

The Local Cancer Community Update



Together we
Live with
Cancer!



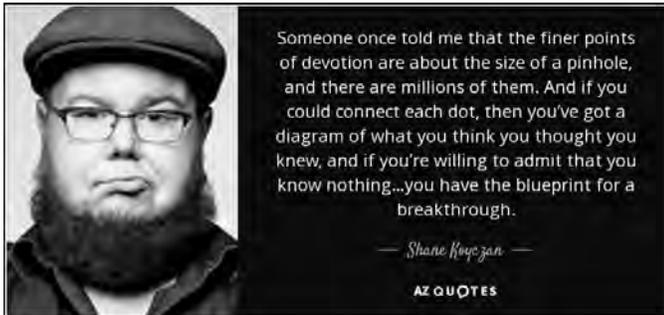
Submitted by Tim E. Renzelmann ● January 12th, 2021

News, Events and Activities in the Local Cancer Community including the *TLC Supportive Community* (est. 2000), *The Sheboygan County Cancer Care Fund* (est. 2002), the *Survive, Thrive & Be Fit* program (est. 2010) and more!



Breaking Through A New Year!

By Tim E. Renzelmann



I shared the story last week about how I serendipitously stumbled upon a video by Shane Koyczan (which you can read here: <https://scccf.org/post?s=breaking-through-a-new-year-2021-01-05>). I failed to include the link to that video... so here it is:

<https://www.youtube.com/watch?v=aV805a2XJgA>

COVID-19: The Vaccine, A Thoughtful Post and When Can I See My Grandkids?

By Tim E. Renzelmann

Many are asking when they will be able to receive their first dose of the long-awaited COVID-19 vaccine. According to the Wisconsin Department of Health Services website (as of January 4, 2021): *"We are in Phase 1A of the vaccine prioritization guidelines. Right now, in the early weeks of Phase 1A, the few doses we have are available to frontline health care providers and skilled nursing facility staff and residents. As vaccine supply increases, other health care personnel and long-term care facility residents and staff will be offered COVID-19 vaccination. We expect that it will take several months to vaccinate everyone eligible in Phase 1A."*

Read more at: <https://www.dhs.wisconsin.gov/covid-19/vaccine-about.htm>

Many front-line healthcare workers are currently receiving their first and second doses. My eldest stepdaughter, Jennifer, received her first dose last week

and posted this thoughtful message on her Facebook page that I thought was worth sharing:



Here are a few articles that may help us better understand where we are at and where we are headed with regards to COVID-19 including the strengths and weaknesses of the vaccine and recommended precautions moving forward.

This article explains why, even after we are vaccinated, we still need to practice social-distancing and wear a mask. It reminds us, *“Yes, Moderna and Pfizer reported that their shots are 94.5% and 95% effective, respectively. But that efficacy refers to the vaccines’ ability to protect against COVID-19 disease—and not necessarily against infection with the virus.”*

“Yes, We Have COVID-19 Vaccines That Are 95% Effective. But That Doesn’t Mean the End of the Pandemic is Near”

By Alice Park , Time

<https://time.com/5913113/covid-19-vaccine/>



The title of this next article caught my attention because I, like many of you, miss spending time with Jennifer’s two beautiful children (and my grand-children), Lily and Henry (left), as well as so many other family and friends!

In this article (that includes an informative video), Dr. Leana Wen, an emergency physician and visiting professor at George Washington Institute School of Public Health will tell you when her children will see their grandparents and will offer answers to these important questions:

When does the vaccine give you protection after you're vaccinated? How much protection does it offer?

Once an older adult has received the second dose, and it's been three weeks, can they visit their grandchildren?

What's the point of the vaccine if I still have to quarantine before seeing people?

What is it going to take for us to be able to socialize as we did before Covid-19?

How vaccinated grandparents should approach visiting loved ones now -- advice from Dr. Wen

By Katia Hetter, CNN

<https://www.cnn.com/2021/01/10/health/grandparent-s-visits-covid-19-vaccine-wellness/index.html>

JANUARY’S FEATURED ST&BF ACTIVITY OF THE MONTH: Active Survivors of Sheboygan Activity Log!



In the last issue of this Update, I explained the Survive, Thrive & Be Fit (ST&BF) **Active Survivors of Sheboygan (A.S.S.) Activity Logs**, which is also this month’s **FEATURED ST&BF ACTIVITY!**

As this month’s **FEATURED ACTIVITY**, anyone who completes the challenge of exercising 30-minutes or more at least eight days during the month of January and submits a January Activity Log by February 15th will have their name entered in a drawing for one of several prizes (8-11 days earns you one chance, 12-15 days earns you two chances, 16-19 days earns you three chances and 20 or more days earns you five chances)!

See the attached Active Survivor of Sheboygan Activity Log pages attached (including the January and February activity log sheets). Any questions, contact Tim!

Congratulations to the 2020 Active Survivors of Sheboygan Survivor Athletes!



Congratulations to fifteen survivor-athletes who participated in the **Active Survivors of Sheboygan** program throughout 2020: Linda Ansay, Cindy Becker, Kathy Burch, Bob Hartig, Leah Heusterberg, Judy Kleijunas, Dan Kunda, Bev Leonhard, Candy

Meyer, Diane Micoliczky, Sharon Pentek, Tim Renzelmann, Rae-Ellen Weber and Sue Zalewski. (Don’t forget to pick up your **Wigwam** socks!)

Here are some really impressive statistics from 2020:

- 73.3% of participating survivor-athletes (11 of the 15) earned the title of “Perfect A.S.S.” by recording 30-minutes or more of exercise at least 20 days of the month, every month, for twelve straight months! 😊
- 82.0% of monthly logs reported 30-minutes or more of exercise at least 20 days of the month!
- 95.3% of monthly logs reported 30-minutes or more of exercise at least 16 days of the month!
- 98.7% of monthly logs reported 30-minutes or more of exercise at least 12 days of the month!

See attached Active Survivors of Sheboygan log sheets and join us in 2021 as we work towards **“Making Sheboygan County the Healthiest Place to Survive Cancer!”**

SCCCF ST&BF Survivors on Snowshoes at Walla Hi County Park – Saturday, January 16th!

Saturday, January 16th ● 9A to 11A

Walla Hi County Park, 18941 Mueller Rd, Kiel

Just like outdoor dining, health experts say that outdoor activities are much safer than indoor ones because they allow for better airflow and ventilation. This can better disperse respiratory droplets, potentially reducing the risk of them landing on your mouth or eyes, or on surfaces that you may touch and then transfer to your mouth, nose, and eyes. It also likely reduces the risk of airborne transmission as well. Although outdoor activities have some risk, it is still low as long as social distancing is maintained. Wearing a mask whenever social distancing cannot be maintained, can further reduce risks.

This past summer and fall we safely offered outdoor yoga and Tai Chi sessions while following appropriate COVID-19 precautions. Since I suspect few would show up for a yoga or Tai Chi class in the snow... you are invited to meet at Walla Hi County Park for **Survivors on Snowshoes**.

Snowshoeing is easy. Basically, if you can walk, you can snowshoe!

If you are interested in giving snowshoeing a try but don't have snowshoes... I do have a limited supply of snowshoes available. Contact me for details!



Photo Above: A group of ST&BF survivor-athletes (along with "Joey the Protector" (the dog - May he rest in peace) snowshoeing along the IAT through Walla-Hi County Park in January, 2020!

Oncology Nurse Mary Schueller, RN Reflects on 42 Years of Dedicated Service in Our Local Cancer Community!

Everybody who is a part of our Local Cancer Community, whether you know it or not, has benefited from the hard work, commitment, dedication and compassion that Mary Schueller, RN has provided in our Local Cancer Community! She has filled many roles during her 42-year tenure at HSHS St. Nicholas Hospital including Nursing Assistant, Staff RN, Cancer Care



Nurse, Interim Chief Nursing Officer, Oncology Clinical Nurse Educator as well a long-time/original board member of the Sheboygan County Cancer Care Fund (a role which she plans to continue).

Please join us (VIRTUALLY) on Monday, January 18th at 630P and/or Thursday, January 28th at 9A as Mary reflects on 42 years of

selfless service while we take the opportunity to thank her for her work and wish her well on her retirement!

ST&BF Gentle Yoga for Cancer Survivors Celebrates 11-Year Anniversary with Virtual Home Retreat (via Zoom) on Saturday, February 6th!

Saturday, February 6th ● 1P to 4P

In celebration of eleven years of SCCC's **Survive, Thrive & Be Fit** activities and our first-ever **Gentle Yoga for Cancer Survivors**...



Join **Kaitlynn Kiela, CYT** for this mini **At Home Retreat** focused around setting intentions and self care. We all know new year's resolutions come and go, but how do we make resolutions that stay and evolve with us as we grow over the year?

We'll go into the layers of personal needs and desire that give rise to an intention, give space for the intention to form, and extract out pieces of an intention that will nurture body mind and spirit throughout the year!

Our afternoon begins with a gentle yoga practice to clear your mind for finding your intention. We'll take time with imagery, reflection and journaling, and sharing insights within the group. We'll close with a grounding practice of relaxation and yoga nidra to plant the seed of your intention.

We'll have a short break after the yoga practice to have tea or snacks, so have something nourishing nearby, as well as pen and paper for collecting thoughts.

Pre-registration is **REQUIRED!** See attached flyer!

Local Cancer Community Opportunities:

See attached flyers for details, visit www.scccf.org or call 920.457.2223

All **VIRTUAL** sessions are **via Zoom** and require the same sign-in link and meeting credentials!

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

ST&BF **VIRTUAL** Introductory Tai Chi for Cancer Survivors!

Tuesdays, January 12th & 26th ● 530P
Facilitated by Michael Finney

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

TLC **VIRTUAL** Survivorship Can Be Fun Workshop w/Bob the Builder!

Tuesday, January 12th ● 630P
Wednesday, January 13th ● 930A

Choose from either session!

Treasure Box Project: "Bob the Builder" Hartig will lead us as we build a Treasure Box. Advance registration and material pick-up required!

TLC **VIRTUAL** Local Cancer Community Update!

Wednesday, January 13th ● 9A

Topic: A Look Ahead to 2021!

Monday, January 18th ● 630P

Topic: Thank You & Congratulations to Oncology Nurse Mary Schueller, RN!

Thursday, January 28th ● 630P

Topic: Thank You & Congratulations to Oncology Nurse Mary Schueller, RN!

Purpose: Virtual opportunities to casually "check-in" before moving to the indicated topic(s). See attached for details!

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

ST&BF Survivors on Snowshoes Outing Saturday, January 16th!

Saturday, January 16th ● 9A to 11A

Walla Hi County Park, 18941 Mueller Rd, Kiel

Despite the cancellation of the "Hunting for a Cure" Fundraising event (due to COVID-19), we will continue with our tradition of a morning snowshoe outing on that weekend! Contact Tim for details!

ST&BF **VIRTUAL** Gentle Yoga for Cancer Survivors Sessions!

Mondays, January 18th & 25th ● 530P

Facilitated by Stacy Harriott, CYT

Meeting ID: 833 9821 3314, Password: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGj2pjO-O7KSMT->

[CmXU0Zxo18QrxPCSbyhEaO6yNFTrlSllfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000](https://us02web.zoom.us/rec/share/Pm6wpbMiGj2pjO-O7KSMT-CmXU0Zxo18QrxPCSbyhEaO6yNFTrlSllfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000)

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/11V8r0yhusm176mAlwQpC_OqamGjYzGWifXDOWekq_ZPQUT-9dgdFdtIjgCJtg3G.Vxi39wNezjysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDScZ7tSiSsyEmt5o6xkYlZgaDatv.PjEn77ucuJbeZeZ_?startTime=1601332457000

ST&BF **VIRTUAL** Indoor Row Group!

Wednesday, January 20th ● 530P

Facilitated by Kym Reynolds, Certified Coach

Meeting ID: 833 9821 3314, Password: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

SCCCF Survive, Thrive & Be Fit: OUTDOOR "POP UP" Activities!

Watch for possible "POP UP" activities including Survivors on Snowshoes at the Christopher Farm & Gardens sometime this month! Contact Tim for details and to be added to this "POP UP" e-mail list!

Tim E. Renzelmann – 920.458.7433, 920.457.2223

trenzelmann@physhealthnet.com

MOA/SCBS Cancer Coach (920.458.7433)

SCCCF Vice President (920.457.2223 – 920.45-SCCCF)

www.sheboygancancer.com • www.scccf.org

P.S. – As a penny collector and an admirer of the man on the penny, Abraham Lincoln, I leave you with this quote during these contentious times from his first inaugural address:

"We are not enemies but friends. We must not be enemies. Though passion may have strained, it must not break our bonds of affection."

Abraham Lincoln – March 4th, 1861



Together we
Live with
Cancer!



TLC is a "Supportive Community" that provides cancer survivors, their families, friends and caregivers with health and wellness opportunities for the body, mind, heart and spirit.

January, 2021



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year IRG1DC	2
3	4 530P-VYoga	5	6 530P-VIRG 630P-VLCCU	7	8	9
10	11 530P-VYoga	12 530P-VTaiChi 630P-VSCBF	13 900A-VLCCU 930A-VSCBF	14	15	16 1000A-SoSS
17	18 530P-VYoga 630P-VLCCU	19	20 530P-VIRG 630P-VUT	21	22	23
24	25 530P-VYoga	26 530P-VTaiChi	27	28 900A-VLCCU	29	30
31						



Together we
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February, 2021



Making Sheboygan County
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To Survive Cancer!

Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 530P-VYoga 630P-VLCCU	3	4 530P-VIRG	5	6 100P-VYoga
7	8	9 530P-VYoga	10 530P-VSCBF	11 900A-VLCCU	12	13
14	15	16 530P-VYoga	17	18 530P-VIRG 630P-VLCCU	19	20
21	22 900A-VLCCU	23	24	25	26	27
28						

**NOTE: FEBRUARY'S CALENDAR IS STILL BEING DEVELOPED!
WATCH FOR UPDATES, ADDITIONS & CHANGES!!!**

KEY: **VLCCU** = Virtual Local Cancer Community Update **VSCBF** = Virtual Survivorship Can Be Fun
VYoga = Virtual Gentle Yoga for Cancer Survivors **VTaiChi** = Virtual Tai Chi for Cancer Survivors
VIRG = Virtual Indoor Row Group **IRG1DC** = Indoor Row Group One Day Challenge
SoSS = Survivors on Snowshoes **630P-VUT** = Virtual US TOO Prostate Support Group

ZOOM Link: <https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>
Meeting ID: 833 9821 3314, PASSCODE: 892356

For details, see the most recent issue of the Local Cancer Community Update, visit www.scccf.org or call 920.457.2223.

“Survive, Thrive & Be Fit!”



Gentle

Yoga

Introductory

Tai Chi



for Cancer Survivors!

VIRTUAL Sessions (via Zoom)!

In many ways yoga and tai chi are similar and in many ways they are very different! In yoga, each posture is held for a period of time (depending on the style of yoga). Tai chi consists of slow relaxed movements with no pauses from one posture to the next. Both practices heavily focus on using the breath to find inner stillness. Both practices promote many of the same health benefits including improved aerobic capacity, balance and flexibility as well as increased energy and stamina. Both practices are useful for alleviating stress, improving attention and concentration while promoting calmness and relaxation. It is likely either exercise will make you feel healthier, mind and body, you just have to decide to practice one or both!

Gentle Yoga for Cancer Survivors:

Mondays, January 4th, 11th & 18th!

5:30P ● with Stacy Harriott, CYT

Tai Chi for Cancer Survivors:

Tuesdays, January 12th & 26th!

5:30P ● with Michael Finney

MEETING ID: 833 9821 3314 ● PASSWORD: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

For more details about these sessions and access to recorded online sessions contact Tim at 920.457.2223 or email trenzelmann@physhealthnet.com.



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

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



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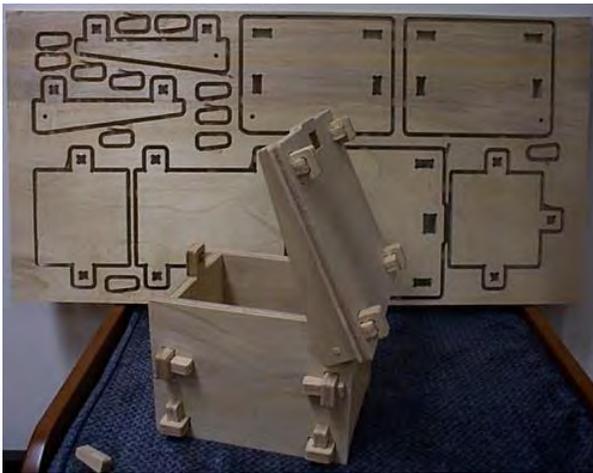
TLC Survivorship Can Be Fun

VIRTUAL WORKSHOP #3

With “Bob the Builder”

Participate in Either Session:

- Tuesday, January 12th at 630P!
- Wednesday, January 13th at 930A!



Join “Bob the Builder” Hartig as he instructs us to build this Treasure Box that requires NO NAILS, NO SCREWS and NO GLUE using a “wedged mortise and tenon” method that is not only functional... but quite decorative!!! All building supplies provided!!!

REGISTRATION REQUIRED by Thursday, January 7th by calling 920.457.2223!

Participants will need to pick up materials at the clinic prior to workshop session!

LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room
● **TO RSVP:** Call Tim at 920-458-7433 or trenzelmann@physhealthnet.com ●



Together we
Live with
Cancer!



VIRTUAL Local Cancer Community Updates (Via Zoom)

Purpose: These casual updates offer area cancer patients/ survivors the opportunity to connect with one another and offer a bit of virtual support and encouragement!

Wednesday, January 6th at 630P!

TOPIC: A Look Ahead!

Wednesday, January 13th at 9A!

TOPIC: A Look Ahead!

Monday, January 18th at 630P!

TOPIC: Guest Speaker – Mary Schueller, RN (retired). Join Mary as she reflects on 42 years of dedicated service following her recent retirement!

Wednesday, December 29th at 9A!

TOPIC: Guest Speaker – Mary Schueller, RN (retired). Join Mary as she reflects on 42 years of dedicated service following her recent retirement!

Zoom Meeting ID: 833 9821 3314

PASSWORD: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

**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!

DUE TO COVID-19, THE 2020/21 INDOOR ROW GROUP IS OFFERING VIRTUAL ROWING SESSIONS!

- Now in its sixth year, the Indoor Row Group is responding to the current pandemic with VIRTUAL and ONLINE rowing sessions and opportunities with a limited number of individual rowing sessions for those who do not have access to a rowing machine/ergometer!
- LIVE VIRTUAL rowing sessions will be facilitated by a Concept2 Certified rowing coach from Recovery on Water of Chicago. These sessions will be recorded and made available to IRG members.

LIVE Virtual Rowing Sessions (via Zoom)

JANUARY:

Wednesdays, January 6th & 20th ● 530P to 630P!

FEBRUARY:

Thursdays, February 4th & 18th ● 530P to 630P!

MEETING ID: 833 9821 3314 ● PASSWORD: 892356

**LIVE Virtual Rowing Sessions and Individual Rowing Opportunities are
Open Only to Current ST&BF Indoor Row Group Team Members!**

For more information, contact Tim at 920.457.2223!



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**



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!

At Home Retreat (via Zoom)
to mark our 11-year anniversary!

Saturday, February 6th ● 1P to 4P

Join **Kaitlynn Kiela, CYT** for this mini At Home Retreat focused around setting intentions and self care. We all know new year's resolutions come and go, but how do we make resolutions that stay and evolve with us as we grow over the year?

We'll go into the layers of personal needs and desire that give rise to an intention, give space for the intention to form, and extract out pieces of an intention that will nurture body mind and spirit throughout the year!

Our afternoon begins with a gentle yoga practice to clear your mind for finding your intention. We'll take time with imagery, reflection and journaling, and sharing insights within the group. We'll close with a grounding practice of relaxation and yoga nidra to plant the seed of your intention.

We'll have a short break after the yoga practice to have tea or snacks, so have something nourishing nearby, as well as pen and paper for collecting thoughts.

Advance Registration by February 2nd is REQUIRED!

Contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com for more info.

Event link and details will be provided to registered participants!



Making Sheboygan County
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To learn more:
visit www.scccf.org or call 920.457.2223



Active Survivors of Sheboygan Activity Log

About the Sheboygan County Cancer Care Fund & Survive, Thrive & Be Fit!

The Sheboygan County Cancer Care Fund (SCCCF), whose primary focus is to assist local cancer patients and survivors with financial “gestures” to help them cope with the financial challenges of a cancer diagnosis, has approved more than \$1.5 MILLION in financial assistance for those in our community experiencing cancer since June of 2002.

In 2010, SCCCf kicked off the Survive, Thrive & Be Fit (ST&BF) program! ST&BF consists of FREE healthy and active-living opportunities for area cancer patients and survivors including: Gentle Yoga for Cancer Survivors, Steps to Survivorship walk/runs, the Indoor Row Group, Pickleball Play, Survivorship Through the Lens outdoor photography opportunities, Hiking Along the Cancer Journey day hikes and overnight backpack outings, “Introductory Tai Chi,” “Great Heights with Delightful Kites” kite-flying outings, this “Active Survivors of Sheboygan” activity log and more.

Research shows that being active after a cancer diagnosis can reduce treatment side effects, positively impact recovery from treatment, increase the rate of survival and contribute to a greater quality of life. Additionally, ST&BF connects local cancer patients and survivors in a positive and supportive environment in which they can share personal stories, helpful information and best practices while gaining support, encouragement, inspiration and friendship.

Making Sheboygan County the Healthiest Place to Survive Cancer!

Join with other cancer patients/survivors (co-survivors are often also welcome and encouraged to participate) as we work towards Making Sheboygan County the Healthiest Place to Survive Cancer!

In addition, your participation can earn you a few perks. Exercise 30-minutes or more 8-11 days during the month and you will earn one point,

12-15 days to earn 2 pts, 16-19 days to earn 3 points, 20 or more days to earn 5 points. Earn enough points and you will also earn the right to to “wear the blue” of Survive, Thrive & Be Fit as well as other apparel and merchandise!

Plus, earn greater health and fitness and the pride that comes with it while being a part of this healthy movement!

You are encouraged to watch the “Local Cancer Community Update” (contact Tim to have this about-weekly e-mail newsletter sent to your e-mail address or view it at www.scccfc.org/news) for a variety of ST&BF activities throughout the year along occasional point updates!

BENEFITS of Survive, Thrive & Be Fit:

- Live an active lifestyle during and after your cancer diagnosis!
- Connect with other area survivor-athletes committed to a healthy and active lifestyle!
- Join us in “Making Sheboygan County the Healthiest Place to Survive Cancer!”

Active Survivors of Sheboygan Activity Log!

You choose the activity you participate in, the duration and the intensity that is best for your fitness level. Then, record your activity and verify that the day has included at least thirty minutes of exercise/activity and if that exercise/activity was completed during any of our scheduled ST&BF sessions.

Submit you're A.S.S. logs (by the 15th of the end of the month):

By mail: Active Survivors of Sheboygan, 1621 N. Taylor Drive, St. 100, Sheboygan, WI 53081

By e-mail - Scanned/photographed copies or via the MS Excel spreadsheet: trenzelmann@physhealthnet.com

For More Information:

Call: 920.457.2223

E-mail: trenzelmann@physhealthnet.com

Visit: www.scccfc.org

JANUARY 2021		Name:			
Date	Day	Activity(s)	Time or Distance	Did you exercise for 30 minutes or more?	Part of a ST&BF-scheduled event/activity?
1	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
5	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
8	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
9	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
10	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
11	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
12	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
13	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
14	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
15	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
16	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
17	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
18	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
19	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
20	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
21	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
22	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
23	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
24	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
25	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
26	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
27	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
28	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
29	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
30	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
31	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Total "Yes" Checks for the Month:					

20 or more "Yes" checks = 5 pts. 16 to 19 checks = 3 pts. 12 to 15 checks = 2 pts. 8 to 12 = 1pt.
 At the end of the month (and before the last day of the next month) submit this form to Tim.

FEBRUARY 2021		Name:			
Date	Day	Activity(s)	Time or Distance	Did you exercise for 30 minutes or more?	Part of a ST&BF-scheduled event/activity?
1	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
5	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
8	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
9	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
10	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
11	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
12	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
13	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
14	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
15	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
16	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
17	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
18	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
19	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
20	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
21	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
22	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
23	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
24	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
25	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
26	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
27	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
28	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Total "Yes" Checks for the Month:					

20 or more "Yes" checks = 5 pts. 16 to 19 checks = 3 pts. 12 to 15 checks = 2 pts. 8 to 12 = 1pt.
 At the end of the month (and before the last day of the next month) submit this form to Tim.