORT GROUPS



#### **Blood Cancer Support Group**

Mon., Mar. 11, 6 p.m. – 7:30 p.m.  
In Partnership with L & L Society.

#### **Men's Cancer Support Group**

Wed., Mar 20, 6 p.m. – 7:30 p.m.

#### **Breast Cancer Support Group**

Tues., Mar. 12 & 26, 6 p.m. – 7:30 p.m.  
Funded by The Breast Cancer Fund of Ohio.

#### **Children's Art Therapy Group**


Wed., Mar. 13, 6 p.m. – 7:30 p.m..  
For children ages 6 – 12.

 : Zoom Option Available


#### **Metastatic Breast Cancer Group**

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

#### **Young Cancer Survivors**

Thurs., Mar. 7, 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., Mar 13 & 27, 6 p.m. – 7:30 p.m.  
 Thurs., Mar 28, 6 p.m. – 7:30 p.m. @Defiance  
For any cancer patient & their family

#### **Caregiver & Family Support Group**

Tues., Mar. 26, 6 p.m. – 7:30 p.m.

SIGN UP DAY:

**TUESDAY, FEB. 20**

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

**419-531-7600**

### Our Locations:

#### **TVC Toledo**

3166 N Republic Blvd.  
Toledo, OH 43615

#### **TVC Perrysburg**

In Mercy Health Hospital  
12623 Eckel Junction Rd.  
Perrysburg, OH 43551

#### **TVC Defiance**

In ProMedica Defiance Hospital  
1200 Ralston Ave.  
Defiance, OH 43512

### 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