

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

GIVEAWAY:**Overnight Stay at Cannaley Treehouse Village****Monday Sept 16th 4:00 p.m. - Tuesday Sept 17th 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 9/4/24



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

SPECIAL PROGRAMS

**Participant Retreat at Cannaley Treehouse Village**

Tuesday, September 17, 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 Special Programming!

Participants are invited to bring a guest

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

Virtual Reality Expedition: Greece

Thursday, September 26, 11 a.m. - 12 p.m. @ Perrysburg

Explore Greece, a country in southeastern Europe with thousands of islands throughout the Aegean and Ionian seas. Influential in ancient times, it's often called the cradle of Western civilization. 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, Sept 13, 10 a.m. - 11 a.m. *Sponsored by ProMedica*

Monday, Sept 23, 10 a.m. - 11:30 a.m. @ Perrysburg

Marcia Grandsko is back at TVC Perrysburg!

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.

AromatherapyWednesday, Sept 25, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

Friday, Sept 27, 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: The Art of Surrender

Friday, September 20, 1 p.m. - 2:30 p.m.

Using small group discussion and meditation, we'll examine the skills letting go of control. Facilitated by Jane V. Lutz, MSN.

Hypnotherapy in a small group setting

Thursday, September 19, 5 p.m. - 6 p.m.

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

Sound Bath & Meditation

Monday, September 9 & 30, 6 p.m. - 7 p.m.

Saturday, September 14, 10 a.m. - 11 a.m. @ Defiance

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

NEW

Mindfulness with Krissy

Wednesday, September 11, 4:30 p.m. - 5:30 p.m.

Learn about the importance of mindfulness and listening to your intuition, while developing your own mindfulness practice. Krissy Kountouris is a Strength and Conditioning Coach who focuses on holistic wellness!

CHILDREN & FAMILIES

**Children's Art Therapy**

Wednesday, September 11, 6 p.m. - 7:30 p.m.

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

SIGN UP DAY: **TUESDAY, AUGUST 20**RSVP BY CALLING **419-531-7600**

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Costume Jewelry Art**

Tuesday, September 10, 2 p.m. - 4 p.m.

Friday, September 13, 10 a.m. - 12 p.m. @ Perrysburg

Thursday, September 19, 2 p.m. - 4 p.m. @ Defiance

Create mixed-medium collages using a compilation of costume jewelry, buttons, beads, and other miscellaneous items! Feel free to bring your own unwanted costume jewelry and add your personal touch, transforming memories into cherished, meaningful art.

Facilitator: Kayt Harden

Art Therapy: Shrinky Dink Earrings

Tuesday, September 24, 2 p.m. - 4 p.m.

Friday, September 27, 10 a.m. - 12 p.m. @ Perrysburg

Bring your imagination to life as you design, color, & cut your creations, then watch them shrink into beautiful, miniature works of art. In this group, you'll learn how to turn these tiny masterpieces into stylish earrings, necklaces, or even keychains! Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, September 10, 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, September 5, 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: Paper Quilling Gnome

Monday, September 16, 10 a.m. - 12 p.m.

Make a paper quilled gnome to share with loved ones. Facilitator: Dottie Huls, Art Teacher & Survivor.

Art with Dottie: Honeycomb Pumpkins

Monday, September 23, 10 a.m. - 1 p.m.

Fall is here! Make a cute decorative pumpkin for the season. Facilitator: Dottie Huls, Art Teacher.

Art with Dottie: Wine Cork Skeletons

Monday, September 30, 10 a.m. - 1 p.m.

Make a festive seasonal skeleton! Please bring needle nose pliers if you have them. Facilitator: Dottie Huls, Art Teacher.

Zentangle: Going Batty!

Thursday, September 12, 10 a.m. - 12 p.m.

Tuesday, September 24, 10 a.m. - 12 p.m. @ Perrysburg

Fundamentals of Zentangle required. Chiroptophobia is the irrational fear of bats. But be assured, by tangling pre-cut BATZ in prep for Halloween, your fear will become creative & fun.

Facilitator: Maureen Hines, CZT.

Knit Wits

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

Friday, September 20, 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, September 9, 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, September 19, 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, September 13 & 27, 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, September 12, 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, 10:30 a.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.**

SEPTEMBER 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 TVC CLOSED 	3 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga	4 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	5 10:00 Chair Yoga 10:00 Card Stamping 10:30 Yoga 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 Young Cancer SG	6 TVC CLOSED 	7
8	9 10:30 Yoga 1:30 Color Me Calm 6:00 Sound Bath 6:00 Blood Cancer SG	10 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Costume Jewelry Art 4:00 Art Studio 6:00 Breast Cancer SG	11 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 4:30 Mindfulness 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	12 10:00 Chair Yoga 10:00 Zentangle 10:30 Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga	13 10:00 Nutrition 10:00 Costume Jewelry Art 1:00 Line Dancing	14 10:00 Wig Bank 10:00 Sound Bath
15	16 10:00 Paper Quilling 10:30 Yoga	17 10:00 Healthy Steps 11:00 Knit Wits 12:00 Treehouse Retreat 12:30 Yoga	18 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	19 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 2:00 Costume Jewelry Art 5:00 Hypnotherapy 5:30 Yoga 7:00 Belly Dancing	20 11:00 Book Club 1:00 Knit Wits 1:00 Soul Care	21
22	23 10:00 Nutrition 10:00 Honeycomb Pumpkins 10:30 Yoga	24 10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 2:00 Shrinky Dinks 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	25 10:00 Wig Bank 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	26 10:00 Chair Yoga 10:30 Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	27 10:00 Shrinky Dinks 1:00 Aromatherapy 1:00 Line Dancing	28
29	30 10:00 Cork Skeletons 10:30 Yoga 6:00 Sound Bath					

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SEPT 2024

SUPPORT GROUPS



Blood Cancer Support Group

Mon., Sept 9, 6 p.m. – 7:30 p.m.

In Partnership with L & L Society.

Men's Cancer Support Group

Wed., Sept 18, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group

Tues., Sept 10 & 24, 6 p.m. – 7:30 p.m.

Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group

Wed., Sept 11, 6 p.m. – 7:30 p.m.

For children ages 6 – 12.

 : Zoom Option Available

Metastatic Breast Cancer Group

Wed., Sept 4, 6 p.m. – 7:30 p.m.



Offered in partnership with Mercy Health.

Young Cancer Survivors

Thurs., Sept 5, 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., Sept 11 & 25, 6 p.m. – 7:30 p.m.



Thurs., Sept 26, 6 p.m. – 7:30 p.m. @Defiance

For any cancer patient & their family

Caregiver & Family Support Group

Tues., Sept 24, 6 p.m. – 7:30 p.m.

SIGN UP DAY:

TUESDAY, AUG 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