

DECEMBER 2024

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



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.

HEALTH & WELLNESS



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

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

TVC @ Toledo

TVC @ Perrysburg

TVC @ Defiance



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10:30 Yoga 1:30 Color Me Calm	2 10:30 Yoga 1:30 Color Me Calm	3 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Zentangle 2:00 SaltArt 5:00 HOLIDAY PARTY	4 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	5 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	6 10:00 Salt Art 11:15 Soften Breathe Flow	7 10:00 Wig Bank
8 10:00 Message in a Bottle 10:30 Yoga 4:00 Macrame 6:00 Blood Cancer SG	9 10:00 Message in a Bottle 10:30 Yoga 4:00 Macrame 6:00 Blood Cancer SG	10 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	11 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	12 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 4:00 Defiance Open House 5:30 Yoga	13 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Line Dancing	14 10:00 Wig Bank
15 10:00 CD Coasters 10:30 Yoga	16 10:00 CD Coasters 10:30 Yoga	17 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 Holiday Cards 4:00 Art Studio	18 10:00 Wig Bank 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 6:00 Men's Cancer SG	19 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	20 10:00 Holiday Cards 11:15 Soften Breathe Flow 1:00 Soul Care	21 10:00 Wig Bank
22 10:30 Yoga	23 10:30 Yoga	24 TVC CLOSED	25 TVC CLOSED	26 10:00 Chair Yoga NO YOGA 1:30 Chair Yoga/Meditate 5:30 Yoga	27 11:15 Soften Breathe Flow 1:00 Aromatherapy	28 10:00 Wig Bank
29 10:30 Yoga	30 10:30 Yoga	31 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga	HAPPY HOLIDAYS			

THE VICTORY CENTER NEWSLETTER

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


Metastatic Breast Cancer Group

Wed., Dec 4, 6 p.m. – 7:30 p.m.
 Offered in partnership with Mercy Health.

Young Cancer Survivors

Thurs., Dec 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., Dec 11, 6 p.m. – 7:30 p.m.
 Thurs., Dec 19, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family

Caregiver & Family Support Group

NO GROUP THIS MONTH

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

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

THANK YOU