

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



TVC's Annual Survivor Art Showcase

Explore the art of TVC cancer survivors! Refreshments, Food Truck, Music, Door Prizes & more! Participants may enter up to three pieces for the show. Drop off submissions at TVC Toledo with completed entry form by Wed. April 23rd!

SPECIAL PROGRAMS



Weather Jeopardy!

Thursday, March 6, 3 p.m. - 4 p.m. @ Toledo

Join TVC Staff Kimberly Rosinski for an afternoon of Jeopardy: Weather Edition! A wide variety of weather fun facts and topics, refreshments, and novelty prizes. Family & friends are welcome!

Breast Health, Breast Cancer, & Surgery Talk

Friday, March 14, 11:30 a.m. - 12:30 p.m. @ Perrysburg

An educational presentation and discussion covering breast health, breast cancer, and breast surgery. Facilitated by Dr. Keiva Bland, MD, FACS. Dr. Bland is a Breast Surgical Oncologist who is passionate about educating and empowering our community.

March Book Club:

Anxious People by Fredrik Backman

Friday, March 21, 11 a.m. - 12 p.m. @ Toledo

A poignant, charming novel about a crime that never took place, a would-be bank robber who disappears into thin air, and eight extremely anxious strangers who find they have more in common than they ever imagined!

Virtual Reality Expedition: China

Thursday, March 20, 11 a.m. - 12 p.m. @ Perrysburg

A VR trip through China. Explore snow-capped mountains, deep river valleys, broad basins, high plateaus, rolling plains, terraced hills, and sandy dunes. Guide: Sara Gray from The Way Library.

SIGN UP DAY: TUESDAY, FEB 18

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, March 14, 10 a.m. - 11 a.m. @ Toledo

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, March 19, 1 p.m. - 2 p.m. @ Toledo

Thursday, March 20, 1 p.m. - 2 p.m. @ Defiance

Friday, March 28, 1 p.m. - 2 p.m. @ Perrysburg

Discuss the benefits of aromatherapy for cancer survivors with Certified Clinical Aromatherapists, Deb Reis, Patti Leupp, or Judy Hook. Learn to identify therapeutic-grade essential oils, their properties, and how to integrate them into your routine.

Soul Care: Loving Your Body

Friday, March 21, 1 p.m. - 2:30 p.m. @ Toledo

We'll practice some ways to release negative attitudes about our bodies as well as methods to develop greater love for them.

Facilitated by Jane V. Lutz, MSN.

Soften, Breathe, Flow: Movement & Meditation

Fridays 11:15 a.m. - 12:15 p.m. @ Toledo

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

Sound Bath & Meditation

Thursday, March 13 & 27, 11:30 a.m. - 12:30 p.m. @ Toledo

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 Ginger Materni

CHILDREN & FAMILIES



Children's Art Therapy

Wednesday, March 12, 6 p.m. - 7:30 p.m. @ Toledo

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

RSVP BY CALLING 419-531-7600

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Torn Paper Collage**

Tuesday, March 4, 2 p.m. - 4 p.m. @ Toledo

Tuesday, March 25, 2 p.m. - 4 p.m. @ Defiance

In this art therapy group we will create calming landscape (or a subject of your choosing) collages using torn paper of all shapes, sizes, and textures. The act of tearing paper can be incredibly grounding, helping to regulate your nervous system and reduce stress. This hands-on, creative process allows you to express yourself while grounding your mind and body. No artistic experience is needed—just an openness to explore and create. Facilitator: Kayt Harden

Art Therapy: Nesting Dolls

Friday, March 7, 10 a.m. - 12 p.m. @ Perrysburg

Join us for a creative journey into the art of nesting dolls, inspired by the enchanting tradition of Matryoshka Russian nesting dolls. These dolls symbolize the unity of body, soul, mind, and heart, offering connection to the inner self. Each participant will receive four unfinished wooden cutouts, each varying in size, ready to be transformed into your own personalized creations. Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, March 4, 4 p.m. - 6 p.m.

Tuesday, March 18, 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 Lindsay: Craft Jar Terrariums

Wednesday, March 12, 2 p.m. - 4 p.m. @ Toledo

Join TVC staff Lindsay Haynes and create a fun whimsical terrarium using mixed media materials. No sun or water needed!

Card Stamping

Thursday, March 6, 10 a.m. - 12 p.m. @ Perrysburg

Create a variety of homemade cards with avid stampers, Pat & Pat! Facilitated by Pat Szymanowski & Pat Piper.

Macramé: Towel Holders

Tuesday, March 18, 2:00 p.m. - 4:00 p.m. @ Toledo

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

Knit Wits

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

Friday, March 21, 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, March 3, 1:30 p.m. - 2:30 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, March 20, 7 p.m. - 8 p.m. @ Toledo

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, March 14, 1 p.m. - 2 p.m. @ Toledo

Join us and learn to line dance. It's fun and great exercise! Facilitated by Survivor Mary Leugers.

Walking with Nature

Thursday, March 6, 2 p.m. - 3:30 p.m. @ Toledo

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. @ Toledo

Thursdays, 5:30 p.m. - 7 p.m. @ Toledo

Tuesdays, 12:30 p.m. - 1:30 p.m. @ Perrysburg

Tuesdays, 9:30 a.m. - 10:30 a.m. @ Defiance

Yoga allows for gentle stretching, greater flexibility, deep breathing and better relaxation. Mats are available. Led by Instructors, Mike Zerner, Kate Walter, or Caroline Dawson.

Chair Yoga

Thursdays, 10 a.m. - 11 a.m. @ Toledo

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. @ Toledo

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. @ Toledo

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: Jan 29 - March 5, 10 a.m. - 11 a.m. @ Toledo

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.**

MARCH 2025



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THE VICTORY CENTER **NEWSLETTER**

MARCH 2025

SUPPORT GROUPS



Blood Cancer Support Group

Mon., March 10, 6 p.m. – 7:30 p.m.
In Partnership with L & L Society.

Men's Cancer Support Group

Wed., March 19, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group

Tues., March 11 & 25, 6 p.m. – 7:30 p.m.
Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group

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

Teens Against Cancer

Sat., March 8, 12 p.m. – 1:30 p.m..
For Teens ages 13-19

Metastatic Breast Cancer Group

Wed., March 5, 6 p.m. – 7:30 p.m.
Offered in partnership with Mercy Health.

Young Cancer Survivors

Thurs., March 6, 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., March 12 & 26, 6 p.m. – 7:30 p.m.
Thurs., March 27, 6 p.m. – 7:30 p.m. @Defiance
For any cancer patient & their family

Caregiver & Family Support Group

Tues., March 25, 6 p.m. – 7:30 p.m.

SIGN UP DAY:

TUESDAY, FEB .18

RSVPs are required for all TVC programs and services!

419-531-7600

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 Saturday, 3rd Wednesday, & 4th Monday

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

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