Survive, Thrive & Be Fit Offers Steps to Survivorship, Gentle Yoga & More at the Christopher Farm & Gardens!

Wednesday, August 2nd from 4P to 7P!

Jay Christopher, owner of the beautiful Christopher Farm & Gardens along Lake Michigan, has graciously invited “Survive, Thrive & Be Fit” participants back for a second visit! On Wednesday, August 2nd, there will be opportunities for members of the Local Cancer Community to tour the CF&G, either with a group or on your own. Other options will include an outdoor “Gentle Yoga for Cancer Survivors” class and we will highlight property’s labyrinth nestled near the bluff along the Lake Michigan shoreline. Additionally, we will take the opportunity to announce the winners of the “Survivorship Through the Lens” People’s Choice Photo Contest from our previous outing at the CF&G and will also recognize “Jay’s Top Pix!”

RSVP is required for this event (All those who RSVP-ed should have received a separate e-mail about the event from me dated 7/26/17 – if you plan on attending but did not receive that e-mail... please contact me ASAP).

The B.S. (Bitter-Sweet) of Making Cancer Connections In A Community Filled with Familiar Faces!
By Tim E. Renzelmann

I love my Sheboygan life! I was born and raised here by two amazing parents to whom I will forever be grateful. When I graduated from high school, many of my classmates were anxious to move away... but I was less inclined. After I graduated from the University of Wisconsin – Parkside (Kenosha), a job took me to Oshkosh for a few short years but as soon as the opportunity to return to my hometown presented itself, I took it!

Back in Sheboygan I would eventually meet my wife whose mere presence in my life (along with that of our amazing kids... and granddaughter) is my greatest joy. Sheboygan also holds within it many family members, good friends, relatives, co-workers, neighbors, past teachers and acquaintances who have been, are and will be a part of my life until the day I die! I was born here, raised here, lived most of my adult life here... and will most likely die here... and I’m happy to do so!

I feel especially privileged and fortunate to do this work that Dr. Matthews and Dr. Bettag allow me to do in a community that means so much to me!

Last week I rec’d a call from a fellow classmate from the South High Class of ’81 – Dale Kovacich. Dale and I ran with different crowds, as they say, but it was great to reconnect. “I have been organizing a golf outing for a bunch of my friends for the past fifteen years,” Dale explained. “It has been a chance for us to get together and have some fun. But this year I thought I would add a cause to the event.”

Dale learned of the Sheboygan County Cancer Care Fund through one of our amazing survivor-athletes. A few days later he had composed a letter (see attached) and is now gathering raffle and silent auction items for the event which will benefit the Sheboygan County Cancer Care Fund (if you or someone you know would like to donate, give Dale a call). “I can’t wait to see the look on the faces of the golf outing participants,” he exclaims, “when they find out about the SCCCF and how we’re going to help local families.” Thanks Dale!

Doing this work in this community that I love can also be challenging. Over the years, I’ve reconnected with more than a few familiar faces through their personal cancer experience or that of a loved one. As I walked the Sheboygan Falls High School Track as part of the
Sheboygan County Relay for Life this past Friday, another one of my fellow survivor-athletes came up to me and said, “Tim, I have someone here who would like to say, ‘Hi!’” It was another familiar face and fellow classmate... starting well before our high school years. **Mike Brachmann** and I were classmates at St. Peter Claver Parochial School and teammates who played basketball, flag football and softball together. Although it was wonderful to reconnect with an old classmate, teammate and friend... my heart ached as I listened to his story. He was diagnosed with esophageal cancer several years ago while living in the Milwaukee area. Initial treatments proved ineffective which lead to a surgical procedure that resulted in an 8-week hospital stay. By the time he was discharged... he was considered “cancer-free” (Yay!) but the invasive procedure left him weak with muscles that had severely atrophied.

Several months ago he returned to Sheboygan. “While I was being treated in Milwaukee I never heard anything about these kinds of programs,” Mike explained. “But when I got back to Sheboygan I found out about the **LIVESTRONG at the Y** program and **Sheboygan County Cancer Care Fund’s Survive, Thrive & Be Fit Program**! There are apparently more programs and opportunities like this here in Sheboygan than in Milwaukee, and I’m really excited about getting involved, getting active and getting stronger again!” Good for you, Mike!

Occasionally, I will talk with some fellow long-term cancer survivors who remember the days when these kinds of opportunities did not exist in Sheboygan... but I am thankful that, today, they exist for those who are currently in treatment and doing their best to “survive” this disease, those like Mike who are recovering from the adverse side effects of treatment as well as those long-term survivors doing their very best to “thrive” following a cancer diagnosis and treatment! Together, we have one common objective: **“Making Sheboygan County the Healthiest Place to Survive Cancer!”**

**Upcoming Events & Opportunities:**

**SPECIAL NOTE:** For these and other events and activities of the local cancer community visit [www.scccf.org/news](http://www.scccf.org/news)

**TLC Survivorship Can Be Fun: at the Levitt Amp Music Series!**
Thursday, July 27th at 6PM!
John Michael Kohler Arts Center, Sheboygan

**Sheboygan A’s “Strike Out Cancer”**!
Friday, July 28th at 7:30PM!
Mary Testwuide Knauf Field, Sheboygan
FREE TICKETS for Cancer Patients, Survivors and their Families & Friends, Physicians, Nurses & Caregivers!
Call 920.457.2223 to obtain your tickets!

**SCCCF “Survive, Thrive & Be Fit” Steps to Survivorship at the Christopher Farm & Gardens!**
Wednesday, August 2nd from 4P to 7P!
Christopher Farm & Gardens

**SCCCF “Survive, Thrive & Be Fit” Steps to Survivorship: at Sheboygan South High School Track**
Thursday, August 3rd from 4P to 7P!
Sheboygan South High School Track

**SCCCF “Survive, Thrive & Be Fit” Four Miles of Fitness/Disc Golf!**
Monday, August 14th, 6 to 8P!
Wednesday, August 30th, 6 to 8P!
Road America Track, Elkhart Lake
Please contact Tim in advance to receive a Pass for the day (otherwise, there is a $5 entry fee).

**TLC Survivorship Session!**
Tuesday, August 15th at 6PM!
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

**SCCCF “Survive, Thrive & Be Fit” Local Cancer Community Picnic!**
Sunday, August 27th from 11AM to 4P (or later)
Firehouse Park, Town of Sheboygan, Hwy J

**Tim E. Renzelmann**
trenzelmann@physhealthnet.com
MOA/SCBS Cancer Coach (920.458.7433)
SCCCF Vice President (920.457.2223 – 920.45-SCCCF)
[www.moa-scbs.com](http://www.moa-scbs.com) • [www.scccf.org](http://www.scccf.org)
[www.facebook.com/CancerCareFund](http://www.facebook.com/CancerCareFund)

**PHOTO:** The “starting five” of the St. Peter Claver Royals Parochial School Basketball Team (kneeling l-r: Bob Kuehl, Bob Stubbe, standing l-r: Tim Renzelmann, Nick Wesley, Mike Brachmann) taken at the 1977 faculty game.
July 20, 2017

Dear Valued Supporter:

I have organized an annual golf outing for the past 15 years. The outing was started as a way to bring classmates together, from the Sheboygan South High School Class of ’81. Since then it’s brought together classmates, their families, and their friends. After 15 years of fun and prizes I thought it was time to use our participant’s resources and bring a cause to our outing. What started out to be “The Brat City Masters” is now going to be “The Brat City Masters with A Cause”.

This year’s golf outing is September 9th @ Autumn Ridge GC. I will have several raffles, and an auction, to give our participants plenty of opportunities to donate, and 100% of the proceeds will go to the Sheboygan County Cancer Care Fund (SCCCF). This organization is local and helps individuals diagnosed with cancer or a disease of the blood who reside in Sheboygan County.

I am hoping you will consider donating a gift certificate or product that I can use in the raffles and/or auction. Your contribution would be greatly appreciated.

About the Sheboygan County Cancer Care Fund (SCCCF): SCCCF is a 501(c)(3) charitable organization and donations are 100% tax-deductible. SCCCF serves Sheboygan County cancer patients and survivors through financial “Gestures” (assistance) to address the financial burden of a cancer diagnosis and related treatment as well as a variety of health/active living opportunities provided at no cost to cancer patients and survivors through the “Survive, Thrive & Be Fit” program. Learn more at www.scccf.org.

If you have questions about the Sheboygan County Cancer Care Fund, please contact Tim E. Renzelmann, SCCCF Vice President at (920) 457-2223 (or 920-45-SCCCC).

For details about The Brat City Masters with A Cause fundraising golf outing contact Dale Kovacich (920) 254-4637, Sheboygan, WI.

Thank you for your consideration.

Sincerely,

Dale Kovacich, “The Brat City Masters with A Cause”, and the Sheboygan County Cancer Care Fund
Together we Live with Cancer!

“Survivorship Can Be Fun”
at the Levitt AMP Music Series

Sponsored by JOHN MICHAEL KOHLER ARTS CENTER
expect the unexpected

Thursday, July 27th

6PM: This Big Life

7PM: Lucie Silvas

ABOUT THE LEVITT AMP SHEBOYGAN MUSIC SERIES:
FREE Thursday evening Levitt AMP Sheboygan Music Series is an open lawn venue. The Arts Center Festival Green will be the site for great music, family fun, and delicious food and drink. Concertgoers are encouraged to bring lawn chairs or blankets for their seating comfort. Grounds, food, and concessions are open at 5:30PM. No alcohol carry-ins are allowed.

For more, visit: https://www.jmkac.org/participate/summer-concerts

Contact Tim for group meet-up location/instructions!

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!
Survive, Thrive & Be Fit!
Steps to Survivorship!
A “Healing” Walk in the Park At

THE CHRISTOPHER FARM & GARDENS
Sheboygan, Wisconsin

Wednesday, August 2nd ● 4P to 7P

Join fellow cancer patients, survivors and co-survivors at this beautiful privately-owned property along the Lake Michigan shoreline for some “Steps to Survivorship”! Take a few “Survivorship Through the Lens” photos, enjoy a “Gentle Yoga for Cancer Survivors” session or experience the 13-curcuit outdoor labyrinth!

5:30PM: People’s Choice Photo Contest Winners Announced
(From our May 17th visit to the Christopher Farm & Gardens)

Open to local cancer patients/survivors and a guest!
Call 920.457.2223 by 7/26 to be added to the Guest List!

Please dress appropriately, wear comfortable shoes and be prepared to walk about 1.5 miles to tour the Christopher Farm & Gardens W580 Garton Road, Sheboygan.

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

To learn more: visit www.scccf.org or call 920.457.2223
Survive, Thrive & Be Fit!
Gentle Yoga for Cancer Survivors!

SUMMER YOGA:
August
Tuesday Mornings
August 8th & 22nd at 10:30A

MOA/SCBS Second Floor Conference Room
1621 N. Taylor Drive, Sheboygan

Area cancer survivors are encouraged to experience the benefits of this fun and popular gentle yoga class! These FREE sessions will include gentle stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. No experience necessary.

Teacher: Kaitlynn Kiela, CYT

Space is limited! Pre-registration is strongly recommended! We will hold class outdoors if conditions allow!

To Register: 920.457.2223 or trenzelmann@physhealthnet.com

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To learn more: visit www.scccf.org or call 920.457.2223
Survive, Thrive & Be Fit!

Steps to Survivorship!

$1 “ALL IN” Poker Walk/Jog/Run

Wednesday, August 9th ● 4P to 7P

Come on out to enjoy some “Steps to Survivorship!”

Every hour on the hour we will hold an optional 30-minute $1 “ALL IN” Poker Walk/Jog/Run: $1 (minimum) to play. Players will receive one card for each lap he/she completes during a 30-minute period. Once a participant accumulates five cards he/she must discard one card BEFORE receiving another card. Players may choose to “HOLD” at any time.

Using only the cards in the players hand (cards are not transferrable), the player with the best hand wins half of the pot with the other half benefitting SCCCF!

Location: Sheboygan South High School Track

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To learn more: visit www.scccf.org or call 920.457.2223
Survive, Thrive & Be Fit! Steps to Survivorship!

Four Miles of Fitness & Disc Golf AT ROAD AMERICA

Join fellow cancer survivors & co-survivors for a walk, jog, run, bike ride or disc golf on the scenic grounds of Road America in Elkhart Lake!

6:00PM to 8:00PM

JUNE: Monday the 12th & Wednesday the 28th
JULY: Monday the 10th & Wednesday the 26th
AUGUST: Monday the 14th & Wednesday the 30th
SEPTEMBER: Monday the 11th & Wednesday the 27th

Contact Tim 920.457.2223 for details on an admission pass into the track and our group meeting location!

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To learn more: visit www.scccf.org or call 920.457.2223
Together we Live with Cancer!

Survivorship Session:

It's a MYSTERY

The mystery of life isn't a problem to solve, but a reality to experience.” – Frank Herbert

Tuesday, August 15th at 6PM!

So much of life, including cancer, is filled with mystery! This month at TLC we will honor that mystery as we explore and share the experience of mystery… and maybe be surprised!

Light Refreshments Will Be Served!
You are invited to bring a side dish/snack to pass!
RSVP Always Appreciated!

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!
Survive, Thrive & Be Fit!
Local Cancer Community PICNIC!

Sunday, August 27th
11AM to 4PM (or later)

Town of Sheboygan Firehouse Park
3601 County Road Y, Town of Sheboygan

Food:
Brats & Burgers Provided. Served between 12P & 1P.
Sign Up (Call Tim) to Bring a Dish to Pass.
Bottled Water will be Provided. BYO Beverages.

Festivities:
Pickleball, Disc Golf, Cornhole, Mystery Mile Walk & More.
Alternative Activities in the Shelter in the Event of Rain.

Fellowship:
Cancer Survivors, Co-Survivors and Their Family & Friends are ALL Welcome to Attend & Participate!

RSVP Strongly Encouraged & Greatly Appreciated. To RSVP, Call 920.457.2223 or e-mail trenzelmann@physhealthnet.com by Monday, August 21st!

Special Thanks to Bruce B., Cindy B. and Dan K. who have stepped forward to organize this event for the “Local Cancer Community”!

The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

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