

# THE VICTORY CENTER

## NEWSLETTER

### NEWS & ANNOUNCEMENTS



REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

### HEALTH & WELLNESS



#### TVC Holiday Help

**Application Due Date: Monday December 2nd**

The holidays are just around the corner, and for survivors and their families, the financial burden can be overwhelming. This program provides holiday assistance by matching you with a sponsor to provide gifts for the holiday. Applications available at any TVC location!

#### Defiance Holiday Open House

**Thursday, December 12, 4 p.m. - 6 p.m.**

Come check out The Victory Center's Defiance location. Tour the facility. Enjoy holiday treats and make crafts designed for the whole family! Located inside the Promedica Defiance Regional Hospital.

#### Toledo Aromatherapy Special Topics

**December 4th: Potpourri**

**December 18th: Oils of the Bible**

#### Save the date: January Book Club

**Friday, January 10, 11 a.m. - 12 p.m.**

Join fellow participants to discuss and learn.

### SPECIAL PROGRAMS



#### TVC's Annual Holiday Party!

**Tuesday, Dec 3, 5 p.m. - 7 p.m.**

TVC's Annual Holiday Party is back! Celebrate the season with fellow survivors and their families! Refreshments, main dish, and tableware is provided - you are welcome to bring a dessert or side to share. All TVC participants are invited to bring a guest!

#### Cocktails with Cory: Holiday Edition

**Tuesday, December 10, 5 p.m. - 6:30 p.m.**

Learn to make seasonal cocktails that are perfect to celebrate the holidays! Must be 21+ to attend. Facilitated by local bartender, Cory Berlekamp.

#### Defiance Craft Night!

**Wednesday, December 4, 5:30 p.m. - 7:00 p.m. @Defiance**

Join Julie Dunlap for an evening of holiday crafts and fellowship with other cancer survivors! Make a personalized holiday ornament for yourself or as a gift for loved ones.

#### Fight Back with Nutrition

**Returning in January**

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, Dec 4 & 18, 1 p.m. - 2 p.m. Sponsored by ProMedica**

**Friday, Dec 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: Stress Management

**Friday, Dec 20, 1 p.m. - 2:30 p.m.**

Sometimes holidays can be a bit stressful so we'll discuss and practice a number of ideas for managing tension. Facilitated by Jane V. Lutz, MSN.

#### Hypnotherapy in a small group setting

**Thursday, Dec 19, 5 p.m. - 6 p.m.**

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

#### Soften, Breathe, Flow: Movement & Meditation

**Fridays 11:15 a.m. - 12:15 p.m.**

This ongoing movement and meditation class contains easy-to-learn practices designed to help you soften, come into balance and decrease anxiety in these chaotic times. Together we will:

- Honor our incredible bodies with easy-to-do chair yoga poses
- Tap into both calming and exhilarating energy via the breath
- Learn to soften into pockets of peace

Bring your yoga mat and yoga accessories! With Kathie Jaskolski, Reiki Master/Teacher and Yoga Teacher. Questions, contact Kathie at [kathie@kathiejaskolski.com](mailto:kathie@kathiejaskolski.com)

### CHILDREN & FAMILIES



#### Children's Art Therapy

**Wednesday, Dec 11, 6 p.m. - 7:30 p.m.**

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

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

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

**MORE NEWS →**

## CREATIVE ARTS

**Art Therapy: Salt Art**

Tuesday, Dec 3, 2 p.m. - 4 p.m.

Friday, Dec 6, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, Dec 10, 2 p.m. - 4 p.m. @ Defiance

Explore the fascinating process of creating vibrant artwork using the unique interaction of salt and watercolor paint. This enjoyable experience not only leads to beautiful results but also provides a soothing, satisfying outlet for personal expression. Come discover the joy of transforming simple materials into meaningful art while embracing the therapeutic benefits of creative exploration! Facilitator: Kayt Harden

**Art Therapy: Holiday Cards with Foil Art**

Tuesday, Dec 17, 2 p.m. - 4 p.m.

Friday, Dec 20, 10 a.m. - 12 p.m. @ Perrysburg

Join us for a festive and creative holiday card-making workshop, where you'll craft one-of-a-kind cards using foil techniques and a variety of decorative materials like tissue paper, ribbon, sequins, and more. Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Tuesday, Dec 17, 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!

**Macramé: Angels**

Monday, Dec 9, 4:00 p.m. - 6:00 p.m.

Join Art Therapist Kayt Harden for this beginner friendly macramé class!

**Art with Dottie: Message in a Bottle**

Monday, Dec 9, 10 a.m. - 12 p.m.

Write a note to a friend or neighbor, or a heartfelt message to a loved one. Decorate the bottle using beads, twine, shells, etc.. You will roll up your message, tie it with a ribbon and insert it into your bottle, cap it with a cork. Your gift of a "Message in a Bottle" will always be remembered by the recipient. Facilitator: Dottie Huls, Art Teacher.

**Art with Dottie: CD Coasters**

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

Create one of a kind coasters using acrylic paint. Be creative, paint fruit, flowers, dot art, or abstract art. Bring a paint shirt.

Facilitator: Dottie Huls, Art Teacher.

**Zentangle: 2025 Zentangle Calendars**

Tuesday, Dec 3, 1 p.m. - 3 p.m.

Fundamentals of Zentangle required. 2025 Calendar At a Glance

Zentangle for Holiday gifting Facilitator Maureen Hines, CZT.

**Knit Wits**

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

Friday, Dec 13, 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, Dec 2, 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, Dec 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, Dec 13, 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, Dec 5, 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: Returning in 2025

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.**

## DECEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Yoga 1:30 Color Me Calm	2 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Zentangle 2:00 SaltArt 5:00 HOLIDAY PARTY	3 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 5:30 Craft Night 6:00 Met Breast Cancer SG	4 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga 6:00 Young Cancer SG	5 10:00 Salt Art 11:15 Soften Breathe Flow	6	7
8 10:00 Message in a Bottle 10:30 Yoga 4:00 Macrame 6:00 Blood Cancer SG	9 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Salt Art 5:00 Cocktails w/ Cory 6:00 Breast Cancer SG	10 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	11 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 4:00 Defiance Open House 5:30 Yoga	12 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Line Dancing	13 10:00 Wig Bank	14
15 10:00 CD Coasters 10:30 Yoga	16 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Holiday Cards 4:00 Art Studio	17 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 6:00 Men's Cancer SG	18 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 6:00 General Cancer SG 7:00 Belly Dancing	19 10:00 Holiday Cards 20	21	
22 10:30 Yoga	23 TVC CLOSED	24 TVC CLOSED	25 10:00 Chair Yoga NO YOGA 1:30 Chair Yoga/Meditate 5:30 Yoga	26 11:15 Soften Breathe Flow 1:00 Aromatherapy	27 28	
29 10:30 Yoga	30 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga					

**HAPPY HOLIDAYS**

**3166 N. Republic Blvd.**  
**Toledo, OH 43615**

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**DECEMBER 2024**

### SUPPORT GROUPS



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

Mon., Dec 9, 6 p.m. – 7:30 p.m.  
In Partnership with L & L Society.

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

Wed., Dec 18, 6 p.m. – 7:30 p.m.

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

Tues., Dec 10, 6 p.m. – 7:30 p.m.  
Funded by The Breast Cancer Fund of Ohio.

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

Wed., Dec 11, 6 p.m. – 7:30 p.m.  
For children ages 6 – 12.

: Zoom Option Available

### 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, 3rd Wednesday, & 2nd Saturday this 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

**SIGN UP DAY:  
TUESDAY, NOV. 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

**THANK YOU**