

## THE VICTORY CENTER

## NEWSLETTER

REACHING OUT TO CANCER  
PATIENTS AND THEIR FAMILIES.

## NEWS &amp; ANNOUNCEMENTS

**Give Toledo The Bird: Thanksgiving Help****Application Due Date: Friday, November 1st**

A small local organization is giving back this holiday season by partnering with TVC to provide Thanksgiving dinners, complete with all the trimmings, to families in need! IF YOU ARE SELECTED, TVC will connect you with "Give Toledo the Bird." Founder, Carolyn Spalding, has been providing holiday dinners since 2020 to those who might not otherwise be able to afford it. Get an application at any TVC location!

**Save the Date: TVC's Annual Holiday Party!****Tuesday, Dec 2, 5 p.m. - 7 p.m.**

TVC's Annual Holiday Party is back! Mark your calendars!

## SPECIAL PROGRAMS

**Seasonal Pom Pom Earrings with Lindsay!**

Wednesday, November 13, 2 p.m. - 3:30 p.m.

Join TVC's newest staff member, Lindsay Haynes, for a CREATIVE JEWELRY MAKING EXPERIENCE! Create fun and funky pom pom jewelry, no experience necessary!

**BINGO Night!**

Thursday, November 14, 6 p.m. - 7:30 p.m.

Join TVC Executive Director, Dianne Barndt, for BINGO with snacks and novelty prizes at our Toledo location! Have fun with fellow survivors and enjoy some friendly competition. Family & friends are welcome!

**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.

**Virtual Reality Expedition: European Palaces**

Thursday, Nov 21, 11 a.m. - 12 p.m. @ Perrysburg

Explore the regal palaces of Europe right from your seat! Guide: Sara Gray from The Way Library.

## CHILDREN &amp; FAMILIES

**Children's Art Therapy**

Wednesday, Nov 13, 6 p.m. - 7:30 p.m.

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

## HEALTH &amp; WELLNESS

**Fight Back with Nutrition**

Friday, Nov 8, 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, Nov 6 & 20, 1 p.m. - 2 p.m. *Sponsored by ProMedica*

Friday, Nov 22, 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: Gratitude**

Friday, Nov 15, 1 p.m. - 2:30 p.m.

Gratitude is a powerful energy for restoring and maintaining positive energy. It keeps us on the right track and also helps others. We'll explore a number of ways to expand and deepen our capacity for gratitude. Facilitated by Jane V. Lutz, MSN.

**Hypnotherapy in a small group setting**

Thursday, Nov 21, 5 p.m. - 6 p.m.

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

**Sound Bath & Meditation**

Monday, Nov 11, 6 p.m. - 7 p.m.

Saturday, Nov 2, 11 a.m. - 12 p.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

**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](mailto:kathie@kathiejaskolski.com)

SIGN UP DAY: **TUESDAY, OCT. 22**RSVP BY CALLING **419-531-7600**

## CREATIVE ARTS

**Art Therapy: Yarn Painting**

Tuesday, Nov 19, 12 p.m. - 2 p.m.

Friday, Nov 1, 10 a.m. - 12 p.m. @ Perrysburg

Thursday, Nov 14 2 p.m. - 4 p.m. @ Defiance

Get ready for a fun and creative experience in this upcoming art therapy group! Join us for a lively session where we'll use colorful yarn to "paint" on canvas. Explore your artistic side as you mix and match textures and hues to create vibrant illustrations, highlighting your unique perspective. No experience is needed—just bring your enthusiasm and a sense of adventure. Facilitator: Kayt Harden

**Art Therapy: CD Art**

Tuesday, Nov 26, 2 p.m. - 4 p.m.

Friday, Nov 22, 10 a.m. - 12 p.m. @ Perrysburg

Step into a world of creativity and connection with our upcoming art therapy group! Join us as we transform broken CD pieces into stunning mosaics, combining shimmering fragments to craft unique, personal masterpieces. No experience is necessary—just bring your enthusiasm and a spirit of exploration. Facilitator: Kayt Harden

**Art Therapy: Open Art Studio**

Tuesday, Nov 26, 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**

Monday, Nov 25, 4:30 p.m. - 6:30 p.m.

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

**Art with Dottie: Paper Quilling Cards**

Monday, Nov 4, 10 a.m. - 12 p.m.

Participants will create Holiday cards using paper quilling strips and watercolors. Facilitator: Dottie Huls, Art Teacher.

**Art with Dottie: Paper Trees**

Monday, Nov 11, 10 a.m. - 12 p.m.

Participants will make a paper cone tree and embellish it with beads, etc. Facilitator: Dottie Huls, Art Teacher.

**Art with Dottie: Winter Wood Circle Art**

Monday, Nov 18, 10 a.m. - 12 p.m.

Participants will create a winter scene on a 12 inch wooden circle using acrylic paints. Bring your winter scene ideas and a paint shirt. Facilitator: Dottie Huls, Art Teacher.

**Zentangle: Fall Leaves**

Monday, Nov 18, 1 p.m. - 3 p.m.

Fundamentals of Zentangle required. Tangle on fall leaves! Facilitator Maureen Hines, CZT.

**Fundamentals of Zentangle**

Wednesday, Nov 13, 1 p.m. - 3 p.m. @ Perrysburg

Learn the art of Zentangle! Facilitator Maureen Hines, CZT.

**Knit Wits**

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

Friday, Nov 15, 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, Nov 4, 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, Nov 21, 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, Nov 8 & 22, 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, Nov 7, 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: 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.**

# NOVEMBER 2024

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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3	4	5	6	7	8	9
10:00 Paper Quilling 10:30 Yoga 1:30 Color Me Calm	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 4:00 Art Studio	10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Aromatherapy 5:00 Aquatic Exercise 6:00 Met Breast Cancer SG	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	10:00 Nutrition 11:15 Soften Breathe Flow 1:00 Line Dancing	10:00 Yarn Painting 11:15 Soften Breathe Flow	11:00 Sound Bath
10	11	12	13	14	15	16
10:00 Paper Trees 10:30 Yoga 6:00 Sound Bath 6:00 Blood Cancer SG	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 1:00 Wig Bank 6:00 Breast Cancer SG	10:00 Pink Ribbon 11:30 NIA Fitness 1:30 Healthy Steps 1:00 Zentangle Fund. 2:00 Pom Pom Earrings 5:00 Aquatic Exercise 6:00 General Cancer SG 6:00 Children's Art Therapy	10:00 Chair Yoga 10:30 Yoga 1:30 Chair Yoga/Meditate 2:00 Yarn Painting 5:30 Yoga 6:00 BINGO!	11:00 Book Club 11:15 Soften Breathe Flow 1:00 Knit Wits 1:00 Soul Care	10:00 Yarn Painting 11:15 Soften Breathe Flow	
17	18	19	20	21	22	23
10:00 Winter Wood Circle 10:30 Yoga 1:00 Zentangle	10:00 Healthy Steps 11:00 Knit Wits 12:00 Yarn Painting 12:30 Yoga	11:30 NIA Fitness 1:00 Aromatherapy 1:30 Healthy Steps 5:00 Aquatic Exercise 6:00 Men's Cancer SG	10:00 Chair Yoga 10:30 Yoga 11:00 VR Expedition 1:30 Chair Yoga/Meditate 5:00 Hypnotherapy 5:30 Yoga 6:00 General Cancer SG 7:00 Belly Dancing	10:00 CD Art 11:15 Soften Breathe Flow 1:00 Aromatherapy 1:00 Line Dancing	10:00 Yarn Painting 11:15 Soften Breathe Flow	
24	25	26	27	28	29	30
10:30 Yoga 4:30 Macrame	10:00 Healthy Steps 11:00 Knit Wits 12:30 Yoga 2:00 CD Art 4:00 Art Studio 6:00 Breast Cancer SG 6:00 Caregiver & Family SG	10:00 Wig Bank 11:30 NIA Fitness 1:30 Healthy Steps	TVC CLOSED HAPPY Thanks Giving	TVC CLOSED	TVC CLOSED	TVC CLOSED

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### SUPPORT GROUPS



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

Mon., Nov 11, 6 p.m. – 7:30 p.m.  
In Partnership with L & L Society.

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

Wed., Nov 20, 6 p.m. – 7:30 p.m.

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


Tues., Nov 12 & 26, 6 p.m. – 7:30 p.m.  
Funded by The Breast Cancer Fund of Ohio.

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


Wed., Nov 13, 6 p.m. – 7:30 p.m..  
For children ages 6 – 12.

 : Zoom Option Available


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

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

#### **Young Cancer Survivors**

Thurs., Nov 7, 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., Nov 13, 6 p.m. – 7:30 p.m.  
 Thurs., Nov 21, 6 p.m. – 7:30 p.m. @Defiance  
For any cancer patient & their family

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

Tues., Nov 26, 6 p.m. – 7:30 p.m.

**SIGN UP DAY:  
TUESDAY, OCT 22**

**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