

The Local Cancer Community Update of



Submitted by: **Tim E. Renzelmann**

October 20, 2014

SCCCF's "Gentle Yoga for Cancer Survivors" Every Monday!

Mondays thru December 15th at 5:30PM

A welcome yoga mat awaits you at SCCCf's Survive, Thrive & Be Fit Gentle Yoga for Cancer Survivors Monday Night Class!

TLC Survivorship Session: The Role of the Patient Navigator

Tuesday, October 21st at 6:00PM

Sara Kaffine, RN, OCN, Patient Navigator at St. Nicholas Hospital will join us to explain her unique role that is designed to guide cancer patients medically, emotionally and spiritually through each step of the cancer process by:

- *Educating patients and loved ones about their cancer diagnosis.*
- *Answering questions about their cancer care.*
- *Connecting them with helpful resources along their journey.*
- *Guiding and empowering survivors as they make decisions.*
- *Assisting with practical care concerns.*
- *Advocating for patients during treatment.*

ACS Road America Walk/Run

Saturday, October 25th at 10:00AM.



I ran this race for the first time in fall of 1980 (my senior year in high school). I have won both the four-mile event and the 8-mile events on several occasions (yes, years ago runners were given the "opportunity" to run TWICE around this grueling course). I currently hold the 4-mile course record (18:56). Since my own cancer diagnosis, the event has even more meaning. But perhaps the most meaningful part of this event is that it marks a very special anniversary in my life. A few months after returning to Sheboygan in 1989 I ran this event with a group of other area runners and good friends and we came up with the idea of

starting our own unique running group that is now known as "The B.R.A.T. City Training Club!" (B.R.A.T. being an acronym for "Biking, Running And Training".) This year marks the 25th anniversary of this loosely-knit but tightly connected group of many of my very best buddies; guys that go by the names of Brewer Brat, Doc Brat, Papa Brat, Doid Brat, Kid Brat, Red Hot Brat, Elroy Brat, Tank Brat, Golden Glove Brat, Hoser Brat, Bloody Brat, Odie Brat, Cruiser Brat, SS Brat, Lamb Brat and Buddy Brat as well as some "bratsterettes" (spouses of these bratsters) including Blondie Brat, Queenie Brat, M.C. Brat, Chocolate Brat, Gabby Brat, Nozzle Brat and Not a Brat.

Many of these "bratsters" and "bratsterettes" not only supported me through my personal cancer experience... but continue to support the local cancer community today. In fact, some of you have met expert paddlers Odie Brat, Elroy Brat, Bloody Brat and Mac Brat who have guided us on our SCCCf Survive, Thrive & Be Fit "Up the River WITH a Paddle" kayaking excursions on the Sheboygan River and for the past several years, Odie Brat has facilitated SCCCf's "Survivorship Through the Lens" Outdoor Digital Photography Workshop! And earlier this year, we held a "25-Hours for 25-Years" anniversary event (we tried to accumulate as many "brat hours" of running, hiking, biking and paddling as we could during 25 hours) and thanks to donations from some of these guys (special thanks to Odie Brat & Cruiser Brat) we raised a couple hundred dollars for SCCCf!

So, if I see you at Saturday's event... allow me to apologize in advance because cancer may be an unusually distant thought as I take the opportunity to "celebrate friendship" with my fellow bratsters and members of The Brat City Training Club! Uuuuhh, uuuhhh, uuuhhh!!!

Tim E. Renzelmann

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“Survive, Thrive & Be Fit!”



Gentle Yoga for Cancer Survivors!

Monday Nights at 5:30PM

September 15th through December 15th

MOA/SCBS 2nd Floor Conference Room

Area cancer survivors are encouraged to experience the benefits of this gentle yoga program! These **FREE** sessions will include gentle stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body.

New this fall is an (optional) ½-hour advanced yoga session following our regular session on the first Monday of each month!

Unable to attend on Monday nights? Or interested in practicing more than one night a week? Ask about how you can practice at other participating yoga studios (including Midwest Power Yoga, Sheboygan Falls; Peacefield Yoga, Sheboygan; Plymouth Yoga, Plymouth; Yoga on the Lake, Kohler; Yoga Loft, Sheboygan) at no cost or a reduced fee!

For More Info or to Register Call 920-457-2223

Brought to you by:



**Become an Active Survivor of Sheboygan
and “Exercise” Your Right to Survive!**

Talk to Tim (920-458-7433) for Details!

**Special financial
consideration by:**





Together we
Live with
Cancer!



“Survivorship Session”

The Role of the Patient Navigator!

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RSVP Always Appreciated!

Light Lunch Provided!

(Feel free to bring a dish to pass!)

LOCATION:

**Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room
● Call 920-458-7433 (Ask for Tim) for more information! ●**



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36TH ANNUAL ROAD AMERICA WALK/RUN 2014

Registration Form

One per participant

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail: _____ Phone: _____

Team Name: _____

Date of Birth: _____ Age on race day (10/25/14): _____

Age groups for medals: 12 & under, 13 – 16, 17 – 19, 20 – 24, 25 – 29, 30 – 34, 35 – 39, 40 – 44, 45 – 49, 50 – 54, 55 – 59, 60 – 64, 65 – 69, 70+

EVENT: Run 4 miles (timed) _____ Walk 4 miles (not timed) _____

MARK IF APPLICABLE: Survivor: _____ Wheelchair: _____

T-SHIRT: Adult Size: S _____ M _____ L _____ XL _____ XXL _____

Children's Size: M (8-10) _____ L (10-12) _____ NO THANKS _____

REGISTRATION FEE: \$15 Early Bird by Sept. 24 / \$20 Sept. 25 – October 20 / \$25 Day of registration Oct 25

Waiver: In consideration of my signing this agreement, I hereby for myself, my heirs and administrators assume any and all risks which might be associated with the American Cancer Society Road America Run / Walk. I waive any and all rights and claims for injuries or damages which I may have against the organizers and sponsors of this event and the American Cancer Society, their representatives, successors and assigns for any and all injuries or damages of any kind whatsoever suffered by me as a result of taking part in the run and any related activities.

Participant Signature _____

(All participants under 18 must have parent's or guardian's signature)

• *Make checks payable to American Cancer Society* •

American Cancer Society
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