

# 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.

\*All TVC Offices Close at 3pm



#### GIVEAWAY:

#### Overnight Stay at Cannaley Treehouse Village

Monday May 20th 4:00 p.m. - Tuesday May 21st 10:00 a.m.

Participants: enter to win an overnight stay for you & a guest in one of four treehouses at the Cannaley Treehouse Village in Swanton, OH

- To Enter: Fill out an entry form at any TVC location
- Pizza & Smore's around the fire pit provided by TVC
- Winners will be drawn 5/14/24



Treehouses have electricity, heat, and AC.  
The restrooms are nearby but NOT inside the treehouses.

#### TVC Spring Clean-Up Day!

Friday May 3, 9:00 a.m. - 3:00 p.m. @TVC Toledo

As the seasons change, it's time to refresh and revitalize our beloved center, and we need your help to make it happen.

Whether you're passionate about tidying up indoors or love getting your hands dirty outside, there's a volunteer opportunity for everyone. No experience necessary - just bring your enthusiasm, energy, and willingness to lend a hand. Whether you can spare an hour or the whole day, every contribution counts!

Call TVC at 419-531-7600 to sign up!

#### Save The Date: NCSO 2024

Sunday June 2nd @ TVC Toledo

### SPECIAL PROGRAMS



#### Participant Retreat at Cannaley Treehouse Village

Monday, May 20, 12 p.m. - 4 p.m.

A special opportunity to enjoy outdoor activities and fellowship with survivors at the Treehouse Village in Swanton, OH.

Activities will include: Nature Crafts, Games, Yoga, Snacks Around the Fire, Scavenger Hunt, and a Nature Walk!

Participants are invited to bring a guest

\*Activities will be outdoors. Snacks and water will be provided.\*

#### Virtual Reality Expedition: Ireland

Thursday, May 23, 11 a.m. - 12 p.m. @ Perrysburg

Take an inspirational journey across the Emerald Isle of Ireland! From rolling green pastures to the capital of Dublin, there is so much to see without ever leaving your seat! Guide: Sara Gray from The Way Library

SIGN UP DAY: **TUESDAY, APR. 16**

### HEALTH & WELLNESS



#### Fight Back with Nutrition

Friday, May 10, 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, May 1, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

Friday, May 24, 1 p.m. - 2 p.m. @ Perrysburg *Sponsored by Mercy*

Thurs, May 30, 12 p.m. - 1 p.m. @ Defiance *Sponsored by ProMedica*

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: Managing Guilt

Friday, May 17, 1 p.m. - 2:30 p.m.

Using meditation and group discussion, we'll explore releasing guilt, and self forgiveness. Facilitated by Jane V. Lutz, MSN.

#### Hypnotherapy in a small group setting

Thursday, May 23, 5 p.m. - 6 p.m.

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

#### Lymphedema Education

Wednesday, May 29, 3:30 p.m. - 4:30 p.m. @ Perrysburg

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 Robertson, OT/Lymphedema Therapist.

#### Conscious Connected Breathing

Thursdays 11:15 a.m. - 12:15 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

#### Sound Bath & Meditation

Monday, May 6 & 13, 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

### CHILDREN & FAMILIES



#### Children's Art Therapy

Wednesday, May 8, 6 p.m. - 7:30 p.m.

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

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

## CREATIVE ARTS

**Art Therapy: Funky Prints**

Tuesday, May 7, 2:30 p.m. - 4:30 p.m.

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

Tuesday, May 14, 2:00 p.m. - 4:00 p.m. @ Defiance

Create Funky Prints with paint, heavy paper, and found objects like: bubble wrap, bottle caps, cardboard, scrubber brushes, etc. Feel free to bring odd objects from home that may make interesting textures and designs. Please wear a paint shirt! Facilitator: Kayt Harden

**Art Therapy: Polymer Clay Mugs**

Tuesday, May 21, 2 p.m. - 4 p.m.

Friday, May 24, 10 a.m. - 12 p.m. @ Perrysburg

Experience the joy of molding Sculpey clay into your own creative design. You'll attach your design to a ceramic mug, adding your own personalized touch. This tactile sensory experience helps your mind engage in a calming, and meditative process. Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Tuesday May 7, 4:30 p.m. - 6:30 p.m.

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

**Card Stamping**

Thursday May 2, 10 a.m. - 12 p.m. @ Perrysburg

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

**Book Club: "The Wishing Game"**

Friday May 17, 11 a.m. - 12 p.m.

Join fellow survivors to discuss and learn! This month's book is: "The Wishing Game" by Meg Shaffer.

**Knit Wits**

Tuesdays 11 a.m. - 12 p.m.

Friday May 17 & 31, 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: Mini Wall Hangings**

Tuesday, May 28, 2:30 p.m. - 4:30 p.m.

Join Art Therapist Kayt Harden for this beginner friendly macramé class and make mini macramé wall hangings!

**Fundamentals of Zentangle**

Thursday May 9, 10 a.m. - 12 p.m. @ Perrysburg

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 Maureen Hines, CZT.

**Zentangle: Six New Tangles!**

Wednesday May 15, 10 a.m. - 12 p.m.

Fundamentals of Zentangle required. We will be introducing and demonstrating six brand new tangles. Bring your gel pens and ink markers. Facilitated by Maureen Hines, CZT.

**Art with Dottie: Book Page Roses**

Monday May 6, 12:00 p.m. - 2:00 p.m.

Participants will make surprisingly easy book page roses. Bring a vase. Facilitated by Dottie Huls, Survivor & retired Art Teacher.

**Art with Dottie: Butterfly Pop-Up Cards**

Monday May 13, 12:00 p.m. - 2:00 p.m.

Make Butterfly Pop-Up Cards! Participants are encouraged to bring their gel or zentangle pens! Facilitated by Dottie Huls

## MOVEMENT

**Belly Dancing**

Thursday, May 23, 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, May 10 & 24, 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, May 2, 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 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.**

# MAY 2024

- TVC @ Toledo
- TVC @ Perrysburg
- TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5	10:30 Yoga 12:00 Book Page Roses 6:00 Sound Bath	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:30 Funky Prints 4:30 Art Studio	10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	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	11:15 Chakra Workshop Spring Clean-Up Day!	4
12	10:30 Yoga 12:00 Pop-up Cards 6:00 Sound Bath 6:00 Blood Cancer SG	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Funky Prints 6:00 Breast Cancer SG	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	10:00 Chair Yoga 10:00 Zentangle Fundamentals 10:30 Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga	10:00 Nutrition 10:00 Funky Prints 11:15 Chakra Workshop 1:00 Line Dancing	11 10:00 Wig Bank
19	10:30 Yoga 12:00 Participant Retreat at Cannely Treehouses	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:30 Polymer Clay Mug	10:00 Wig Bank 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate CWN Fundraiser 5:30 Yoga	10:00 Polymer Clay Mug 11:15 Chakra Workshop 1:00 Line Dancing 1:00 Aromatherapy	25
26	10:30 Yoga 12:00 Participant Retreat at Cannely Treehouses	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:30 Macrame 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	11:30 NIA Fitness 1:30 Healthy Steps 3:30 Lymphedema Ed 5:00 Aquatic Exercise	10:00 Chair Yoga 10:30 Yoga 12:00 Aromatherapy 1:30 Chair Yoga/Meditate 5:30 Yoga	10:00 Chair Yoga 10:30 Yoga 12:00 Aromatherapy 1:30 Knit Wits	31
13	10:30 Yoga 12:00 Pop-up Cards 6:00 Sound Bath 6:00 Blood Cancer SG	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Funky Prints 6:00 Breast Cancer SG	10:00 Zentangle 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate CWN Fundraiser 5:30 Yoga	11:00 Book Club 11:15 Chakra Workshop 1:00 Soul Care 1:00 Knit Wits	18
20	10:30 Yoga 12:00 Participant Retreat at Cannely Treehouses	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:30 Polymer Clay Mug	10:00 Wig Bank 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	10:00 Chair Yoga 10:30 Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 7:00 Belly Dancing 6:00 General Cancer SG	10:00 Polymer Clay Mug 11:15 Chakra Workshop 1:00 Line Dancing 1:00 Aromatherapy	24
27	TVC CLOSED! 	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:30 Macrame 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	11:30 NIA Fitness 1:30 Healthy Steps 3:30 Lymphedema Ed 5:00 Aquatic Exercise	10:00 Chair Yoga 10:30 Yoga 12:00 Aromatherapy 1:30 Chair Yoga/Meditate 5:30 Yoga	10:00 Chair Yoga 10:30 Yoga 12:00 Aromatherapy 1:30 Knit Wits	25

## THE VICTORY CENTER NEWSLETTER

MAY 2024

### SUPPORT GROUPS



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

Mon., May 13, 6 p.m. – 7:30 p.m.  
In Partnership with L & L Society.

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

Wed., May 15, 6 p.m. – 7:30 p.m.

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


Tues., May 14 & 28, 6 p.m. – 7:30 p.m.  
Funded by The Breast Cancer Fund of Ohio.

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


Wed., May 8, 6 p.m. – 7:30 p.m..  
For children ages 6 – 12.

 : Zoom Option Available


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

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

#### **Young Cancer Survivors**

Thurs., May 2, 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., May 8 & 22, 6 p.m. – 7:30 p.m.  
 Thurs., May 23, 6 p.m. – 7:30 p.m. @Defiance  
For any cancer patient & their family

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

Tues., May 28, 6 p.m. – 7:30 p.m.

SIGN UP DAY:  
**TUESDAY, APR. 16**

**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