

# THE VICTORY CENTER

## NEWSLETTER

### NEWS & ANNOUNCEMENTS



#### 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

#### GIVEAWAY:

#### Overnight Stay at Cannaley Treehouse Village

Monday Sept 16th 4:00 p.m. - Tuesday Sept 17th 10:00 a.m.

Participants: enter to win an overnight stay for you & a guest in one of four treehouses at the Cannaley Treehouse Village in Swanton, OH

- To Enter: Fill out an entry form at any TVC location
- Pizza & Smore's around the fire pit provided by TVC
- Winners will be drawn 9/4/24

Treehouses have electricity, heat, and AC.  
The restrooms are nearby but NOT inside the treehouses.



### SPECIAL PROGRAMS



#### Participant Retreat at Cannaley Treehouse Village

Tuesday, September 17, 12 p.m. - 4 p.m.

A special opportunity to enjoy outdoor activities and fellowship with survivors at the Treehouse Village in Swanton, OH.

Activities will include: Nature Crafts, Games, Yoga, Snacks Around the Fire, Scavenger Hunt, and Special Programming!

Participants are invited to bring a guest

\*Activities will be outdoors. Snacks and water will be provided.\*

#### Virtual Reality Expedition: Greece

Thursday, September 26, 11 a.m. - 12 p.m. @ Perrysburg

Explore Greece, a country in southeastern Europe with thousands of islands throughout the Aegean and Ionian seas. Influential in ancient times, it's often called the cradle of Western civilization. Guide: Sara Gray from The Way Library.

#### September Book Club:

#### "The Clockmaker's Daughter" by Kate Morton

Friday, September 20, 11 a.m. - 12 p.m.

Told by multiple voices across time, The Clockmaker's Daughter is a story of murder, mystery, and thievery, of art, love, and loss.

**SIGN UP DAY: TUESDAY, AUGUST 20**

REACHING OUT TO CANCER PATIENTS AND THEIR FAMILIES.

### HEALTH & WELLNESS



#### Fight Back with Nutrition

Friday, Sept 13, 10 a.m. - 11 a.m. Sponsored by ProMedica

Monday, Sept 23, 10 a.m. - 11:30 a.m. @ Perrysburg

*Marcia Grandsko is back at TVC Perrysburg!*

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, Sept 25, 1 p.m. - 2 p.m. Sponsored by ProMedica

Friday, Sept 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: The Art of Surrender

Friday, September 20, 1 p.m. - 2:30 p.m.

Using small group discussion and meditation, we'll examine the skills letting go of control. Facilitated by Jane V. Lutz, MSN.

#### Hypnotherapy in a small group setting

Thursday, September 19, 5 p.m. - 6 p.m.

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

#### Sound Bath & Meditation

Monday, September 9 & 30, 6 p.m. - 7 p.m.

Saturday, September 14, 10 a.m. - 11 a.m. @ Defiance

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

**NEW**

#### Mindfulness with Krissy

Wednesday, September 11, 4:30 p.m. - 5:30 p.m.

Learn about the importance of mindfulness and listening to your intuition, while developing your own mindfulness practice. Krissy Kountouris is a Strength and Conditioning Coach who focuses on holistic wellness!

### CHILDREN & FAMILIES



#### Children's Art Therapy

Wednesday, September 11, 6 p.m. - 7:30 p.m.

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

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

**MORE NEWS →**

## CREATIVE ARTS

**Art Therapy: Costume Jewelry Art**

Tuesday, September 10, 2 p.m. - 4 p.m.

Friday, September 13, 10 a.m. - 12 p.m. @ Perrysburg

Thursday, September 19, 2 p.m. - 4 p.m. @ Defiance

Create mixed-medium collages using a compilation of costume jewelry, buttons, beads, and other miscellaneous items! Feel free to bring your own unwanted costume jewelry and add your personal touch, transforming memories into cherished, meaningful art.

Facilitator: Kayt Harden

**Art Therapy: Shrinky Dink Earrings**

Tuesday, September 24, 2 p.m. - 4 p.m.

Friday, September 27, 10 a.m. - 12 p.m. @ Perrysburg

Bring your imagination to life as you design, color, &amp; cut your creations, then watch them shrink into beautiful, miniature works of art. In this group, you'll learn how to turn these tiny masterpieces into stylish earrings, necklaces, or even keychains! Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Tuesday, September 10, 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!

**Card Stamping**

Thursday, September 5, 10 a.m. - 12 p.m. @ Perrysburg

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

**Art with Dottie: Paper Quilling Gnome**

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

Make a paper quilled gnome to share with loved ones. Facilitator: Dottie Huls, Art Teacher &amp; Survivor.

**Art with Dottie: Honeycomb Pumpkins**

Monday, September 23, 10 a.m. - 1 p.m.

Fall is here! Make a cute decorative pumpkin for the season.

Facilitator: Dottie Huls, Art Teacher.

**Art with Dottie: Wine Cork Skeletons**

Monday, September 30, 10 a.m. - 1 p.m.

Make a festive seasonal skeleton! Please bring needle nose pliers if you have them. Facilitator: Dottie Huls, Art Teacher.

**Zentangle: Going Batty!**

Thursday, September 12, 10 a.m. - 12 p.m.

Tuesday, September 24, 10 a.m. - 12 p.m. @ Perrysburg

Fundamentals of Zentangle required. Chiroptophobia is the irrational fear of bats. But be assured, by tangling pre-cut BATZ in prep for Halloween, your fear will become creative &amp; fun.

Facilitator: Maureen Hines, CZT.

**Knit Wits**

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

Friday, September 20, 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, September 9, 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, September 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, September 13 &amp; 27, 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, September 12, 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 &amp; 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 &amp; 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 &amp; 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: Aug. 7 - Sept. 11, 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.**

## SEPTEMBER 2024



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <b>TVC CLOSED</b> 	2 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga	3 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 5:00 Aquatic Exercise	4 10:00 Chair Yoga 10:00 Card Stamping 10:30 Yoga	5 10:00 Chair Yoga/Meditate 5:30 Yoga	6 <b>TVC CLOSED</b> 	7
8 10:30 Yoga 1:30 Color Me Calm 6:00 Sound Bath 6:00 Blood Cancer SG	9 10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 2:00 Costume Jewelry Art 4:00 Art Studio 6:00 Breast Cancer SG	10 10:00 Pink Ribbon NO NIA 1:30 Healthy Steps 4:30 Mindfulness 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	11 10:00 Chair Yoga 10:00 Zentangle 10:30 Yoga 1:30 Chair Yoga/Meditate 2:00 Walking with Nature 5:30 Yoga	12 10:00 Chair Yoga 10:00 Nutrition	13 10:00 Wig Bank 10:00 Costume Jewelry Art 1:00 Line Dancing	14 10:00 Sound Bath
15 10:00 Paper Quilling 10:30 Yoga	16 10:00 Healthy Steps 11:00 Knit Wits 12:00 Treehouse Retreat 12:30 Yoga	17 11:30 NIA Fitness 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	18 10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 2:00 Costume Jewelry Art 5:00 Hypnotherapy 5:30 Yoga	19 11:00 Book Club 1:00 Knit Wits 1:00 Soul Care	20 11:00 Book Club	21
22 10:00 Nutrition 10:00 Honeycomb Pumpkins 10:30 Yoga	23 10:00 Healthy Steps 10:00 Zentangle 11:00 Knit Wits 12:30 Yoga 2:00 Shrinky Dinks 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	24 10:00 Wig Bank 10:30 Yoga 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	25 10:00 Chair Yoga 10:30 Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	26 10:00 Wig Bank 10:30 Yoga 11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 General Cancer SG	27 10:00 Shrinky Dinks 11:00 VR Expedition 1:00 Aromatherapy 1:30 Chair Yoga/Meditate 5:30 Yoga 6:00 General Cancer SG	28
29	30 10:00 Cork Skeletons 10:30 Yoga 6:00 Sound Bath					

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

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U.S. Postage  
**PAID**  
Toledo, OH  
Permit No. 840

## THE VICTORY CENTER **NEWSLETTER**

SEPT 2024

### SUPPORT GROUPS



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

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

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

Wed., Sept 18, 6 p.m. – 7:30 p.m.

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

Tues., Sept 10 & 24, 6 p.m. – 7:30 p.m.  
Funded by The Breast Cancer Fund of Ohio.

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

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

: Zoom Option Available

#### **Metastatic Breast Cancer Group**

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

#### **Young Cancer Survivors**

Thurs., Sept 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., Sept 11 & 25, 6 p.m. – 7:30 p.m.  
Thurs., Sept 26, 6 p.m. – 7:30 p.m. @Defiance  
For any cancer patient & their family

#### **Caregiver & Family Support Group**

Tues., Sept 24, 6 p.m. – 7:30 p.m.

**SIGN UP DAY:  
TUESDAY, AUG 20**

**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**