

The Local Cancer Community Update of



Submitted by: **Tim E. Renzelmann**

June 5, 2014

Wisconsin Survivorship Forum

June 3, 2014



After being driven in style to the Rock Garden Conference Center in Green Bay we joined several hundred cancer survivors, co-survivors and caregivers. To start the day, we heard an entertaining, funny, inspirational and meaningful presentation from Susan Sparks that was even more interesting than her career path! According to her website, "After ten years as a lawyer moonlighting as a standup, Susan left her practice and spent two years on a solo trip around the world, including working with Mother Teresa's mission in Calcutta, climbing Mt. Kilimanjaro and driving the Alaska Highway. Upon returning home, she entered Union Theological Seminary in New York City where she earned a Master of Divinity and wrote an honors thesis on humor and religion. Currently, the Senior Pastor of the historic Madison Avenue Baptist Church in New York City (and the first woman in its 165 year history), Susan is also a professional comedian." Add to that, she is a cancer survivor (and a biker chick as well)! All I can say is that you missed a great message: Stop! Find Cover! Turn Back Into the Storm! And repeat as needed!

If you are interested in hearing some of what you missed and want to hear more about her message to "Stop! Find Cover! Turn Back Into the Storm!" check out this YouTube video (it's worth 12 minutes of your life!):

<http://www.youtube.com/watch?v=AOEKKzn-2zl&list=PLF4B21C783C009107>

After that was lunch followed by breakout sessions titled Making Time (meditation, mindfulness & complementary therapies), Making Sound Financial Decisions (a financial plan for one's financial journey), Making a Leap (relationship between exercise and living with cancer) and Making Lemonade out of Lemons (lifestyle and cancer including nutritional support for optimal living).



Special thanks to the Wisconsin Comprehensive Cancer Control Program (www.wicancer.org) offering the event and the transportation and to St. Mary's/St. Vincent/St. Nicholas Hospital for their sponsorship!

But please don't lament what you missed... just look ahead (and below) to see what other opportunities await during "JUNE: Celebrate Survivorship!"



**Hiking! Yoga!
Walking! Paddling!**

Hiking (Trekking with Tim):

I will be spending a night on the Ice Age Trail (near Greenbush) on Friday, June 6th... so I invite anyone interested to join me for a hike on Friday night or Saturday morning. See attached for details!

Yoga & Active Survivors of Sheboygan

TEAM TALK: Monday, June 9th. Yoga from 5:30 to 6:30P (our final session until fall) followed by the Active Survivors of Sheboygan TEAM TALK at 6:30P– learn about and meet this group of cancer survivors who are *exercising their right to survive...* while having fun!

Walking (Steps of Survivorship): Join us on Thursday, June 12th at the Sheboygan YMCA as, together, we take “Steps of Survivorship”! All cancer survivors will receive a FREE pedometer... and we will see how many steps we can accumulate! See attached for details!

Paddling (Up the River with a Paddle): It's a wonderful site! Cancer survivors paddling up the calm waters of the lower Sheboygan River in colorful kayaks! Be a part of it... or just come to watch!!! A limited number of boats will be available (registration is required) between 4P and 7P! No experience necessary... and there will be experienced paddlers to keep you safe! See attached for details!

Additionally, we will have a special “Show & Tell Survivor Exhibit” Meet & Greet on Tuesday, June 17th (in lieu of our monthly TLC Survivorship Session) where you can meet the exhibitors, connect with other survivors and co-survivors while enjoying refreshments provided by St. Nicholas Hospital! RSVP is Always Appreciated! See attached for more details!

Survivorship Can Be Fun: A Game Experiment with the GameBoard! Wednesday, June 25th

We will conclude our “JUNE: Celebrate Survivorship” with a fun night facilitated by Lynn Potyten and her staff from the GameBoard as they offer us a “Game Experiment!” Once again, refreshments will be provided by St. Nicholas Hospital!!! Registration Required! See attached for details!

If you missed out on our first opportunity... I hope you'll take advantage of any of our other opportunities!!!

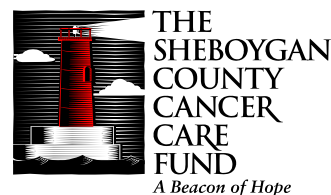
As Always, Tim



Show & Tell Survivor Exhibits! June 16th to 20th

Consider putting a display together for this year's “TLC Show & Tell Survivor Exhibit!” For this event we invite, welcome and encourage area cancer survivors to display their creative hobbies, their special skills, their memorable experiences or anything that is meaningful to them. It has become one of my favorite events of the year... but, its success depends on you and your willingness to share your uniqueness with your fellow survivors! Plenty of room still available... but call me NOW!!!

And... be sure to stop by the clinic during business hours between Monday, June 16th and Friday, June 20th to view the displays, vote for your “People's Choice” favorite display, and sign up for a variety of prizes!!!



MAKING SHEBOYGAN COUNTY THE HEALTHIEST PLACE TO SURVIVE CANCER!





Dr. Matthews & Dr. Bettag



Invite You To

CELEBRATE SURVIVORSHIP!

Join us in June as we Celebrate Survivorship!

Join the Local Cancer Community E-mail List for more details.

Wisconsin's Comprehensive Cancer Control Program: Survivorship Forum with FREE Transportation to Green Bay

Tuesday, June 3rd • 11:00AM to 4:00PM

A FREE day of learning, sharing and networking where cancer survivors and providers have an equal voice to listen and dialogue with each other! FREE Lunch Provided! Registration Required!

SCCCF Survive, Thrive & Be Fit – Yoga & A.S.S. Team Talk!

Monday, June 9th • 5:00PM (Yoga), 6:45PM (A.S.S. Team Talk)

Join us for yoga and stick around to learn about upcoming Summertime "Survive, Thrive & Be Fit" opportunities and celebrate with "Active Survivors of Sheboygan" survivor/athletes!

SCCCF Survive, Thrive & Be Fit – Steps of Survivorship!

Thursday, June 12th • Walks at 4:30P & 6:00P • Survivor Story at 5:30P

All survivors will receive a pedometer and we'll see how many *Steps of Survivorship* we can take together along the Sheboygan Lakefront! Snacks, beverages and inspirational stories will be provided!

TLC Survivorship Can Be Fun – SHOW & TELL Survivor Exhibit!

Monday through Friday, June 16th to 20st • Open During Clinic Hours

WANTED: Local cancer survivors interested in displaying their items!

Here's a chance to show us what you're proud of: A special hobby or skill, a memorable experience (including your cancer experience) or anything that adds meaning to your life!!! Show us what you love and why you love it!

Exhibit will be open to the public during the week. Vote for your favorite! Drawings for survivors!

TLC Survivorship Session – SHOW & TELL Meet & Greet!

Tuesday, June 17th • 6:00PM

Meet the exhibitors and others in the local cancer community as we gather amidst the exhibits for a special night of fellowship! Food, refreshments & prizes!

SCCCF Survive, Thrive & Be Fit – Paddling Picnic!

Monday, June 23rd • 2:00PM to 8:00PM

Kayak on the lower Sheboygan River with fellow survivors and enjoy a simple "pot luck" picnic at Kiwanis Park (relatively "healthy" hot dogs will be served and beverages will be provided)!

TLC Survivorship Can Be Fun – A Game Experience!

Wednesday, June 25th • 5:00 PM

We will conclude our month of celebrations with a fun "Game Experience" with Lynn Potyen and her staff from The GameBoard! Food & beverages provided!

FREE! RSVP to guarantee your spot! Contact Tim at 920-458-7433 or trenzelmann@physhealthnet.com



Together we
Live with
Cancer!



Survive, Thrive & Be Fit!



Trekking with Tim:

Day Hike

(Overnight Backpacking option
for the More Adventurous)

Friday & Saturday

June 6th & 7th!

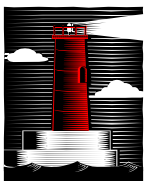
Join in on a casual hike along the Ice Age Trail through the Kettle Moraine State Forest – Northern Unit near Greenbush on Friday night or Saturday morning! If interested, contact Tim for details on times, distances and meeting locations!

FOR MORE INFORMATION:

Contact Tim at 920.458.7433 or
trenzelmann@physhealthnet.com

All activities are contingent on weather/conditions!

Brought to you by:



THE
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“Survive, Thrive & Be Fit!”



Steps to Survivorship!

Thursday, June 12th

Sheboygan YMCA

801 Broughton Drive, Sheboygan

4:30PM – 1st Walk Session

5:30PM – Program

6:00PM – 2nd Walk Session

*Walk at a pace that is comfortable for you before and/or after a brief presentation by Terri Yoho, cancer survivor, titled “Every Step Counts.” All participating cancer survivors will receive a **FREE** pedometer and, together, we will see how many “Steps to Survivorship” we can accumulate!*

- Rain or shine... dress appropriately! ● Light refreshments available! ●
- RSVP Appreciated ●
- Contact Tim at 920.458.7433 or trenzelmann@physhealthnet.com ●



L I V E S T R O N G



Dr. Matthews & Dr. Bettag

Invite You To

CELEBRATE SURVIVORSHIP!

by being a part of the 2014

Cancer Survivor

“Show & Tell”

Exhibits!



Monday, June 16th to Friday, June 20th

Here’s your chance to show us what you’re proud of: a special hobby, a unique skill, a memorable experience... or anything that brings meaning to your life! Exhibits will be displayed in the MOA/SCBS 2nd Floor Conference Room and SNH Radiation Therapy Waiting Area all week long for fellow cancer survivors and the public to view and vote for their favorites! Cancer Survivors can also sign up for drawings!

WANTED: CANCER SURVIVORS to display their items – Contact Tim!

Tuesday, June 17th at 6:00PM

“Meet & Greet” the participating cancer survivors/exhibitors and participate in a discussion of “Successful Survivorship”!

Food & Refreshments Provided By St. Nicholas Hospital!

Cancer Survivors Can Sign Up To Win Prizes! RSVP Appreciated!



Together we
Live with
Cancer!



Survive, Thrive & Be Fit!



Up the River with a Paddle

Monday, June 23rd

2:00PM: Picnic

4:00PM: Paddle

Imagine... twenty cancer survivors paddling colorful kayaks up the gentle waters of the lower Sheboygan River (many of them first-time paddlers) near Kiwanis Park! That's what we have had in past years and you are encouraged to join us this year! Bring your own canoe or kayak or reserve a kayak provided by Ecology Outfitters (a limited number of boats will be available between 4:00PM and 7:00PM).

Experienced paddlers will be present to offer assistance!

No previous experience required!

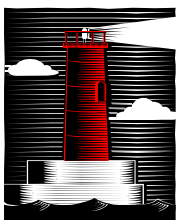
Hot dogs & light refreshments available!

You are invited to bring a dish to pass!

RSVP Required by Friday, June 20th!

TO RSVP Contact Tim at 920-457-2223 or trenzelmann@physhealthnet.com

Brought to you by:



**THE
SHEBOYGAN
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A Beacon of Hope



Additional consideration
provided by:





Dr. Matthews & Dr. Bettag

Invite You To

CELEBRATE SURVIVORSHIP!

Your last chance this month to “Celebrate Survivorship!”



PRESENTS

A “GameExperiment”

board games for one and all... young, old & in-between!!!

Educational and inspiring! The GameExperiment is a hands-on challenge for young and old! Players participate by moving through a series of four games and a variety of experiences facilitated by Lynn Potyen and The GameBoard staff! This program was designed by Lynn and is now a national business model being followed by the Game Manufacturers Association. Space is limited!

Wednesday, June 25th

MOA/SCBS 2nd Floor Conference Room

5:00PM: Lunch Provided By St. Nicholas Hospital

(must RSVP by Friday, June 20th)

6:00PM: “GameExperiment” begins!

Don’t Miss Out On The FUN & SURPRISES!!!



**Together we
Live with
Cancer!**

