

The Local Cancer Community Update of



Submitted by: **Tim E. Renzelmann**

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This is a sample issue of "The Local Cancer Community Update," a weekly e-mail newsletter that highlights the events and activities of The TLC (Together we Live with Cancer!) Supportive Community along with Sheboygan County Cancer Care Fund Information, Events, Activities and Opportunities and is simply the best way to stay informed of what is happening in the local cancer community! To sign up contact Tim or go to www.scccf.org and click on the "Newsletter" icon!

FUNDRAISING & LOCAL SUPPORT FOR SCCCF!

Acuity Shows Continued Support for the Local Cancer Community!



Acuity has been a long-time supporter of **The Sheboygan County Cancer Care Fund** and their generous financial support has certainly fueled the light that is a "beacon of hope" for local cancer patients and survivors! "We believe in supporting the communities where we work, live, and do business," says Ben Salzman, **Acuity** President and CEO. In addition to providing financial assistance for local cancer patients and survivors in need, a portion of Acuity's support helps fund SCCCF's "Survive, Thrive & Be Fit" events and activities.

11th Annual "Unity Music Festival" Set for Saturday, April 11th

This year's show features Emmy Award Winner Garth Neustadter and, back from last year by popular demand, Kevin Sievert! The event, with special guest co-emcee Antonio Freeman (former

Green Bay Packer) this will be a show you won't want to miss.! See page 4 for details!

SURVIVOR OPPORTUNITIES



TLC Survivorship Session Topics: Tuesday, January 20th

All area cancer patients, survivors and co-survivors (family and friends) are invited to attend the **TLC Survivorship Sessions** held on the third Tuesday of every month at 6:00PM. These peer-to-peer discussion groups offer those experiencing cancer an opportunity to connect with one another and offer information, support and encouragement. Each session includes introductions and opening words, a guest speaker and/or a special topic for discussion, followed by sharing time and networking opportunities.

January: Advance Directive for Healthcare: Barb Denzin, BSW, CSW (Sharon S. Richardson Community Hosopice)

Tuesday, January 20th at 6PM

February: A Common "CENTS" Approach to Cancer: Tim E. Renzelmann

Tuesday, February 17th at 6PM

March: The Last Lecture: Cory Jepsen-Hobbs, MSN, APRN, BC (SBCS Nurse Practitioner - Soon to be Retired)

Tuesday, March 17th at 6PM

April: The Spirituality of Cancer: Rev. Barb Ryon-Hill (The North Shore Gathering)

Tuesday, January 20th at 6PM

For details about these and future **TLC Survivorship Sessions** watch **The Local Cancer Community Update**, visit www.scccf.org or **Contact Tim**.

TLC “Survivorship Can Be Fun!” **Thursday, January 29th**

We kicked off our 2015 **TLC Survivorship Can Be Fun** activities with some *TLC* Bingo! Watch for more fun that might include: Dice Night, A “Game Experience,” Cribbage Tournament or who knows what else (ideas always welcome)!

SCCCF Survive, Thrive & Be Fit Opportunities!



Please read the article “What You Should Know About the Sheboygan County Cancer Care Fund – Part II” in this current issue of the TLC Supportive Newsletter for more about SCCCf’s Survive, Thrive & Be Fit!

SCCCF Survive, Thrive & Be Fit: “Gentle Yoga for Cancer Survivors”

Mondays at 5:30PM

SCCCF Survive, Thrive & Be Fit: 1st Saturday of the Month: “Survivors on Snowshoes”, “Hiking Along the Cancer Journey” or “Steps to Survivorship”

The First Saturday of Every Month!

SCCCF Survive, Thrive & Be Fit: Hiking Along the Cancer Journey—A Real Survivor Adventure: 3-day Backpacking Adventure, May 15th to 17th, along the nearby Ice Age Trail!

Informational Meeting
Thursday, January 29th

I am exploring a variety of traditional and non-traditional fitness-related opportunities (possibly “hoola hooping” in the near future). If you are a cancer survivor and would like to share your passion to “Survive, Thrive & Be Fit,” please contact me to discuss. Otherwise, watch “The Local Cancer Community Update” for future opportunities:

Up the River With a Paddle Kayaking on the Sheboygan River

Upcoming SCCCf Survive, Thrive & Be Fit Opportunities Include:

Up the River With a Paddle Kayaking on the Sheboygan River

DIScovering DISC Golf Disc (Frisbee) Golf for One & All!

Drive to Survive Golf Outing Driving, Putting or a Round of Golf

HOW DO YOU CELEBRATE SURVIVORSHIP?

WANTED: Stories, Photos & Examples!

Several years ago The Sheboygan County Chamber of Commerce ran a “How Do You Sheboygan?” campaign and invited Sheboygan County residents to send photos of their favorite local events and activities. As we kick off 2015, I thought it would be fun to run a similar campaign in “The Local Cancer Community!” I am inviting all Sheboygan County cancer survivors to send me stories, photos and examples of how you choose to “Celebrate Survivorship!”

As I see it, “Celebrating Survivorship” is nothing more than “Celebrating Life!” Most people who know me know that one way I like to celebrate life is through a variety of physical activities and pursuits that include running, kayaking, canoeing, hiking, backpacking, snowshoeing along with my most recent passion, disc golf. And my favorite way to “Celebrate Survivorship” is to do these same things but in the company of my fellow cancer survivors and co-survivors. I encourage you to share the ways in which you “Celebrate Life” and/or “Celebrate Survivorship” by submitting your stories, photos and examples and watch “**The Local Cancer Community Update**” for more details about this “How Do You Celebrate Survivorship?” campaign!

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