

OCTOBER 2024

THE VICTORY CENTER

NEWSLETTER

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

NEWS & ANNOUNCEMENTS



TVC Defiance Celebrity Wait Night "Gold Rush"

October 17, 2024

The Victory Center in Defiance is thrilled to announce our upcoming Celebrity Wait Night Gold Rush on October 17th! Join us for a night of fun, food, and fabulous entertainment, all while supporting a great cause! For details or to get involved, please reach out to us directly or contact Jessica at jbidwell@thevictorycenter.org.

November Book Club:

"Remarkably Bright Creatures" by Shelby Van Pelt

Friday, November 15, 11 a.m. – 12 p.m.

An exploration of friendship, reckoning, and hope, tracing a widow's unlikely connection with a giant Pacific octopus.

SPECIAL PROGRAMS



Mill Tour & Canal Ride at Providence Metropark

Friday, Oct 4, 11:45 a.m. – 2 p.m.

Join fellow TVC Survivors at Providence Metropark in Grand Rapids, OH for an exclusive tour of the historic mill and a ride on the canal boat! Space is limited for this program. 13200 S River Rd, Grand Rapids, OH 43522

Pumpkin Decorating Party

Monday, Oct 21, 6 p.m. – 7:30 p.m.

Fall is here! Bring the whole family to TVC for a pumpkin decorating party with snacks, games, and pumpkin decorating. Whether you want to carve or paint- we'll have everything you need to get ready for Halloween! Pumpkins will be provided but you can bring your own if you desire.

"Good" Grief with Lisa Rasey

Wednesday, Oct 9, 2 p.m. – 3 p.m.

How does grief transform us and how do our unique experiences allow us the opportunity to show up for others? Explore the many faces of grief with TVC Staff & Death Doula Lisa Rasey.

Virtual Reality Expedition: A Trip to Rio

Thursday, Oct 24, 11 a.m. – 12 p.m. @ Perrysburg

Explore Rio and take in the beautiful sights and sounds of Brazil right from your seat! Guide: Sara Gray from The Way Library.

HEALTH & WELLNESS



Fight Back with Nutrition

Friday, Oct 11, 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, Oct 2, 1 p.m. – 2 p.m. Sponsored by ProMedica

Tuesday, Oct 29, 11 a.m. – 12 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: Ease

Friday, Oct 18, 1 p.m. – 2:30 p.m.

Using small group discussion and meditation, we'll explore resistance to and several techniques for making life easy. Facilitated by Jane V. Lutz, MSN.

Hypnotherapy in a small group setting

Thursday, Oct 17, 5 p.m. – 6 p.m.

Thursday, Oct 10, 5 p.m. – 6 p.m. @ Defiance

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

Sound Bath & Meditation

Monday, Oct 14, 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



Children's Art Therapy

Wednesday, Oct 9, 6 p.m. – 7:30 p.m.

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

Pumpkin Decorating Party

Monday, Oct 21, 6 p.m. – 7:30 p.m.

Fall is here! Bring the whole family to TVC for a pumpkin decorating party with snacks, games, and pumpkin decorating. Whether you want to carve or paint- we'll have everything you need to get ready for Halloween! Pumpkins will be provided but you can bring your own if you desire.

SIGN UP DAY: **TUESDAY, SEPT. 17**

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

MORE NEWS →

CREATIVE ARTS

**Art Therapy: Alcohol Inks**

Tuesday, Oct 8, 2 p.m. - 4 p.m.

Friday, Oct 11, 10 a.m. - 12 p.m. @ Perrysburg

Tuesday, Oct 15, 2 p.m. - 4 p.m. @ Defiance

Alcohol inks! This is your sign to give art therapy a try! Explore your creativity using alcohol ink techniques on a variety of surfaces including bottles, cups, tiles, & more. Alcohol inks are known for their vibrant colors and fluid application, offering a meditative experience where you can practice letting go of control through playful experimentation. All skill levels are welcome and encouraged! Facilitator: Kayt Harden

Art Therapy: Sun Catchers

Tuesday, Oct 22, 2 p.m. - 4 p.m.

Friday, Oct 25, 10 a.m. - 12 p.m. @ Perrysburg

Join us for a session where you'll craft beautiful sun catchers using wire, beads, and a variety of other materials. Create vibrant color combinations that carry the sun's light into your home to inspire a tranquil space. No prior experience is needed—just your enthusiasm. Let's make something dazzling. Facilitator: Kayt Harden

Art Therapy: Open Art Studio

Tuesday, Oct 8, 4 p.m. - 6 p.m.

Tuesday, Oct 29, 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: Pumpkins

Tuesday, Oct 29, 2 p.m. - 4 p.m.

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

Art with Dottie: Acrylic Catalpa Leaf

Monday, Oct 21, 10 a.m. - 12 p.m.

Participants will paint on a large catalpa leaf that has been adhered to a canvas board. Acrylic paints and sharp pens will be used to embellish this huge leaf with your personal style. Facilitator: Dottie Huls, Art Teacher.

Art with Dottie: Klimt Tree of Life

Tuesday, Oct 29, 10 a.m. - 12 p.m.

Art history showcasing Gustav Klimt. Following a short video on Klimt, participants will paint his Tree of Life using his patterns and symbols. Facilitator: Dottie Huls, Art Teacher.

Zentangle: Who's the Boss?

Thursday, Oct 24, 12 p.m. - 2 p.m.

Tuesday, Oct 8, 10 a.m. - 12 p.m. @ Perrysburg

Fundamentals of Zentangle required. Who's the Boss: Exploring the Relationship of Huggins, Diva Dance, and Crescent Moon.

In this class, we will explore the relationship between the following tangles: Huggins, Diva Dance, and Crescent Moon. We will use Huggins to create our string and organize the drawing. The result will be a beautiful abstract work of art. Facilitator: Harley King, CZT

Knit Wits

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

Friday, Oct 18, 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, Oct 7, 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, Oct 17, 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, Oct 11 & 25, 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, Oct 3, 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: Oct 9 - Nov 13, 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.**



OCTOBER 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<div>1</div> <div>10:00 Healthy Steps</div> <div>11:00 Knit Wits</div> <div>12:30 Yoga</div>	<div>2</div> <div>11:30 NIA Fitness</div> <div>1:00 Aromatherapy</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 Met Breast Cancer SG</div>	<div>3</div> <div>10:00 Chair Yoga</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>2:00 Walking with Nature</div> <div>5:30 Yoga</div> <div>6:00 Young Cancer SG</div>	<div>4</div> <div>11:45 Providence Mill Tour & Canal Boat</div>	<div>5</div>
<div>6</div>	<div>7</div> <div>10:30 Yoga</div> <div>1:30 Color Me Calm</div>	<div>8</div> <div>10:00 Healthy Steps</div> <div>11:00 Knit Wits</div> <div>1:00 Zentangle</div> <div>12:30 Yoga</div> <div>1:00 Wig Bank</div> <div>2:00 Alcohol Inks</div> <div>4:00 Art Studio</div> <div>6:00 Breast Cancer SG</div>	<div>9</div> <div>10:00 Pink Ribbon</div> <div>11:30 NIA Fitness</div> <div>1:30 Healthy Steps</div> <div>2:00 "Good" Grief</div> <div>5:00 Aquatic Exercise</div> <div>6:00 General Cancer SG</div> <div>6:00 Children's Art Therapy</div>	<div>10</div> <div>10:00 Chair Yoga</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:00 Hypnotherapy</div> <div>5:30 Yoga</div>	<div>11</div> <div>10:00 Nutrition</div> <div>10:00 Alcohol Inks</div> <div>1:00 Line Dancing</div>	<div>12</div> <div>10:00 Wig Bank</div>
<div>13</div>	<div>14</div> <div>10:30 Yoga</div> <div>6:00 Sound Bath</div> <div>6:00 Blood Cancer SG</div>	<div>15</div> <div>10:00 Healthy Steps</div> <div>11:00 Knit Wits</div> <div>12:30 Yoga</div> <div>2:00 Alcohol Inks</div>	<div>16</div> <div>10:00 Pink Ribbon</div> <div>NO NIA</div> <div>NO Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 Men's Cancer SG</div>	<div>17</div> <div>10:00 Chair Yoga</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:00 Hypnotherapy</div> <div>5:30 Yoga</div> <div>7:00 Belly Dancing</div> <div>5:30 DEFIANCE CWN</div>	<div>18</div> <div>1:00 Knit Wits</div> <div>1:00 Soul Care</div>	<div>19</div>
<div>20</div>	<div>21</div> <div>10:00 Acrylic Catalpa Leaf</div> <div>10:30 Yoga</div> <div>6:00 Pumpkin Decorating</div>	<div>22</div> <div>10:00 Healthy Steps</div> <div>11:00 Knit Wits</div> <div>12:30 Yoga</div> <div>2:00 Sun Catchers</div> <div>6:00 Breast Cancer SG</div> <div>6:00 Caregiver & Family SG</div>	<div>23</div> <div>10:00 Wig Bank</div> <div>10:00 Pink Ribbon</div> <div>NO NIA</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div> <div>6:00 General Cancer SG</div>	<div>24</div> <div>10:00 Chair Yoga</div> <div>10:00 Zentangle</div> <div>10:30 Yoga</div> <div>11:00 VR Expedition</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:30 Yoga</div> <div>6:00 General Cancer SG</div>	<div>25</div> <div>10:00 Sun Catchers</div> <div>1:00 Line Dancing</div>	<div>26</div>
<div>27</div>	<div>28</div> <div>TVC CLOSED</div> <div>Staff Development Day</div>	<div>29</div> <div>10:00 Healthy Steps</div> <div>10:00 Klimt Tree of Life</div> <div>11:00 Knit Wits</div> <div>1:00 Aromatherapy</div> <div>12:30 Yoga</div> <div>2:00 Macrame</div> <div>4:00 Art Studio</div>	<div>30</div> <div>10:00 Pink Ribbon</div> <div>NO NIA</div> <div>1:30 Healthy Steps</div> <div>5:00 Aquatic Exercise</div>	<div>31</div> <div>10:00 Chair Yoga</div> <div>10:30 Yoga</div> <div>1:30 Chair Yoga/Meditate</div> <div>5:30 Yoga</div> <div>HAPPY HALLOWEEN</div>		

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SUPPORT GROUPS



Blood Cancer Support Group

Mon., Oct 14, 6 p.m. – 7:30 p.m.

In Partnership with L & L Society.

Men's Cancer Support Group

Wed., Oct 16, 6 p.m. – 7:30 p.m.

Breast Cancer Support Group

Tues., Oct 8 & 22, 6 p.m. – 7:30 p.m.

Funded by The Breast Cancer Fund of Ohio.

Children's Art Therapy Group

Wed., Oct 9, 6 p.m. – 7:30 p.m.

For children ages 6 – 12.

 : Zoom Option Available

Metastatic Breast Cancer Group

Wed., Oct 2, 6 p.m. – 7:30 p.m.



Offered in partnership with Mercy Health.

Young Cancer Survivors

Thurs., Oct 3, 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., Oct 9 & 23, 6 p.m. – 7:30 p.m.



Thurs., Oct 24, 6 p.m. – 7:30 p.m. @Defiance

For any cancer patient & their family

Caregiver & Family Support Group

Tues., Oct 22, 6 p.m. – 7:30 p.m.

SIGN UP DAY:

TUESDAY, SEPT. 17

**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