

APRIL 2024

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



Celebrity Wait Night 2024

Thursday May 16th at The Pinnacle

Hop aboard the SS Victory as we sail away to an evening full of music, cocktails, and raffles. Celebrity Wait Night is a dinner party that brings together you & 500 of your closest friends. Tickets on sale March 21st!

Call TVC or email Kimberly to inquire:
knewman@thevictorycenter.org



TVC Survivor Art Showcase

Saturday April 27th, 11:00 a.m. - 2:00 p.m.

Free & Open to The Public!

Explore the art of TVC cancer survivors! Refreshments, Food Truck, Music, Door Prizes & more! Participants may enter up to three pieces for the show. Drop off submissions at TVC Toledo with completed entry form by Wed. April 24th!



SPECIAL PROGRAMS



Solar Eclipse Viewing Party

Monday Apr. 8, 2 p.m. - 4 p.m.

Come to TVC and watch the Solar Eclipse! The total eclipse will happen just after 3pm at TVC Toledo. We will have eclipse themed snacks, art & activities, and you can watch the NASA live stream! TVC will have eclipse viewing glasses available on a first-come-first-served basis... please bring your own if you have them. Family & friends are welcome at this historic event!

Planning for Your Future Workshop

Wednesday, Apr. 10, 5 p.m. - 6 p.m.

Do you sometimes feel like your finances are in control of you? Join to discuss getting back control of your finances and your financial goals. Facilitated by Sarah Lockyer, Survivor & New York Life Agent.

BINGO Night!

Thursday, Apr. 11, 5:30 p.m. - 7 p.m. @ Perrysburg

Join TVC Executive Director, Dianne Barndt, for BINGO with snacks and novelty prizes! Have fun with fellow survivors and enjoy some friendly competition. Family & friends are welcome!

Sound Bath & Meditation

Monday, Apr. 1 & 15, 6 p.m. - 7 p.m.

Sound baths are a meditative practice involving the use of resonant music. This creates an immersive sound that fills the room and the body, aiming to help people relax and let go of stress and anxiety. Facilitated by Jen Vaughn, Certified Sound Therapist

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, Apr. 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, Apr. 3 & 17, 1 p.m. - 2 p.m. Sponsored by ProMedica

Friday, Apr. 26, 1 p.m. - 2 p.m. @ Perrysburg Sponsored by Mercy

Discuss the benefits of aromatherapy for cancer survivors with 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: Keeping Your Energy High

Friday, Apr. 19, 1 p.m. - 2:30 p.m.

Maintaining authentic positive energy and not allowing personal or social stress to pull us down is essential. We'll use group discussion and meditation to explore a variety of approaches for keeping our energy high. Facilitated by Jane V. Lutz, MSN.

Hypnotherapy in a small group setting

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

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

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

NEW: 8 Week Chakra Workshop

Fridays, Apr. 5 - May 24, 11:15 a.m. - 12:30 p.m.

The chakras are 7 centers of information that receive, take in and express energy. They are over 4000 years old. Join for an experiential journey to learn their healing secrets. Includes movement, breathing practices, and Reiki. Recommended reading: Eastern Body, Western Mind by Anodea Judith. With Kathie Jaskolski, Reiki Master/Teacher.

CHILDREN & FAMILIES



Children's Art Therapy

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

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

SIGN UP DAY: **TUESDAY, MAR. 19**

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

MORE NEWS →

CREATIVE ARTS

**Art Therapy: String Painting**

Tuesday, Apr. 2, 2:30 p.m. - 4:30 p.m.

Friday, Apr. 5, 10 a.m. - 12 p.m. @ Perrysburg

Discover a new and satisfying way to paint using strings and ball chains on black canvas. This mentally soothing method of painting will help stimulate your creativity through exploration. Please wear a paint shirt. Facilitator: Kayt Harden

Art Therapy: Stained Glass Painting

Tuesday, Apr. 9, 2:30 p.m. - 4:30 p.m.

Friday, Apr. 12, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, Apr. 30, 2 p.m. - 4 p.m. @ Defiance

Using black hot glue and paint on heavy-weight paper, we will be creating our very own designs resembling that of a stained glass window. Group members will be able to choose between acrylic paint, watercolor paint, or oil pastels to fill in color with desired effect.

Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Thursday, Apr. 25, 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 Apr. 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.

Friday Apr 12 & 26, 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: Plant Holder

Thursday Apr. 4, 4:00 p.m. - 6:00 p.m.

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

Zentangle: Zentangle Inspired Art

Thursday Apr. 11, 10 a.m. - 1 p.m.

Thursday Apr. 18, 10 a.m. - 1 p.m. @ Perrysburg

Fundamentals of Zentangle required. We will be Tangling on light switches to add a unique, artistic and eye-catching touch to a plain switch cover. Wear old clothes & bring your gel pens and ink markers. Facilitated by Maureen Hines, CZT.

Art with Dottie: Dimensional Paper Art

Monday Apr. 1, 12:00 p.m. - 2:00 p.m.

Participants will be using an X-Acto knife to create a 3-D paper piece of art. Facilitated by Dottie Huls, Survivor & retired Art Teacher.

Art with Dottie: Beaded Sun Catchers

Monday Apr. 15, 12:00 p.m. - 2:00 p.m.

String colorful beads together making beautiful beaded sun catchers. Please bring needle nose pliers. Facilitated by Dottie Huls, Survivor & retired Art Teacher.

MOVEMENT

**Belly Dancing**

Thursday, Apr. 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. Instructor: Cheryl Johnson

Line Dancing

Friday, Apr. 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, Apr. 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

Tuesdays & 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 Instructors, Mike Zerner, Sue Moninger, 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: Apr. 3 - May. 8, 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.**

APRIL 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<div>1</div> <div>10:30 Yoga</div> <div>12:00 Dimensional Paper Art</div> <div>6:00 Sound Bath</div>	<div>2</div> <div>10:00 Healthy Steps</div> <div>11:00 Knit Wits</div> <div>10:30 Yoga</div> <div>12:30 Yoga</div> <div>2:30 String Painting</div>	<div>3</div> <div>10:00 Pink Ribbon</div> <div>11:30 NIA Fitness</div> <div>1:00 Aromatherapy</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 Met Breast Cancer SG</div>	<div>4</div> <div>10:00 Chair Yoga</div> <div>10:00 Card Stamping</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>2:00 Walking with Nature</div> <div>4:00 Macrame</div> <div>5:30 Yoga</div> <div>6:00 Young Cancer SG</div>	<div>5</div> <div>10:00 String Painting</div> <div>11:15 Chakra Workshop</div>	<div>6</div>
<div>7</div>	<div>8</div> <div>10:30 Yoga</div> <div>2:00 Solar Eclipse Party</div> <div>6:00 Blood Cancer SG</div>	<div>9</div> <div>10:00 Healthy Steps</div> <div>10:30 Yoga</div> <div>11:00 Knit Wits</div> <div>12:30 Yoga</div> <div>1:00 Wig Bank</div> <div>2:30 Stained Glass Painting</div> <div>6:00 Breast Cancer SG</div>	<div>10</div> <div>10:00 Pink Ribbon</div> <div>11:30 NIA Fitness</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>5:00 Planning for the Future</div> <div>6:00 General Cancer SG</div> <div>6:00 Children's Art Therapy</div>	<div>11</div> <div>10:00 Chair Yoga</div> <div>10:00 Zentangle</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:30 BINGO Night</div> <div>5:30 Yoga</div>	<div>12</div> <div>10:00 Nutrition</div> <div>10:00 Stained Glass Painting</div> <div>11:15 Chakra Workshop</div> <div>1:00 Knit Wits</div> <div>1:00 Line Dancing</div>	<div>13</div> <div>10:00 Wig Bank</div>
<div>14</div>	<div>15</div> <div>10:30 Yoga</div> <div>12:00 Beaded Suncatchers</div> <div>6:00 Sound Bath</div>	<div>16</div> <div>10:00 Healthy Steps</div> <div>10:30 Yoga</div> <div>11:00 Knit Wits</div> <div>12:30 Yoga</div>	<div>17</div> <div>10:00 Pink Ribbon</div> <div>11:30 NIA Fitness</div> <div>1:00 Aromatherapy</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 Men's Cancer SG</div>	<div>18</div> <div>10:00 Chair Yoga</div> <div>10:00 Zentangle</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:00 Hypnotherapy</div> <div>5:30 Yoga</div> <div>7:00 Belly Dancing</div>	<div>19</div> <div>11:15 Chakra Workshop</div> <div>1:00 Soul Care</div>	<div>20</div>
<div>21</div>	<div>22</div> <div>10:30 Yoga</div>	<div>23</div> <div>10:00 Healthy Steps</div> <div>10:30 Yoga</div> <div>11:00 Knit Wits</div> <div>12:30 Yoga</div> <div>6:00 Breast Cancer SG</div> <div>6:00 Caregiver & Family SG</div>	<div>24</div> <div>10:00 Wig Bank</div> <div>10:00 Pink Ribbon</div> <div>11:30 NIA Fitness</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 General Cancer SG</div>	<div>25</div> <div>10:00 Chair Yoga</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>4:00 Art Studio</div> <div>5:30 Yoga</div> <div>6:00 General Cancer SG</div>	<div>26</div> <div>11:15 Chakra Workshop</div> <div>1:00 Knit Wits</div> <div>1:00 Line Dancing</div> <div>1:00 Aromatherapy</div>	<div>27</div> <div>11:00 TVC Art Showcase</div>
<div>28</div>	<div>29</div> <div>10:30 Yoga</div>	<div>30</div> <div>10:00 Healthy Steps</div> <div>10:30 Yoga</div> <div>11:00 Knit Wits</div> <div>12:30 Yoga</div> <div>2:00 Stained Glass Painting</div>				

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SUPPORT GROUPS



Blood Cancer Support Group

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

Men's Cancer Support Group

Wed., Apr 17, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group


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

Children's Art Therapy Group


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

 : Zoom Option Available


Metastatic Breast Cancer Group

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

Young Cancer Survivors

Thurs., Apr. 4, 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., Apr 10 & 24, 6 p.m. – 7:30 p.m.
 Thurs., Apr 25, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family

Caregiver & Family Support Group

Tues., Apr. 23, 6 p.m. – 7:30 p.m.

SIGN UP DAY:

TUESDAY, MAR. 19

**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