

AUGUST 2024

# THE VICTORY CENTER

## NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

### NEWS & ANNOUNCEMENTS



REGISTER!



#### Over The Edge for Victory 2024 September 6, 2024

Take your support of The Victory Center to new heights! Registration is now open for Over the Edge for Victory Presented by ThermaTru. Raise \$1,000 for the thrill of a lifetime. Rappel 16 stories OR climb up 225ft to Victory. OTE4Victory.org

The Victory Center and Baskets of Care Presents...

### Intimacy & Cancer

A Frank Discussion of Sexuality for Women Survivors

**Tuesday, August 20, 6:00 p.m. - 7:30 p.m.**

**Doors open at 5:30 with refreshments**

This is an opportunity to discuss all things related to intimacy both during and after the cancer journey. Discussion also includes emotional intimacy and body acceptance. The atmosphere will be a safe space to discuss your questions and concerns. You may also submit your questions anonymously before or during the event. Women diagnosed with any type of cancer are encouraged to attend, whether currently in treatment or post treatment. Featured speakers:

- Brithany Pawloski, MD, Clinical Psychologist
- Rachel Gardull, MSW, LISW, Certified Sex Therapist
- Patty Dominguez, Pure Romance products

Men are invited to register for the Men's Intimacy Group. RSVP Required!

### SPECIAL PROGRAMS



#### Virtual Reality Expedition: Venice, Italy

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

Explore "The Floating City" with its winding canals, striking architecture, and beautiful bridges. Guide: Sara Gray from The Way Library.

#### September Book Club:

**"The Clockmaker's Daughter" by Kate Morton**

Friday, September 20, 11 a.m. - 12 p.m.

Told by multiple voices across time, The Clockmaker's Daughter is a story of murder, mystery, and thievery, of art, love, and loss.

### HEALTH & WELLNESS



#### Fight Back with Nutrition

Friday, August 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, August 7 & 21, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

Friday, August 23, 1 p.m. - 2 p.m. @ Perrysburg

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: Ease

Friday, August 23, 1 p.m. - 2:30 p.m.

We'll explore a variety of techniques for managing physical and emotional pain. Facilitated by Jane V. Lutz, MSN.

#### Hypnotherapy in a small group setting

Thursday, August 15, 5 p.m. - 6 p.m. @ Defiance

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

#### Sound Bath & Meditation

Monday, August 5 & 19, 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



NEW

#### Family Fun Day

Friday, August 2, 4 p.m. - 6 p.m.

Bring the whole family to TVC for an afternoon of fun! Glovation Circus will offer face painting and balloon animals. Compete in our field day games, including an egg race, water balloon toss, and limbo! Enjoy a "build-your-own sundae bar". Kids of all ages are welcome!

#### Children's Art Therapy

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

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

SIGN UP DAY: **TUESDAY, JULY 23**

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

MORE NEWS →

## CREATIVE ARTS

**Art Therapy: Paper Weaving Heart Journals**

Tuesday, August 6, 2 p.m. - 4 p.m.

Friday, August 9, 10 a.m. - 12 p.m. @ Perrysburg

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

Delve into the creative process of crafting beautiful journal covers using mixed media and paper weaving techniques. Heart journals can be used for capturing moments of joy and growth. Consider bringing photos, ticket stubs, or other artifacts (that you don't mind altering) to add as an addition to your Heart Journal! Facilitator: Kayt Harden

**Art Therapy: Dot Painted Rocks**

Tuesday, August 20, 2 p.m. - 4 p.m.

Friday, August 23, 10 a.m. - 12 p.m. @ Perrysburg

Discover the soothing practice of mandala dot painting using dotting tools and acrylic paint on stones. This practice is known to help relax the mind, clear thoughts, and immerse you in the present moment. Don't forget to wear a paint shirt! Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Tuesday, August 6 & 27, 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, August 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.

**Art with Dottie: Watercolor Greeting Cards**

Monday, August 12, 10 a.m. - 12 p.m.

Participants will create small watercolor panels that will be adhered to greeting cards. Facilitator: Dottie Huls, Art Teacher & Survivor.

**Art with Dottie: Painted Vases**

Monday, August 26, 10 a.m. - 12 p.m.

Each participant will be given a clear flower vase to embellish with acrylic paints, pens and beads. Facilitator: Dottie Huls, Art Teacher.

**Macramé: Tree of Life**

Tuesday, August 27, 2 p.m. - 4 p.m.

Join Art Therapist Kayt Harden for this beginner friendly macramé class and make a tree of life!

**Zentangle: Dingbatz**

Tuesday, August 27, 10 a.m. - 12 p.m. @ Perrysburg

Fundamentals of Zentangle required. Dingbatz are an easy way to incorporate the fundamentals of Zentangle into a wide variety of creative projects and bring attention and mindfulness to the smallest corners of your life. Facilitator: Maureen Hines, CZT.

**Zentangle Fundamentals!**

Tuesday, August 13, 10 a.m. - 12 p.m.

Zentangle is an easy to learn, relaxing, & fun way to create beautiful images by drawing structured patterns. Learn to shift your state of mind towards relaxation & inspiration. Facilitator Maureen Hines, CZT.

**Knit Wits**

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

Friday, August 2 & 16, 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!

**Color Me Calm**

Monday, August 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! Guided by Maggie Kollman from Way Library.

## MOVEMENT

**Belly Dancing**

Thursday, August 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, August 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, August 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

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.

**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: Aug. 7 - Sept. 11, 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.**

AUGUST 2024

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 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	2 1:00 Knit Wits  4:00 FAMILY FUN DAY	3
4	5 10:30 Yoga 1:30 Color Me Calm  6:00 Sound Bath	6 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Paper Heart Journals 4:00 Art Studio	7 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	8 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga	9 10:00 Nutrition 10:00 Paper Heart Journals  1:00 Line Dancing	10   10:00 Wig Bank
11	12 10:00 Watercolor Cards 10:30 Yoga  6:00 Blood Cancer SG	13 10:00 Healthy Steps 10:00 Zentangle Fundamentals 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Paper Heart Journals 6:00 Breast Cancer SG	14 10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps NO AQUATICS 6:00 General Cancer SG 6:00 Children's Art Therapy	15 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 7:00 Belly Dancing	16   1:00 Knit Wits	17
18	19 10:30 Yoga  6:00 Sound Bath	20 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Dot Painted Rocks 6:00 Intimacy & Cancer	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 10:30 Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	23 10:00 Dot Painted Rocks  1:00 Soul Care 1:00 Aromatherapy 1:00 Line Dancing	24
25	26 10:00 Painted Vases 10:30 Yoga	27 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 2:00 Macrame 4:00 Art Studio 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 10:30 Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga	30	31

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### SUPPORT GROUPS



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

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

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

Wed., Aug 21, 6 p.m. – 7:30 p.m.

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


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

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


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

 : Zoom Option Available


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

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

#### **Young Cancer Survivors**

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

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

Tues., Aug 27, 6 p.m. – 7:30 p.m.

SIGN UP DAY:

**TUESDAY, JULY 23**

**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