

THE VICTORY CENTER

NEWSLETTER

NEWS & ANNOUNCEMENTS



REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

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

SPECIAL PROGRAMS



Cocktails with Cory

Tuesday, July 9, 5 p.m. - 6 p.m.

Learn to make seasonal cocktails (or mocktails) to celebrate summer! Must be 21+ to attend. Facilitated by local bartender, Cory Berlekamp.

Houseplants with Hattie: Kokedama

Tuesday, July 16, 5:30 p.m. - 6:30 p.m.

Discover the art and tranquility of kokedama, the Japanese gardening technique that transforms plants into living works of art. In this class you will learn to create these unique, moss-covered plant balls that can be hung, displayed on trays, or used as centerpieces. Plants & materials provided. Facilitated by Hattie Lykowski, TVC Program Director.

Financial Wellness with Sun Federal Credit Union

Wednesday, July 17, 3 p.m. - 4 p.m.

Come join the Sun Federal team for an afternoon of enhancing your financial knowledge! They are a full service, not-for-profit financial institution that specializes in helping members flourish through financial coaching and relationship building. As "People Caring About People", their mission is help you reach your financial goals and to achieve financial wellness.

Virtual Reality Expedition: National Parks

Thursday, July 25, 11 a.m. - 12 p.m. @ Perrysburg

Explore National Parks around the Globe! Enjoy breathtaking views of our natural world from your chair. Guide: Sara Gray from The Way Library.

Book Club: "The Lost Bookshop" by Evie Woods

Friday, July 19, 11 a.m. - 12 p.m.

Join Book Club to discuss and learn!

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, July 12, 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, July 3 & 17, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

Friday, July 26, 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: Managing Pain

Friday, July 19, 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, July 18, 5 p.m. - 6 p.m.

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

Sound Bath & Meditation

Monday, July 1 & 15, 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



Parent's Night In: Houseplants with Hattie

Tuesday, July 16, 5:30 p.m. - 6:30 p.m.

Discover the art and tranquility of kokedama, the Japanese gardening technique that transforms plants into living works of art. In this class you will learn to create these unique, moss-covered plant balls that can be hung, displayed on trays, or used as centerpieces. Plants & materials provided. Facilitated by Hattie Lykowski, TVC Program Director.

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

Children's Art Therapy

Wednesday, July 10, 6 p.m. - 7:30 p.m.

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

SIGN UP DAY: TUESDAY, JUNE 18

RSVP BY CALLING 419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Tree Finger Painting**

Tuesday, July 9, 2 p.m. - 4 p.m.

Friday, July 12, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, July 23, 2 p.m. - 4 p.m. @ Defiance

This satisfying practice will reconnect you with your inner child and heighten your sensory experience. The tactile delight of dipping fingers in paint and pressing them onto canvas invites playful creativity and freedom. Each dot forms a vibrant leaf. This hands-on technique encourages mindfulness and presence. Please wear a paint shirt! Facilitator: Kayt Harden

Art Therapy: Sand Mandalas

Tuesday, July 16, 2 p.m. - 4 p.m.

Friday, July 19, 10 a.m. - 12 p.m. @ Perrysburg

Explore the mesmerizing art of crafting your own mandalas with sand and glue on heavy-weight paper. Inspired by the ancient practice of Tibetan monks, this session will offer a gentle invitation to experience the beauty of impermanence while fostering mindfulness and creativity. Let's quiet the mind chatter and look inward to awaken our creative spirit! Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, July 30, 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!

Art with Alice: Botanical Wall Hanging

Thursday, July 18, 11 a.m. - 12:30 p.m.

Using different threads, yarns, and fabrics, participants will learn to make their own unique botanical wall hanging. No experience necessary! This special class will be led by Alice Grace, artist and survivor.

Macramé: Mini Diffuser

Tuesday, July 30, 2 p.m. - 4 p.m.

Join Art Therapist Kayt Harden for this beginner friendly macramé class and make mini macramé diffusers for your essential oils!

Zentangle: Canvas Shoes

Thursday, July 11, 10 a.m. - 12 p.m.

Tuesday, July, 30 10 a.m. - 12 p.m. @Perrysburg

Fundamentals of Zentangle required. Let's sneak up on tangling. Bring a pair of light-colored canvas shoes (need not be new) to tangle a creative design to fashionably wear about town. If you have your favorite fabric markers, bring them, but markers will be available. Facilitated by Maureen Hines, CZT.

Card Stamping

Thursday, July 11, 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, July 12 & 26, 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, July 1, 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 and immerse ourselves in the delight of staying in the lines, or completely staying out of them. Guided by Maggie Kollman from Way Library.

MOVEMENT

**Belly Dancing**

Thursday, July 18, 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, July 12 & 26, 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, July 11, 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: 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.**



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

JULY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:30 Yoga	1	10:00 Healthy Steps	2	10:00 Pink Ribbon	3	TVC Closed
1:30 Color Me Calm		11:00 Knit Wits		11:30 NIA Fitness		11:15 Reiki 1
6:00 Sound Bath		12:30 Yoga		1:30 Healthy Steps		
				1:00 Aromatherapy		
				5:00 Aquatic Exercise		
				6:00 Met Breast Cancer SG		
7	10:30 Yoga	8	10:00 Healthy Steps	9	10:00 Pink Ribbon	10
			11:00 Knit Wits		11:30 NIA Fitness	10:00 Card Stamping
			12:30 Yoga		1:30 Healthy Steps	10:00 Zentangle
			1:00 Wig Bank		5:00 Aquatic Exercise	10:30 Yoga
			2:00 Tree Finger Painting		6:00 General Cancer SG	1:30 Chair Yoga/Meditate
			5:00 Cocktails w/ Cory		6:00 Children's Art Therapy	2:00 Walking with Nature
			6:00 Breast Cancer SG		6:00 Young Cancer SG	5:30 Yoga
14	10:30 Yoga	15	10:00 Healthy Steps	16	11:30 NIA Fitness	17
			11:00 Knit Wits		1:00 Aromatherapy	10:00 Chair Yoga
			12:30 Yoga		1:30 Healthy Steps	10:30 Yoga
			2:00 Sand Mandalas		3:00 Financial Wellness	11:00 Botanical Wall
			5:30 Parents Night In: Houseplants w/ Hattie		5:00 Aquatic Exercise	Hanging
			6:00 Sound Bath		6:00 Men's Cancer SG	1:30 Chair Yoga/Meditate
						5:00 Hypnotherapy
						5:30 Yoga
						7:00 Belly Dancing
21	10:30 Yoga	22	10:00 Healthy Steps	23	10:00 Wig Bank	24
			11:00 Knit Wits		11:30 NIA Fitness	10:00 Chair Yoga
			12:30 Yoga		1:30 Healthy Steps	11:30 VR Expedition
			2:00 Tree Finger Painting		5:00 Aquatic Exercise	1:30 Chair Yoga/Meditate
			6:00 Breast Cancer SG		6:00 General Cancer SG	5:30 Yoga
			6:00 Caregiver & Family SG			6:00 General Cancer SG
28	10:30 Yoga	29	10:00 Healthy Steps	30	31	
			10:00 Zentangle		11:30 NIA Fitness	
			11:00 Knit Wits		1:30 Healthy Steps	
			12:30 Yoga		2:00 Macrame	
			2:00 Art Studio		4:00 Aquatic Exercise	

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., July 8, 6 p.m. – 7:30 p.m.
In Partnership with L & L Society.

Men's Cancer Support Group

Wed., July 17, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group

Tues., July 9 & 23, 6 p.m. – 7:30 p.m.
Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group

Wed., July 10, 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, 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

**SIGN UP DAY:
TUESDAY, JUNE 18**

**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