

JUNE 2024

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



National Cancer Survivors Day

"Treasure SurvivorSHIP"

Sunday June 2nd, 12:00pm - 2:00pm
@ TVC Toledo

Set sail on a grand adventure at our swashbuckling, tropical themed celebration of YOU! Play games, enter a raffle, enjoy delicious food, and dance with friends to live music by Spencer Elfring. You might even find a treasure chest full of gold! Family & friends welcome! Please call to RSVP

July Book Club:

"The Lost Bookshop" by Evie Woods

"On a quiet street in Dublin, a lost bookshop is waiting to be found... For too long, Opaline, Martha and Henry have been the side characters in their own lives. But when a vanishing bookshop casts its spell, these three unsuspecting strangers will discover that their own stories are every bit as extraordinary as the ones found in the pages of their beloved books."



SPECIAL PROGRAMS



Planning for Your Future Workshop

Tuesday June 11, 6 p.m. - 7 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. Learn about saving, budgeting, & special programs. Facilitated by Sarah Lockyer, Survivor & New York Life Agent.

BINGO Night!

Thursday, June 20, 5:30 p.m. - 7 p.m. @ Defiance

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!

Virtual Reality Expedition: Paris

Thursday, June 27, 11 a.m. - 12 p.m. @ Perrysburg

The City of Love awaits! Take in the sights & sounds of Paris, France. Guide: Sara Gray from The Way Library.

Reiki 1 for Cancer Patients

Fridays, June 7 - July 26, 11:15 a.m. - 12:15 p.m.

In this 8 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 & share Reiki with others.

Facilitated by Kathie Jaskolski, Reiki Master & Teacher

SIGN UP DAY: **TUESDAY, MAY 21**

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, June 14, 10 a.m. - 11 a.m. *Sponsored by ProMedica*

Monday, June 17, 1 p.m. - 2 p.m. @Perrysburg *Sponsored by Mercy*

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, June 19, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

Friday, June 28, 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: Joy & Happiness

Friday, June 21, 1 p.m. - 2:30 p.m.

We'll explore ways to obtain and maintain happiness and joy even in the worst of times. Facilitated by Jane V. Lutz, MSN.

Hypnotherapy in a small group setting

Thursday, June 20, 5 p.m. - 6 p.m.

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

Sound Bath & Meditation

Monday, June 3 & 17, 6 p.m. - 7 p.m.

Monday, June 24, 6 p.m. - 7 p.m. @ Perrysburg

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



Parent's Night In: Planning for Your Future

Tuesday, June 11, 6 p.m. - 7 p.m.

Join to discuss getting back control of your finances and your financial goals. Learn about saving, budgeting, & special programs. Facilitated by Sarah Lockyer, Survivor & New York Life Agent.

No babysitter required! Childcare & pizza will be provided by TVC!

Children's Art Therapy

Wednesday, June 12, 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: Watercolor & Hot Glue Abstract**

Tuesday, June 4, 2 p.m. - 4 p.m.

Friday, June 7, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, June 11, 2 p.m. - 4 p.m. @ Defiance

There's no such thing as too much hot glue art, right!? This month we are going to use all different colors of hot glue to create beautiful watercolor abstracts. This technique will help us remove perfectionism, calm the mind, and bring us to the here and now. Please wear a paint shirt! Facilitator: Kayt Harden

Art Therapy: Mosaic on Tile

Tuesday, June 18, 2 p.m. - 4 p.m.

Friday, June 21, 10 a.m. - 12 p.m. @ Perrysburg

Join us to experiment with a new medium - mosaic on tile! Using pieces of glass, ceramics, and other oddities, we will be using mastic to secure the design directly onto square tile. These can be used to display your beautiful artwork, and also can be used as drink coasters if desired. Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, June 18, 4 p.m. - 6 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, June 6, 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, June 14 & 28, 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 Macrame Rainbows

Tuesday, June 25, 2 p.m. - 4 p.m.

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

Zentangle: Bookmarks

Thursday, June 13, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, June 18, 10 a.m. - 12 p.m.

Fundamentals of Zentangle required. The bookmark tangles are your choice but examples will be available. Bookmark tiles, clear protective sleeve and tassels will be provided. Please bring your pens/colored pencils or paints. Facilitated by Maureen Hines, CZT.

Art with Dottie: Wood Hummingbirds

Monday, June 3, 12 p.m. - 2 p.m.

Participants will assemble and paint a wood hummingbird to use in their backyard. Facilitated by Dottie Huls, Survivor & retired Art Teacher.

Art with Dottie: Canvas Swap Painting

Monday, June 10, 12 p.m. - 2 p.m.

Come and participate in a 5 minute canvas swap group painting. Every 5 minutes canvases will be switched for the duration of the class period. You will take home a group effort painting. Facilitated by Dottie Huls

MOVEMENT

**Belly Dancing**

Thursday, June 20, 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, June 14 & 28, 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, June 6, 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: June 5 - July 10, 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.**

JUNE 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 National Cancer Survivor's Day 12 pm - 2 pm 	3 10:30 Yoga 12:00 Wood Hummingbirds 6:00 Sound Bath	4 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Watercolor Abstract	5 10:00 Pink Ribbon <u>NO NIA</u> 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	6 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	7 10:00 Watercolor Abstract 11:15 Reiki 1	8 10:00 Wig Bank
	9 10:30 Yoga 12:00 Canvas Swap Painting 6:00 Blood Cancer SG	10 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Watercolor Abstract 6:00 Parents Night In: Planning for the Future 6:00 Breast Cancer SG	11 10:00 Healthy Steps <u>NO NIA</u> 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	12 10:00 Pink Ribbon <u>NO NIA</u> 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	13 10:00 Chair Yoga 10:00 Zentangle 10:30 Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga	14 10:00 Nutrition 11:15 Reiki 1 1:00 Knit Wits 1:00 Line Dancing
16 10:30 Yoga 1:00 Nutrition 6:00 Sound Bath	17 10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 2:00 Mosaic on Tile 4:00 Art Studio	18 10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 2:00 Mosaic on Tile 4:00 Art Studio	19 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	20 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 5:30 BINGO Night 7:00 Belly Dancing	21 10:00 Mosaic on Tile 11:15 Reiki 1 1:00 Soul Care	22
23 10:30 Yoga 6:00 Sound Bath	24 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Macrame 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	25 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Macrame 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	26 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	27 10:00 Chair Yoga 10:30 Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	28 11:15 Reiki 1 1:00 Knit Wits 1:00 Aromatherapy 1:00 Line Dancing	29

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., June 10, 6 p.m. – 7:30 p.m.
In Partnership with L & L Society.

Men's Cancer Support Group

Wed., June 19, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group


Tues., June 11 & 25, 6 p.m. – 7:30 p.m.
Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group


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

 : Zoom Option Available


Metastatic Breast Cancer Group

Wed., June 5, 6 p.m. – 7:30 p.m.
 Offered in partnership with Mercy Health.

Young Cancer Survivors

Thurs., June 6, 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., June 12 & 26, 6 p.m. – 7:30 p.m.
 Thurs., June 27, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family

Caregiver & Family Support Group

Tues., June 25, 6 p.m. – 7:30 p.m.

**SIGN UP DAY:
TUESDAY, MAY 21**

**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