SCCCF Survive, Thrive & Be Fit: It’s more than “Exercise & Activity”!

TLC Survivorship Can Be Fun: It’s more than “Fun & Games”!

It seems to me, through empirical observation and reason, that what is good for the body is good for the mind and what is good for the mind is good for the body and there is plenty of literature to support this claim. And yet we often fail to fully embrace the mind/body connection.

I’ve been a fitness enthusiast and a game enthusiast for as long as I can remember. Of course, the physical play of exercise and the mental play of games each have their own unique qualities and benefits... but I have long been intrigued by their similarities and commonalities. Studies have shown that BOTH physical exercise and mental play offer the following:

- Increased memory and cognitive skills, reduced risk of cognitive decline and mental disease, enhanced mood and an antidote to depression.
- Lower blood pressure, reduced stress, improved relaxation, more restful sleep and a strengthened immune system.

If the above isn’t enough... BOTH physical exercise or mental play in a group setting can:

- Build and strengthen relationships and bonds, encourage family/social time, develop a stronger sense of community and decrease a sense of loneliness.
- Build and strengthen relationships and bonds, encourage family/social time, develop a stronger sense of community and decrease a sense of loneliness.

Sure, we can all exercise alone and we can even play games alone and we will reap great benefits. I have accumulated countless hours of solo running, kayaking, hiking, snowshoeing, rowing, disc golfing and more throughout my life and I value that time. Likewise, I enjoy a variety of solitaire games I can enjoy alone and at my convenience. But to get the very most out of the physical play to strengthen my body and the mental play to strengthen my mind I also very much value and enjoy working out and playing games with others.

TLC Survivorship Can Be Fun and SCCCF Survive Thrive & Be Fit allow area cancer patients and survivors (and co-survivors) with opportunities to work out and play games with others who have a shared connection through the cancer experience.

We are simply better off TOGETHER than ALONE! I am once again reminded of one of my favorite Mother Teresa quotes, “I can do things you cannot. You can do things I cannot. Together we can do great things.” If you are a local cancer patient and survivor looking for ways to strengthen your body or your mind... I hope you’ll join us at TLC Survivorship Can Be Fun and/or SCCCF Survive, Thrive & Be Fit... so that “TOGETHER WE CAN DO GREAT THINGS!”

The Sheboygan County Cancer Care Fund: So where does the money come from?

I was recently speaking to a small group of concerned community members about The Sheboygan County Cancer Care Fund. I told them about the more than 1.5 million dollars in approved gestures and about our many Survive, Thrive & Be Fit activities for local cancer...
patients and survivors when they asked, “Where does the money come from?”

It is a question that I often assume people know the answer to... but you know what they say happens when you “ASS-U-ME” 😊

The Sheboygan County Cancer Care Fund is 100% funded by public donations that includes fundraisers that raise tens of thousands of dollars each year (such as the upcoming Unity Music Festival and the recent Hunt for a Cure) with many other fundraisers that raise several thousand dollars or even a several hundred dollars each. SCCCF appreciates every dollar that is raised on our behalf!

Additionally, we receive a wide variety of donations (both large and small), often times from those who have experienced a cancer diagnosis and are looking for a way to “give back.” Consider, for example, SCCCF’s “One D.A.Y. for Cancer Survivorship” campaign that was designed especially for local cancer patients and survivors looking for a way to give back (see attached).

If you are looking for a way to support the work of the fund by donating your time or your money.

Earlier this year I received a note from Jenny Schultz, one of our Survive, Thrive & Be Fit “survivor-athletes” who often attends our “Gentle Yoga for Cancer Survivors” sessions that read:

Tim, This donation to SCCC is from the Schultz Family. We collect from the extended family and pick a charity each year. 2017 was my turn to pick the charity.

Signed, Jenny Schultz & the Schultz Family.

If you are looking for a way to support the fund and/or the local cancer community, consider participating in any of our upcoming fundraising events or consider your own way to be a “Beacon of Hope” for SCCC and for local cancer patients and survivors!

**Volunteers Wanted: “Adventure Weekend for Cancer Warriors”!**

July 27th to 29th ● Camp Y-Koda ● Sheboygan Falls

If you would like to help with the planning, organizing and implementation of this event please contact Tim ASAP!

**Events/Activities for Local Survivors:**

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

**SCCCF Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors!**
Wednesdays, March 14th, 21st, 28th at 5:30P
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

**TLC Survivorship Session: What Survivorship Means to You!**
Guest: Trisha Lund, MSW, Oncology Social Worker
Tuesday, March 20th ● 6P to 730P
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

**TLC Survivorship Can Be Fun: Crokinole & High Five Dominoes!**
Tuesday, March 20th ● 430P to 6P, 730P to ??
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

**SCCCF Survive, Thrive & Be Fit: Indoor Row Group Sessions!**
Various Dates, Times & Locations through April, 2018. Contact Tim for details!

**Fundraising Events for SCCC:**

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” to Benefit SCCC!
Saturday, April 21st ● 730AM to 10AM
Sheboygan YMCA, 812 Broughton Drive, Sheboygan

SCCCF 8th Annual “Flowers for the Fund” Spring Flower Sale!
Taking orders now through April 23rd!

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

2018 “One D.A.Y. (Dollar A Year) for Cancer Survivorship” Campaign!
SCCCF Fundraising Effort Designed Especially for Local Cancer Survivors!

Tim E. Renzelmann
trenzelmann@physhealthnet.com
MOA/SCBS Cancer Coach (920.458.7433)
SCCCF Vice President (920.457.2223 – 920.45-SCCCF)
www.moa-scsbs.com ● www.scccf.org
www.facebook.com/CancerCareFund
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
Survive, Thrive & Be Fit!
Gentle Yoga for Cancer Survivors!

MARCH SESSIONS:
Instructor: Katie Boge, CYT
Wednesday Evenings
March 7th, 14th, 21st & 28th!
5:30 PM to 6:30PM

These FREE sessions include gentle stretching, breathing and meditation to bring some peace, healing and relaxation to the mind and body. No experience necessary.

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

Space is limited!
Pre-registration is strongly recommended!

To Register: 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
Survivorship Session:

Survivorship: A Metamorphosis of Change and Hope!

Tuesday, March 20th at 6PM

Guest Speaker: Trisha Lund, MSW is the new Oncology Social Worker.

Trisha will be the guest speaker for our March Survivorship Session and she is looking forward to getting to know you and focus on what survivorship means to you.

Light Refreshments Available.
You may bring a dish, snack or dessert to pass.

No Fee or Registration Required! 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!

What Time Is It? It’s Time For “Survivorship Can Be Fun”

Tuesday, March 20th

4:30P to 6P: Games
6P to 7:30P: TLC Survivorship Session*
7:30P to 8:30P: Games

Join us before and/or after our TLC Survivorship Session for Survivorship Can Be Fun games including TLC favorites Crokinole and High Five Dominoes!

Crokinole (left) and High Five Dominoes (right) are fun to play and easy to learn but, like life, difficult to master! Other games will be available or bring a personal favorite game to share!

Light Refreshments Provided
You are invited to bring a favorite dish, salad, snack or treat to share!

*See TLC Survivorship Session flyer for details on the TLC topic!

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!
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!

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
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...

Thank you to our show sponsors!

www.unitymusicfestival.org • www.scccf.org
All proceeds stay local to help cancer patients through the Sheboygan County Cancer Care Fund.
2018 Cancer Crusade
Join us for this 10th Annual Event!
Saturday, April 21st, 2018
7:30 AM to 10:00 AM - Sheboygan YMCA

Waiver: In consideration of the acceptance of my entry in the SCCCF Cancer Crusade on April 21st, 2018, I release the Sheboygan County Cancer Care Fund, Sheboygan County YMCA, Sheboygan Area School District, Sheboygan County, City of Sheboygan and any other entities and individuals who are in any way connected with the event (including event volunteers) from any liability or claims for any injury or illness which I sustain during my participation in this event or which is in any other way related to this event. I understand that this release is being relied upon by the persons permitting me to participate. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings or any other record of this event for any legitimate purpose.

Print Name ____________________________________________________________
Address ________________________________________________________________
City/State/Zip ____________________________________________________________________________ Phone ________

Participant’s Signature __________________________________________ Date __/

Parent/Guardian Signature (if entrant is a minor) ________________________________________________
I am a cancer survivor: ☐ YES ☐ NO

□ Commemorative T-Shirt = $15 (Registration must be received by April 9th to guarantee T-shirt on day of event)
Please Indicate Size: Youth □ 6/8 □ 10/12 □ 14/16 □ 18/20 Adult □ S □ M □ L □ XL □ 2X □ 3X
Participants who purchase a Commemorative T-shirt will receive $5 in FREE Raffle Tickets.

□ Commemorative Water Bottle = $5 (While Supplies Last). Additional Donations/Pledges/Fundraising Appreciated!!!

Biggest Brigade Team Name: ____________________________________________ Note: Team members must list the same team name.
Please send form with payment/donations to “SCCCF – Cancer Crusade”, 1621 N. Taylor Drive, Sheboygan, WI 53081
**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

**SELLER’S NAME:**

**SELLER’S PHONE:**

*Checks payable to SCCCCF or Sheboygan County Cancer Care Fund (Donations Accepted)*

**THIS ORDER FORM MUST BE RETURNED BY MONDAY, APRIL 23rd – All Orders MUST be PREPAID!**

Neatly and accurately PRINT name, address and phone. Please note color choices and price differences.

INFO & Questions: Tim E. Renzelmann – SCCCCF, 1621 N. Taylor Drive, Sheboygan, WI 53081 (920) 457-2223

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**DELIVERY:** Deliver my flowers to MOA/SCCBS and I will pick them up on Monday, May 7th between 10AM and 5PM.

**VOUCHER:** I would like to purchase a voucher to be redeemed at Caan’s between May 1st and June 3rd (Choose One):

- I will pick up voucher(s) on Monday, May 7th between 10AM and 5PM.
- I will contact SCCCCF (457-2223) to arrange to pick up my voucher(s) at MOA/SCCBS prior to May 7th.
- Please send my voucher(s) to the address at left as soon as voucher(s) are available.

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**Great Mother's Day Gift Idea!**

**Flowers for the Fund!**

Spring Flower Sale!

Pre-Paid Orders Due by Monday, April 23rd

**YOUR CHOICE:**

- **Pick Up Your Pre-Paid Order on Caan’s between May 1st and June 3rd:**
  - Purchase a voucher to be redeemed at Caan’s between May 1st and June 3rd.
  - Beautiful Hanging Flower Baskets and Plantsers from Caan Floral & Greenhouses in a variety of types, colors and prices are available to order with proceeds benefiting SCCCCF. All orders must be pre-paid!

For Details on How to Place Your Order, Contact Tim at 920.457.2223!

- Hanging Ivy Geranium: $25.00
  - 10" Hanging Baskets: Red, Pink or Purple
  - Hanging Ivy Geranium: $25.00
  - New Guinea Impatiencing: Red, Pink, Purple or Orange
  - Fuchsia: Red/Purple or Red/White
  - 10" Combo (mixed) Planters: $25.00
  - 12" Combo (mixed) Baskets: $35.00

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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!!!
Choose your “One Day” – the day you were diagnosed, the day you completed treatment, your birthday or any day that is meaningful to you – and donate “One Dollar A Year” for each year of your survivorship!

Invite family and friends to celebrate with you and match your donation!

2018 “One D.A.Y. (Dollar A Year) for Cancer Survivorship”

2018 Participating Survivors: Cindy Becker (9y), Leah Heusterberg (5y), Dan Kunda (5y), Denise Prinsen (3y), Randy Prinsen (1y), Tim Renzelmann (26y), Janet Sampson (13y), Dennis Sundell (5y), Ralph Wiltzius (13y).

Note: Your “One Dollar A Year” donations will be matched by Dr. Matthews & Dr. Bettag!

Make your “One Dollar A Year” donation TODAY! Names in RED indicate recently-added donations!

2018: 9 Survivors, 80 years and over $600!

Thank You to these 2017 PARTICIPATING SURVIVORS: Cindy Becker (8y), Ron Boeldt (5y), Barb Bogenschutz (11y), Lenny Bogenschutz (12y), Mary Brachmann (9y), Mike Brachmann (3y), Willard Brachmann (18y), Kathy Cary (7y), Ellen Cheney (1y), Joanne D’Alton (11y), Carolyn Eiden (11y), Pat Fields (9y), Lisa Glander (9y), Bonnie Grossenbach (6y), Linda Guse (30y), Judy Hake (7y) Leah Heusterberg (4y), Kris Hoppe (5y), Kathy Horness (9y), Mary Hughes (9y), Bill Hughes (24y), Jennifer King (3y), Michael King (10y), Karen Merlau (11y), Janet Klompenhouwer (25y), Dione Knop (10y), Dan Kunda (4y), Beverly Leonard (2y), Ernie Meise (19y), Joan Metscher (5y), Candy Meyer (18y), Chris Meyer (11y), Cynthia Neece (11y), Kathy Pluskat (almost 1y), Lori Pribek (6y), Kate Ratajczak (1y), Tim Renzelmann (25y), Janet Sampson (12y), Penny Schaap (14y), Pat Schmidt (20y), Mary Schoemer (31y), Sherry Seaver (25y), Beth Stockdale (9y), Jacob Stroo (12y), Dennis Sundell (4y), Joyce Tavarez (3y), Ralph Wiltzius (12y), Terri Yoho (9y), David Zoch (15y).

2017: 543 Years (51 Survivors) and over $4,300! • 2016: 371 Years (39 Survivors) and $1,800!

Donor’s Name: ____________________________________________

Address: ____________________________________________

City, State, Zip ____________________________________________

Please accept this donation to the Sheboygan County Cancer Care Fund:

☐ “Celebrate “One D.A.Y.” of my survivorship: #______ Years X $1 per year = $________

☐ To honor the survivorship of: ____________________________________________ $________

☐ OPTIONAL: Additional tax-deductible donation $________

Send to: One D.A.Y. c/o SCCCF, 1621 N. Taylor Dr., Ste 100, Sheboygan, WI 53081 TOTAL $________

I wish to invite: ☐ Dr. H. Marshall Matthews
☐ Dr. S. Mark Bettag

to join my “One D.A.Y. for Cancer Survivorship” celebration with a matching donation (share a message for Dr. Matthews or Dr. Bettag on the back of this form)!