The Local Cancer Community Update of

Submitted by: Tim E. Renzelmann    February 8th, 2018

TLC (Together we Live with Cancer): Survivorship Can Be Fun – Cribbage & Crokinole Game Night!

Two great games... one fun night! Consider joining us for our next TLC (Together we Live with Cancer) Survivorship Can Be Fun Game Night on Monday, March 5th where you can choose between cribbage, Crokinole or (to commemorate the 5th of the month) some “High Five” dominoes (don’t know how to play... we’ll teach you)! Feel free to bring a favorite game of your own to teach and share (or make a suggestion for future game nights)!

SCCCF Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors Celebrates Eight Years!

with the first FREE “Gentle Yoga for Cancer Survivors” class! Eight years later, on February 1st, 2018, we commemorated the occasion with a special yoga session that included a handful of survivors along with Katie, or original instructor, who were all at that first session! Consider joining us at future ST&BF Gentle Yoga for Cancer Survivor sessions, typically scheduled one night a week throughout the year!

Survive, Thrive & Be Fit: “Making Sheboygan County the Healthiest Place to Survive Cancer!”

Become a ST&BF Survivor-Athlete and Earn the Right to “Wear the Blue” of Survive, Thrive & Be Fit!

It’s simple. Participate in any of the many Survive, Thrive & Be Fit activities that include Gentle Yoga for Cancer Survivors, Steps to Survivorship, Indoor Row Group, Hiking Along the Cancer Journey, Active Survivors of Sheboygan Activity Log & more. For each activity you participate in you will earn points. Earn just five points and receive your commemorative “Survive, Thrive & Be Fit” T-shirt. Earn more points for additional ST&BF apparel and merchandise!

Through January, sixteen veteran survivor athletes have already earned the right to wear the blue in 2018: Beth Stockdale, Bob Hartig, Candy Meyer, Chris Meyer, Cindy Becker, Dan Kunda, Dennis Sundell, Diane Micoliczyk, Janet Sampson, Jennifer King, Jill Pelnar, Leah Heusterberg, Lisa Glander, Maryellen Kloiber, Mike Brachmann, Tim Renzelmann.

Survive, Thrive & Be Fit: Indoor Row Group Completes the Concept2 “Virtual Team Challenge!” While Preparing for 3rd Annual Lake Michigan Crossing!

Twelve ST&BF Survivor-Athletes/Rowers accumulated 1,220,148m between January 1st and January 31st as part of the Concept2 Virtual Team Challenge. The Survive, Thrive & Be Fit team placed 146th out 566 teams from across the country and around the world. Compared to teams of similar size (6-20 team members) the ST&BF team placed 49th out of 152 teams. And in the “Medical Facility” division, the ST&BF was the top finisher against 5 other teams. Congratulations to participating Survivor-Athletes/Rowers: Bob Hartig, Cindy Becker, Dan Kunda, Dennis Sundell, Janet
Sampson, Jennifer King, Jill Pelnar, Leah Heusterberg, Lisa Glander, Maryellen Kloiber, Mike Brachmann and Tim Renzelmann!

Local survivors are invited to be a part of the Third Annual Lake Michigan Crossing at the Sheboygan YMCA on Saturday, March 10th! Starting at 7AM we will begin rowing on multiple Concept2 ergometers as we cover a distance of 100 kilometers (the approximate distance across Lake Michigan from the Sheboygan Lighthouse to the Ludington, MI lighthouse) in this relay-type event. Consider joining us for a single leg (500m to 2000m) or be a part of the rotation throughout the day!!! Contact Tim for details!

Photo Left: Some of the Survive, Thrive & Be Fit survivor-athletes/rowers after completing the 2017 Lake Michigan Crossing!

Sheboygan Service Club Provides Funding for SCCCF Survive, Thrive & Be Fit “Adventures for Cancer Warriors”!

The Sheboygan County Cancer Care Fund applied for funding from the Sheboygan Service Club to offer a weekend of adventure and activities for area cancer patients, survivors and co-survivors in 2018 in collaboration with the Sheboygan County YMCA’s LIVESTRONG program! In January we received the Sheboygan Service Club announced: “Congratulations, your organization has been chosen to receive $1500 from the net proceeds of our 2017 Charity Ball to assist your organization with “Survive, Thrive & Be Fit – Adventure Weekend Experience”! We want to thank you for all you do in our community and hope these funds will help our organization’s mission!”

Details for this event have not been determined but will involve a retreat-style weekend at Camp Y-Koda in Sheboygan Falls. There will be a variety of events and activities throughout the weekend from Friday evening to Sunday afternoon. Registered participants (cancer survivors and co-survivors) may choose to participate in single activities or the entire weekend and may choose from a variety of overnight accommodations at Camp Y-Koda or head home in the evenings.

A date for this event has not been determined and we are currently looking to assemble a committee of survivors/co-survivors interested in planning and organizing this event. Please contact Tim ASAP if interested.

Fundraising Events for SCCCF:

14th Annual Unity Music Festival Featuring the Vic Ferrari Band!
Saturday, April 7th ● Show Starts t 7P
Weill Center, 826 N. 8th St., Sheboygan WI

10th Annual “Cancer Crusade” Walk/Run for SCCCF!
Saturday, April 21st ● 730A to 10A ● Watch for details!

Sheboygan Weather Updates Plans Brat Fry Fundraiser for SCCCF!
Saturday, May 5th ● 10AM to 2PM
Lakeshore Lanes, 2519 S. Business Dr., Sheboygan

Events/Activities for Local Survivors:

SCCCF Survive, Thrive & Be Fit: Indoor Row Group Sessions!
Contact Tim for details!

SCCCF Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors!
Thursdays, February 8th, 15th & 22nd at 5:30P
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

SCCCF Survive, Thrive & Be Fit: Indoor Row Group “Road Trip” Recovery on Water, Chicago, IL
Sunday, February 11th, Contact Tim for Details!

TLC Survivorship Survivorship Session & Survivorship Can Be Fun!
Tuesday, February 20th ● Events Start at 430P
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

TLC Survivorship Can Be Fun Game Night: Cribbage, Crokinole, High 5 Dominoes
Monday, March 5th ● 4P to 8P
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

SCCCF Survive, Thrive & Be Fit: Indoor Row Group 3rd Annual Lake Michigan Crossing!
Saturday, March 10th ● 7AM to ???
Sheboygan YMCA, 812 Broughton Drive, Sheboygan

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 ● www.scccf.org
Together we Live with Cancer!

“Survivorship Can Be Fun” GAME Night!
Cribbage, Crokinole & High Five Dominoes!

Monday, March 5th
4pm to 8pm

(Food, Instruction & Practice starts at 4pm. Play begins at 5:30pm.)

In addition to a couple of cribbage tables and a couple of Crokinole boards, this session includes a chance to learn and play “High Five Dominoes”!

Play the same game all night or switch from one game to another every 30-minutes!

We don’t stop playing because we grow old, we grow old because we stop playing.” – George Bernard Shaw

MENU: A Simple Salad Night!
You are invited to bring a favorite salad, dish, snack or dessert to share!

RSVP by March 1st (Call Tim at 920.458.7433) 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!”

Gentle Yoga for Cancer Survivors!

GENTLE YOGA sessions include stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. Beginners welcome, no experience required!

Thursday, February 1st at 5:30PM

The Sheboygan County Cancer Care Fund introduced its Survive, Thrive & Be Fit program on February 1st, 2010 with the first FREE “Gentle Yoga for Cancer Survivors” class! Join us exactly eight years later, on Thursday, February 1st for a special 8-year celebration session!!! RSVP is strongly encouraged… as space is limited and this class may fill up fast!

With Katie Boge, CYT & Stacey Hand, CYT

Thursdays, February 8th, 15th & 22nd at 5:30PM

With Stacey Hand, CYT

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

Space is limited. RSVP is encouraged by contacting Tim at 920.457.2223 or trenzelmann@physhealthnet.com.

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!
Indoor Row Group!

“ALL IN THE SAME BOAT!”

The main focus of the Indoor Rowing Group is to have fun and support one another while rowing. Individual survivor-athletes determine their own pace, intensity and effort while contributing to a variety of (optional) individual and team goals, challenges and activities!

Benefits of Indoor Rowing:

- Rowing is easy to learn and do... for all ages, body types and fitness levels!
- Rowing is a low impact activity... for comfortable and injury free exercise!
- Rowing exercises all major muscle groups: legs, arms, back, abdomen, and buttocks.
- Rowing exercises muscles through a wider range of motion than most other exercises thereby promoting flexibility and mobility.
- Rowing provides aerobic and anaerobic conditioning as well as strength conditioning.
- Rowing is a lifelong sport that can be performed and enjoyed by all ages.
- Rowing is a smooth motion, rhythmic, and impact free.
- Rowing is a time-efficient workout. It doesn’t take long to get a great workout.

Group Indoor Row Sessions through April 2018!
Beginners welcome – contact Tim for details on how to get involved!

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To learn more: visit www.scccf.org or call 920.457.2223
April 7th, 2018
Showtime 7:00
Tickets $20 | Gala Tickets $30
Gala 5:00 - 6:00 (upstairs) 5:30 - 6:30 (next door)

Entertainment
Vic Ferrari Band

Tickets are available at...
Piggly Wiggly Sheboygan Falls 467-0477
Piggly Wiggly Plymouth 893-0741
Piggly Wiggly Oostburg 564-2234
Piggly Wiggly Howards Grove 565-4421
Piggly Wiggly North 15th St. Sheboygan 458-9991
Piggly Wiggly 3124 South Business Drive 452-0411
Festival Foods 694-6260
Midwest Dental 893-8458
Trilling True Value 457-5541
Vince Lombardi Cancer Clinic 457-6800
Matthews Oncology 458-7433
Rick & Mary Ann Waldbauer 467-3303
Oostburg State Bank 564-2336
Weill Center for the Performing Arts 208-3243
Sheboygan Chevrolet Buick 459-6804
Falls Healing Arts 467-8690

Live Auction
Auctioneer
Daven Claerbout

Show Sponsored By...

www.unitymusicfestival.org • www.scccf.org
All proceeds stay local to help cancer patients through the Sheboygan County Cancer Care Fund.
Spring 2018 HANGING FLOWER BASKET SALE
Proceeds to benefit THE SHEBOYGAN COUNTY CANCER CARE FUND
ORDER DEADLINE: Monday, April 23rd
ORDER PICKUP: Monday, May 7th from 10AM to 5PM, 1621 N. Taylor Drive, Sheboygan

For Details on How to Place Your Order, Contact Tim at 920-457-2223

Selling a Voucher to be redeemed at the Sheboygan Department Store or Sheboygan County Hospital

GREAT GIFT FOR MOTHER’S DAY!

Hanging Ivy Geranium - $25.00
New Guinea Impatience - $25.00
Fuchsia - $25.00
12” Combo (mixed) Basket - $35.00
10” Hanging Baskets - $25.00
10” Combo Planter - $35.00

Selling a Pre-Paid Order


delivered to the County Cancer Care Fund.

New Guinea Impatience
Fuchsia
12” Combo Basket
10” Combo Planter

Selling a Pre-Paid Order

DELIVERY: Deliver your flowers to MOAS/CBS and I will pick them up on Monday, May 7th, 10AM to 5PM.
VOUCHER: I would like to purchase a voucher for a pre-paid order.
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CANCER BENEFIT BRAT FRY

WHEN
May 5th
10am – 2pm

WHERE
Lakeshore Lanes
2519 South Business Drive Sheboygan, WI 53081

Special Guest CBS 58 Meteorologist
Chris Nelson will be at our event!!!

Event organized and ran by Sheboygan Weather Updates
Facebook.com/SheboyganWeatherUpdates
Twitter.com/SheboyganWeathr
Sheboyganweatherupdates.com

ALL PROCEEDS
BENEFIT
SHEBOYGAN
COUNTY
CANCER CARE
FUND & PINK HEALS

FOOD & DRINK
Brats, Burgers, Soda & Water
Bar will be open at Lakeshore Lanes

LIVE DJ
TJ THE DJ

GAMES & RAFFLES

Bring your kids
The Balloon Lady will be there from 11am-12:45pm
Together we Live with Cancer!

Survivorship Session:

Learn About LIVESTRONG at the YMCA!

Guest Speaker Carrie Green of the Sheboygan YMCA

Tuesday, February 20th at 6PM!

Carrie Green will explain the LIVESTRONG at the Sheboygan YMCA Program! LIVESTRONG is a FREE physical activity and wellness program designed to help adult cancer survivors achieve their health goals. Cancer patients know the tremendous toll the disease and its treatment can take on your spirit, mind and body. LIVESTRONG is an effective way for you to heal and reclaim your health. LIVESTRONG instructors have undergone specialized training in the elements of cancer, post rehabilitative exercises and supportive cancer care!

Light Refreshments provided. Feel free to bring a dish to pass. FREE!! 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!
Together we Live with Cancer!

“Survivorship Can Be Fun”

It’s time for Crokinole!!!

Tuesday, February 20th

4:30P to 6:00P: Crokinole Play

6P to 7:30P: TLC Survivorship Session*

7:30P to 8:30P: Crokinole Play

Crokinole is a simple and easy-to-learn tabletop game in which players take turns shooting discs across the circular playing surface, trying to have their discs land in the higher-scoring regions of the board, while also attempting to knock away opposing discs.

*See TLC Survivorship Session flyer for details on this month’s topic!

Above: We have multiple boards including this one donated by Mayday Games that, when not in use, doubles as a clock in our conference room so anytime can be Crokinole time!

Left: First-time and novice players enjoy some friendly finger-flicking fun! Join us before and after the TLC Survivorship Session!

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!

3rd Annual Lake Michigan Crossing!

Some of the nineteen ST&BF Survivor-Athletes/Rowers after completing the 1st Annual Lake Michigan Crossing in March of 2016!

Saturday, March 10th ● Start: 7AM
Sheboygan YMCA ● 812 Broughton Drive ● Sheboygan

• The Survive, Thrive & Be Fit Indoor Row Team is made up of survivor-athletes of varying interests and abilities – from casual to more competitive rowers!

• Survivor-athletes will rotate legs between 500m and 2000m until we reach our 100K goal distance.

• There is still time to join the ST&BF Indoor Row Team and be part of this fun Team Challenge!

For more information contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com