

# The Local Cancer Community Update



Together we  
Live with  
Cancer!



Submitted by Tim E. Renzelmann • January 27<sup>th</sup>, 2020

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!



## Survive, Thrive & Be Fit: Indoor Row Group Gives “10 per CENT” or “100 per CENT”! Will you join us???

The Indoor Row Group is having a record-breaking season as it makes its way through it's 2019/20 season (which runs through April)! January will be the fourth consecutive month that IRG has established a new record for total meters rowed during our scheduled IRG sessions! We are currently participating in the Concept2 Virtual Team Challenge along with nearly 600 teams worldwide and on pace for our highest finish ever!

Despite our success, you should know that IRG is NOT a group of elite, highly-trained or overly competitive rowers. Most of us, including the nine IRG members who have surpassed the “million-meter mark” are still relatively new to the sport and are as surprised as anyone to have reached various milestones.

IRG is simply a dedicated and committed group of cancer patients and survivors who are having fun, enjoying one another's company and appreciating the opportunity to come together to engage in a healthy activity and a common interest and goal!



Recently, several of our IRG members have inquired about how they can “give back” in support of SCCC and Survive, Thrive & Be Fit.

In response, we have scheduled an Indoor Row Group session on Wednesday, February 12<sup>th</sup>. This day was chosen as it marks Abraham Lincoln's 211<sup>th</sup> birthday. All IRG members are encouraged to make a donation equal to 1 cent for every ten meters they row (10 meters per CENT... or “10 per CENT”) or 1 cent for every one

hundred meters that the team rows (100 meters per CENT or “100 per CENT”) throughout the session. For example... if one of our IRG members rows 8000 meters they are encouraged to donate eight dollars or more. If, as a team, we match our current team high for a single session (118,900m) they are encouraged to donate \$11.89 or more. Of course, if someone wants to add their “Two CENTS Worth” and double their donation... that would be CENT-sational! Bottom line... no donation too big or too small... and no rowing distance too long or too short!

If you would like to join us in this effort... consider making a donation in any amount to support the efforts of this season's IRG members: *Linda Ansay, Cindy Becker, Mick Brachmann, Kathy Burch, Chuck Cioper, Lisa Glander, Brett Goebel, Leah Heusterberg, Jennifer King, Maryellen Kloiber, Kathryn Kuhn, Candy Meyer, Kirstin Opgenorth, Tim Renzelmann, Mary Rohde, Janet Sampson, John Seaman, Althea Smith, Dennis Sundell, Rae-Ellen Weber, Deb Borucki and Sue Zalewski!*

How cool would it be if we could raise 1 penny for every meter we rowed during this one session (which, if we surpass our current high for a single session would be at least \$1,189.00)!!!

See attached for details or contact Tim!

## “Coins for Cancer Care” to Benefit the Cancer Care Fund!

It will be sixteen years ago – on February 12<sup>th</sup>, 2004 – when SCCC kicked off the “Coins for Cancer Care” campaign! Despite the fact that we haven't promoted this campaign much in re-CENT years, every year SCCC receives a handful of “Coins for Cancer Care” coin boxes from those familiar with the campaign.

That got me thinking! Why not use the Indoor Row Group's fundraising effort on February 12<sup>th</sup> to resurrect this the profoundly simple but quite magnifi-CENT way for folks to show their support for SCCC?

As many of you may be aware, I am a bit of a penny enthusiast. That being said, I truly wish I could take

credit for the “Coins for Cancer Care” idea, which goes back, but I can’t. The idea belongs to Dr. Matthews. I still, rather vividly, recall walking past his office on a Monday morning when he called me in, “I have an idea to raise money for SCCCf,” he explained.

He had read an article over the weekend about the billions of dollars in loose coins that people have stashed away in sock drawers, coffee cans, piggy banks and car ash trays. “If we can just get people to donate these spare coins to the fund!” he mused.



We had several thousand “Coins for Cancer Care” coin boxes printed up... and several hundred of those boxes still remain!

At the time I was curious how much of the “billions of dollars” in loose change were pennies... so I did a bit of research which lead to what appears on one of the flaps of the box:

*“With 280 million people living in the US and an estimated 130 billion pennies in circulation, there are about 462 pennies for every man, woman and child. If all 112,000 Sheboygan County residents donated just their share of pennies we could raise over \$500,000.00 that would benefit local cancer patients.”*

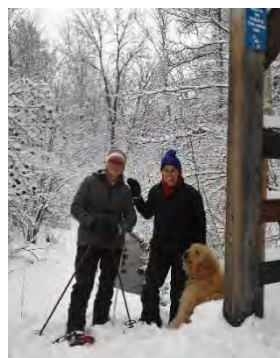
Well, we now have an estimated 325 million people living in the US and about 118,000 in Sheboygan County. I tried to find an estimate of how many pennies are in circulation, but it is a very difficult number to determine. So, instead, I simply looked at the number of pennies produced by the US Mint since 1992 (the year of my personal cancer diagnosis). Since 1992, there have been over 192 billion pennies produced. One would assume a large percentage of these coins are still in circulation or can be found in places like sock drawers, coffee cans, piggy banks and car ash trays... and couches, let’s not forget those couches! So, if you do the math (without considering the billions of pennies dated before 1992 that are still in circulation) there would be (at least) 593 pennies for every man, woman and child and if all 118,000 Sheboygan County residents donated just their pennies (we’ll certainly except your nickels, dimes, quarters, halves, dollar coins and currency as well) we could raise about \$700,000 to benefit local cancer patients!

I appeal to your CENT-cere CENTS of generosity and request your com-PENNY in providing the e-CENT-ial funding through which SCCCf can continue to provide its CENT-sational services to magnifi-CENT cancer patients and survivors in our community! ☺

## Saturday, January 18<sup>th</sup>: Survive, Thrive & Be Fit “Survivors on Snowshoes”

My day began early, shoveling multiple times as the plows came through before heading out on less-than-ideal road conditions (snow covered with blowing and drifting snow) to a “Survivors on Snowshoes” outing at Walla-Hi County Park! Admittedly, there were moments when I questioned my decision to venture out but I knew that, once I arrived, the conditions would be amazing, so I continued on with care and caution. I picked up one of our survivor-athletes who lives in the area and told her that I wouldn’t be surprised if the two of us were the only ones that would be there.

I should have known better! After all, these are cancer patients and survivors who have been through or are going through some really tough stuff! They’re not going to let a little white stuff get in the way of them living their life to the fullest! Ten survivors and one co-survivor braved the conditions and were rewarded with one of those special experiences that one can never plan for!



**Dedicated “Survivors on Snowshoes”:** Top Photo – Mary Kemp, Lisa Glander, Leah Heusterberg, Cindy Daane, Kathy Burch, Edson Smith (co-survivor), Althea Smith, Kathryn Kuhn. Left Photo: Paula Weiss, Kay Baumann & “Joey” (a.k.a., “The Protector”!)

I could tell you a whole bunch of stories of spending the morning snowshoeing with these amazing survivor-athletes in what was truly a winter wonderland... but like so many things in life, words cannot do the experience justice! But, as they say, a picture is worth a thousand words. So I hope the following photos will give you a CENTS of what a wonderful outing it was!





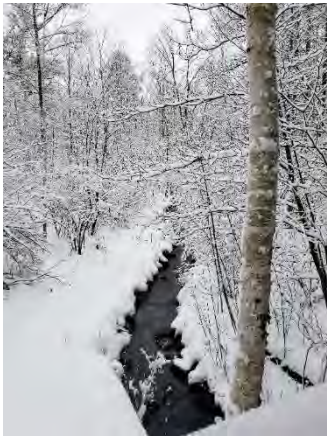
*Photo Submitted  
by Kathy Burch*



*Photo Submitted  
by Kathy Burch*



*Photo Submitted  
by Kathy Burch*



*Photo Submitted by Cindy  
Daane*



*Above Photos submitted by Althea Smith*



*Photo Submitted  
by Kathryn Kuhn*

We spent almost two hours enjoying the surrounding beauty and good company while the snow continued to lightly fall, making our departure a bit challenging! But that's not a problem for a group of tough-minded and strong-spirited survivors who, more-oft-than-not, are more concerned about the welfare of others than themselves and enthusiastically (but gently) "push" one another out of difficult situations with a smile!

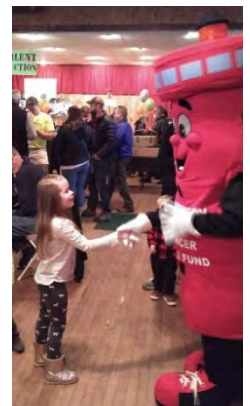
## **Saturday, January 18<sup>th</sup>: "Hunting for a Cure" Fundraising Event Benefits the Sheboygan County Cancer Care Fund!**

Following our "Survivors on Snowshoes" outing, several of us drove directly to the "Hunting for a Cure" Fundraising Event that was taking place at Laack's Hall about ten miles away! A GREAT morning led directly into a GREAT rest of the day!!!



Special thanks to John Uttech, founder of "Hunting for a Cure" (pictured at left with the SCCCCF "Beacon of Hope" mascot)! Although the final totals are not in, John is expecting this year's total funds raised to exceed \$40,000! Thanks also to the dedicated group of individuals that plan this event, the many volunteers, donors, participants and sponsors that, together, make this event such a success!

Everyone I have spoken to who has attended this event has commented about what a great event it is and how well-organized it is! The day is filled with good food, great raffles, a wide variety of silent auction items, live music... and just a lot of good and kind-hearted people coming together to support a meaningful cause! If you missed it this year... watch for it next January!





This year they invited a local cancer survivor to share her story. It is an interesting paradox! As much as I hate cancer... as much as we all hate cancer... I consider some of the stories that often come out of a cancer experience to be some of the greatest treasures of this life! Here is Kate's beautifully prepared story:

*My name is Kate Ratajczak, I was asked to say a little something about myself and how the Sheboygan County Cancer Care Fund affected me and my family.*

*October of 2016, my husband and I were expecting our 3<sup>rd</sup> child. I was 13 weeks pregnant when I was diagnosed with stage 2 breast cancer. Two weeks after I was diagnosed, I had a double mastectomy. I started chemotherapy in December when I was 21 weeks pregnant, had 4 rounds of chemotherapy and then had a healthy baby girl, we named Maeve, on April 6, 2017. After I had Maeve, I had 12 additional rounds of chemotherapy. I am thankful to be standing here to tell of my story of survival. God has blessed us so richly by giving me 3 years since diagnosis, 3 healthy children, 1 of which was a little miracle.*



**The Ratajczak Family:** Kate (far right) and her husband Jake who is holding daughter Maeve (2 years old) with daughter Nora (6 years old) and son Finn (11 years old).

*I had no known risk factors for cancer and so this was something that was far from my mind. We were preparing to welcome a 3<sup>rd</sup> child into our family and not figuring on the financial burden of multiple surgeries and chemotherapy treatments.*

*A co-worker (a "Survive, Thrive & Be Fit" survivor-athlete) had informed me of the Cancer Care Fund. She told me of all the wonderful things they had done for her and that I should reach out. I reached out to Tim*

*Renzelmann and he responded with "we are here to help you if you need us." A few months into my treatments, finances became an issue. I was unable to breast feed because of the mastectomy. I was able to provide donated breast milk to Maeve but needed to supplement with formula as well. Formula was a cost we hadn't thought of. The Sheboygan County Cancer Fund assisted us with diapers and formula while I was having chemotherapy and not working. What a blessing!*

*During treatments we had both of our cars requiring work and our oldest needed extensive dental work all in one week. I was so discouraged. I called Tim and they were able to help us with one of the vehicle bills which was such a relief. Since my treatments I have been trying to spread the word on SCCCF. Sheboygan County is blessed to have this program. Not many counties have such a wonderful program available to its residents.*

*I also want to put in a plug for the "Survive, Thrive and Be Fit" program. Tim put together a program to help survivors stay active in both body and mind. He informed me that as of last year 44 survivors have earned a spot on the team – and I was one of them. There are many activities every month in which you can participate (yoga, rowing, pickleball, races or walks, etc). If you chose to exercise on your own, you get points per 30 minutes of activity. This shirt was earned by participation in physical activity. Last year I ran a few 5Ks (one with the SCCCF) but also ran my first ½ marathon. This pushed me to become more active and is something I hope to continue.*

*If you or someone you know is going through cancer treatments OR if you are a cancer survivor and wish to be a part of this team, please reach out to Tim!*

**THANK YOU!**

### **"HUNTING FOR A CURE" SPONSORS**

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### Events/Activities for Area Survivors:

See attached flyers for details, visit  
[www.scccf.org/events](http://www.scccf.org/events) or call 920.457.2223!

### **SCCCF Survive, Thrive & Be Fit: Indoor Row Group Sessions!**

January 27<sup>th</sup>, 30<sup>th</sup>, 31<sup>st</sup> ● Various Times  
February 1<sup>st</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 11<sup>th</sup>, 12<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup>  
& 27<sup>th</sup> ● Various Times

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

The Indoor Row Group (IRG) continues with the 2019/20 season which runs through April 30<sup>th</sup>. Survivor-Athletes are welcome to join the group at any point throughout the season! To schedule an Indoor Row Group Intro/Demo contact Tim.

### **SCCCF Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors!**

Monday, January 27<sup>th</sup> ● 530P

Saturday, February 1<sup>st</sup> ● 930A

Tuesdays, February 4<sup>th</sup>, 11<sup>th</sup> & 25<sup>th</sup> ● 530P

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

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!

### **SCCCF Survive, Thrive & Be Fit: Ten- Year Anniversary Celebration!**

Saturday, February 1<sup>st</sup> ● 8AM to 3PM

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Join us as we celebrate ten years of Survive, Thrive & Be Fit throughout the day including a Recognition Lunch for 2019 ST&BF Team Members! Opportunities from 8A to 3P include: Indoor Row Group (8A to 1015P), Gentle Yoga for Cancer

Survivors (930A to 1030A), Survivor-Athlete Recognition Lunch (11A to 1P), TLC Survivorship Can Be Fun Game Gathering (1P to 3P)

### **SCCCF Survive, Thrive & Be Fit “Pickleball Play” & More!**

Wednesdays, Jan. 8<sup>th</sup>, Feb. 5<sup>th</sup>, Mar. 4<sup>th</sup>, Apr 1<sup>st</sup> ● 6P to 8P  
Farnsworth Middle School, 1017 Union Ave., Sheboygan

Join us for some fun, casual and non-competitive Pickleball Play for beginners and advanced players with tips and instruction provided by pickleball enthusiast Bruce Becker!

### **TLC Survivorship Can Be Fun Game Gathering: TLC's World Series of Blackjack and the TLC Tournament of Games!**

Saturday, February 1<sup>st</sup> ● 1P to 3P

Tuesday, February 18<sup>th</sup> ● 430P to 6P & 7:30P to ???

Thursday, February 27<sup>th</sup> ● 430P to 7:30P

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Attend any of our TLC Survivorship Can Be Fun Game Gatherings this month to participate in the World Series of Blackjack with players vying for a spot at the final table on Thursday February 27<sup>th</sup> or enjoy any of a variety of other games as part of our current TLC Tournament of Games!

### **TLC Survivorship Session: A Day in the Life of an Oncology Nurse**

Tuesday, February 18<sup>th</sup> ● 6PM

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

**Guest Speaker: Cathy Keefe, OCN – MOA/SCBS Nurse Manager.** A hematology/oncology nurse provides both curative and palliative treatments for all types of cancer and blood disorders. The nurse is responsible for administering chemotherapy as well as assessing for complications from this therapy and providing the appropriate interventions. Exposed to a wide variety of emotions throughout the day, he/she enjoys the challenge of caring for very sick as well as stable patient populations. Cathy will share the many challenges and joys of twenty years as a hematology/oncology nurse!

### **SCCCF Survive, Thrive & Be Fit: Survivors on Snowshoes!**

Date and Time To Be Determined!

Christopher Farm & Gardens

Watch for what will likely be a Sunday afternoon outing in February!

Tim E. Renzelmann – 920.458.7433, 920.457.2223  
[trenzelmann@physhealthnet.com](mailto: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)



# January, 2020



## Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 IRG (8-11A)	2 TLC-GG (5-8P)	3	4 IRG (8A-1030A) Yoga (930-1030A)
5	6 IRG (3-630P)	7 IRG (10-1130A)	8 PBP (6-8P)	9	10	11
12	13 IRG (3-630P) Yoga (530-630P)	14 IRG (10-1130A)	15 IRG (3-630P)	16	17	18 Steps (9-11A) Hunting for a Cure (11A to ???)
19	20 IRG (3-630P) Yoga (530-630P)	21 IRG (3-8P) TLC-GG (430-8P) TLC-SS (6-730P)	22	23 IRG (10-1130A)	24	25
26	27 IRG (3-630P) Yoga (530-630P)	28	29	30 IRG (3-630P)	31 IRG (8-11A)	
<b>KEY</b>		Highlights & Details (see flyers for more information or call 920.457.2223)				
<b>TLC-SS: Survivorship Session</b> Together we Live with Cancer Peer-to-Peer Support Activity		<i>This month's guest speaker is Trisha Lund, Oncology Social Worker with HSHS St. Nicholas Hospital who will speak on Mindfulness! What is mindfulness? How can it help you in your everyday life? You may be surprised to find out that you are already instinctively doing many mindful things! Join us as we explore and discuss the practice of mindfulness!</i>				
<b>TLC-GG: Game Gathering</b> Together we Live with Cancer Peer-to-Peer Support Activity		<i>We will kick things off on January 2<sup>nd</sup> with some TLC BINGO (plenty of prizes will be available). An additional Game Gathering will take place before and after our TLC Survivorship Session on January 21<sup>st</sup> and you are invited to participate in the 2020 Winter/Spring TLC Tournament of Games!</i>				
<b>Yoga: Gentle Yoga for Cancer Survivors</b> SCCCF Survive Thrive & Be Fit		<i>Kicking off 2020 with a different form of yoga for each of this month's four yoga sessions with Stacy Harriott, CYT: Kundalini Yoga on Saturday, January 4<sup>th</sup>; Yin Yoga on Monday, January 13<sup>th</sup>; Restorative Yoga on Monday, January 20<sup>th</sup>; Gentle Yoga on Monday, January 27<sup>th</sup>! No experience required.</i>				
<b>IRG: Indoor Row Group</b> SCCCF Survive, Thrive & Be Fit		<i>After record-setting months past three months the Indoor Row Group is participating in the Concept2 Virtual Team Challenge as we continue to train together with many of us preparing for the Fifth Annual Lake Michigan Crossing on March 14<sup>th</sup>! New members are welcome at any time, whether you row with us often or only occasionally!</i>				
<b>PBP: Pickleball Play</b> SCCCF Survive, Thrive & Be Fit		<i>Join us on Wednesday, January 8<sup>th</sup> at Farnsworth Middle School for some fun, casual and non-competitive Pickleball Play for beginners and advanced players with tips and instructions provided by pickleball enthusiast Bruce Becker! Additional Wednesday evening sessions are scheduled for February 5<sup>th</sup>, March 4<sup>th</sup> and April 1<sup>st</sup>!</i>				
<b>Steps: Steps to Survivorship</b> (Survivorship Through the Lens) SCCCF Survive, Thrive & Be Fit		<i>Take some "Steps to Survivorship" with us on Saturday, January 18<sup>th</sup> at Walla-Hi County Park in southern Manitowoc County. If conditions allow there will be "Survivors on Snowshoes" (a limited supply of snowshoes are available) and you are encouraged to submit photos for "Survivorship Through the Lens"!</i>				
<b>SCCCF Fundraising Event</b> Sheboygan County Cancer Care Fund		<i>Join us at this annual fundraising event at Laack's Hall on Saturday, January 18<sup>th</sup>! There will be a brat fry, raffles, silent auctions and live music along with the rabbit hunting tournament! Some of us "Survive, Thrive &amp; Be Fit" survivor-athletes will be attending and helping out at the event throughout the day... we'd love to see you there!</i>				

For details, see the most recent issue of the **Local Cancer Community Update**, visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223.





# February, 2020



## Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 <b>IRG (8A-1030A)</b> <b>Yoga (930-1030A)</b> <b>ST&amp;BF (11A-1P)</b> <b>TLC-GG (5-8P)</b>
2	3 <b>IRG (10-1130A)</b>	4 <b>IRG (3-630P)</b> <b>Yoga (530-630P)</b>	5 <b>PBP (6-8P)</b>	6	7	8
9	10	11 <b>IRG (3-630P)</b> <b>Yoga (530-630P)</b>	12 <b>IRG (3-630P)</b> <b>"10 per CENT"</b> <b>"100 per CENT"</b>	13	14	15
16	17 <b>IRG (10-1130A)</b>	18 <b>IRG (3-8P)</b> <b>TLC-GG (430-8P)</b> <b>TLC-SS (6-730P)</b>	19	20 <b>IRG (10-1130A)</b>	21	22
23	24 <b>Healthful Eating (6P)</b>	25 <b>IRG (3-630P)</b> <b>Yoga (530-630P)</b>	26 <b>IRG (10-1130A)</b>	27 <b>IRG (3-630P)</b> <b>TLC-GG (5-8P)</b>	28	29

KEY	Highlights & Details (see flyers for more information or call 920.457.2223)
<b>TLC-SS: Survivorship Session</b> Together we Live with Cancer Peer-to-Peer Support Activity	<i>This month's guest speaker is Cathy Keefe, OCN – MOA/SCBS Nurse Manager, who will describe "A Day in the Life of an Oncology Nurse." Cathy has twenty years of experience treating area cancer patients and survivors, almost all of those years here at MOA/SCBS, and will share the many joys and challenges of her work.</i>
<b>TLC-GG: Game Gathering</b> Together we Live with Cancer Peer-to-Peer Support Activity	<i>This month offers two "TLC World Series of Blackjack" opportunities, the first session on Saturday, February 1<sup>st</sup> and the second session, featuring a "final table" on Thursday, February 27<sup>th</sup> as well as our monthly Game Gathering before and after our TLC Survivorship Session on Tuesday, February 18<sup>th</sup>. A variety of games will be offered at all sessions!</i>
<b>Yoga: Gentle Yoga for Cancer Survivors</b> SCCCF Survive Thrive & Be Fit	<i>We will be celebrating the Ten-Year Anniversary of our first Survive, Thrive &amp; Be Fit activity, which was also our first Gentle Yoga for Cancer Survivors session on Saturday, February 1<sup>st</sup> (along with a few other celebratory opportunities)! Additional Gentle Yoga for Cancer Survivors sessions will be held on Tuesdays, February 4<sup>th</sup>, 11<sup>th</sup> and 25<sup>th</sup> at 530PM!</i>
<b>IRG: Indoor Row Group</b> SCCCF Survive, Thrive & Be Fit	<i>The Indoor Row Group continues to grow as the season, which runs through April 30<sup>th</sup>, continues! This month's challenges include the Concept2 Valentine's Day Challenge along with a chance to take some "Strokes for Survivorship" while raising some "Money for Meters" for SCCCf on February 12<sup>th</sup>! New members are always welcome. Contact Tim!</i>
<b>PBP: Pickleball Play</b> SCCCF Survive, Thrive & Be Fit	<i>Join us on Wednesday, February 5<sup>th</sup> at Farnsworth Middle School for some fun, casual and non-competitive Pickleball Play for beginners and advanced players with tips and instructions provided by pickleball enthusiast Bruce Becker! Additional Wednesday evening sessions are scheduled for February 5<sup>th</sup>, March 4<sup>th</sup>, April 1<sup>st</sup> and May 6<sup>th</sup>!</i>
<b>Steps: Steps to Survivorship / Survivors on Snowshoes</b> at the Christopher Farm & Gardens	<i>We are tentatively planning a "Survivors on Snowshoes" outing at the Christopher Farm &amp; Gardens, most likely a Sunday afternoon in February. Please watch the Local Cancer Community Update for details!</i>
<b>Support SCCCf and Your Local Cancer Community!</b> "Coins for Cancer Care!"	<i>I appeal to your CENT-cere CENTS of generosity and request your com-PENNY in providing the e-CENT-ial funding through which SCCCf can continue to provide its CENT-sational services to magnifi-CENT cancer patients and survivors in our community! Contact Tim to receive a "Coins for Cancer Care" coin collection box!</i>

For details, see the most recent issue of the **Local Cancer Community Update**, visit [www.sccc.org](http://www.sccc.org) or call **920.457.2223**.

# Survive, Thrive & Be Fit!

## Indoor Row Group!

**GIVING “10 PER CENT”,  
“100 PER CENT” OR MORE!**



Participating IRG members will donate 1 cent for every ten meters they row (10 meters per cent or “10 per CENT”) or 1 cent for every 100 meters that the team rows (100 meters per cent or “100 per CENT”) during the Indoor Row Group session on February 12<sup>th</sup>!

**Consider making a donation in any amount to support this fundraising effort of the Indoor Row Group:** *Linda Ansay, Cindy Becker, Mick Brachmann, Kathy Burch, Chuck Cioper, Lisa Glander, Brett Goebel, Leah Heusterberg, Jennifer King, Maryellen Kloiber, Kathryn Kuhn, Candy Meyer, Kirstin Opgenorth, Tim Renzelmann, Mary Rohde, Janet Sampson, John Seaman, Althea Smith, Dennis Sundell, Rae-Ellen Weber, Deb Borucki and Sue Zalewski!*

**Taking “Strokes for Survivorship” & donating “Money for Meters”!**

Name:

Cancer Survivor:

Address:

☐ YES ☐ NO

City:

State:

Zip:

**Donation Amount (check one):**

☐ \$10.00 – To commemorate 10 Years of “Survive, Thrive & Be Fit”!

☐ \$20.20 – To honor all “Survive, Thrive & Be Fit” survivor-athletes throughout the year!

☐ Other Amount: \$\_\_\_\_\_.\_\_\_\_\_ To Honor: \_\_\_\_\_

Donors/Donations received by Friday, February 14<sup>th</sup> will be listed in a follow-up article in the “Local Cancer Community Update”. ☐ Check here if you do not wish to be listed in that article.



# Survive, Thrive & Be Fit!

## Indoor Row Group!

### SURVIVOR-ATHLETE/ROWERS WANTED FOR THE FIFTH ANNUAL



*Above: ST&BF Survivor-Athletes  
who completed the 2019 Lake  
Michigan Crossing!*

## LAKE MICHIGAN CROSSING!

Saturday, March 14<sup>th</sup>

7:15AM Start • Sheboygan YMCA

**BEGINNERS WELCOME!!!**

A dedicated group of rookie and veteran survivor-athlete/rowers are preparing for this year's relay-type crossing. If you are interested in being a part of this unique experience (and tell your family and friends that you "rowed across Lake Michigan"), contact Tim TODAY to schedule in brief introduction to learn a few rowing basics and give it a try! Then, if you'd like, join us on the day of the crossing and row with us!

NOTE: Rowers need not be present for the full 100,000m crossing which, because it is completed using three ergs, should take us about 3.5 hours, followed by a post-event stop at Suscha's! 😊

### Benefits of Indoor Rowing:

- Rowing is easy to learn and can be enjoyed by all ages and abilities!
- Rowing is a low impact activity offering smooth, rhythmic and impact free motion for comfortable and injury free exercise!
- Rowing exercises all major muscle groups through a wider range of motion than most other exercises thereby promoting strength, fitness, flexibility and mobility!
- Rowing with others provides for a supportive, social and enjoyable environment!
- Rowing is a time-efficient exercise that allows for a great workout in little time!



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To learn more:

visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223

# 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!

**Saturday, January 4<sup>th</sup>**  
**9:30AM to 10:30 AM**

Kundalini Yoga with Stacy Harriott, CYT

**Mondays in January ● 5:30PM to 630PM**

January 13<sup>th</sup>: Yin Yoga

January 20<sup>th</sup>: Restorative Yoga

January 27<sup>th</sup>: Gentle Yoga

With Stacy Harriott, 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](mailto:trenzelmann@physhealthnet.com).



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

Celebrating EIGHTEEN YEARS of being a BEACON of HOPE for area cancer patients and survivors of Sheboygan County offering over \$1.5 MILLION in FINANCIAL GESTURES and TEN YEARS of FREE SURVIVE, THRIVE & BE FIT wellness activities!

To learn more:  
visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223



**“Survive, Thrive & Be Fit!”**

**“We Are Survivor-Athletes!”**

# **CELEBRATING TEN YEARS**

**of Survive, Thrive & Be Fit!**

**Saturday, February 1<sup>st</sup>**

8A TO 10A: Indoor Row Group Session

930A TO 10:30A: Gentle Yoga for Cancer Survivors Session

11A TO 1P: Survivor-Athlete Recognition Lunch

1P TO 3P: TLC Game Gathering (Black Jack)!

**Recognizing ALL 2019 ST&BF Survivor-Athletes and open to any are survivor interested in learning more about us!**

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

RSVP is REQUIRED by January 27<sup>th</sup> contacting Tim at 920.457.2223 or [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com).



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**T**ogether we  
**L**ive with  
**C**ancer!



# **TLC Survivorship Can Be Fun GAME Night!**

**Including TLC's World Series of Blackjack!**



Three qualifying opportunities. Players will begin with the same chip count and play a 21-hand game. Betting minimums and maximums will increase every seven hands. Players with highest chip count after 21 hands will advance to the "final table" to be held on Thursday, February 27<sup>th</sup>!

## **TLC Tournament of Games:**



Additional games (including "Crokinole") will be available or bring a favorite game of your own to share and play and participate in our current TLC Tournament of Games!

**Saturday, February 1<sup>st</sup> ● 1P to 3P**

**Tuesday, February 18<sup>th</sup> ● 4:30P to 6P, 7:30P to ??**

**Thursday, February 27<sup>th</sup> ● 4:30P to 6:30P**

**FINAL TABLE for Qualifying Players at 7P**

**FREE! No experience required. Basic Instruction Provided.**

**\$5 Donation to SCCCCF: Raffle ticket & extra "TLC Chip"!**

***We don't stop playing because we grow old, we grow old because we stop playing." – George Bernard Shaw***

**FREE! Light food and snacks will be provided! RSVP is Always Appreciated!**

**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](mailto:trenzelmann@physhealthnet.com) ●**





**Together we  
Live with  
Cancer!**



# **TLC Survivorship Can Be Fun**

## **2020 Winter/Spring Tournament of Games**

*It doesn't matter if you win or lose...  
but that you play the game! Any game! Many games!*

- Join and connect with other cancer patients/survivors and co-survivors in a fun and supportive environment.
- Play can take place in conjunction with (before/during/after) any TLC or ST&BF gathering where cancer survivors come together to connect with one another, learn from one another and support one another!
- Co-survivors are welcome to join their survivor counterparts.
- A wide variety of games will be available to play! Including: Battle Sheep, Cinq-o, Cribbage, Crokinole, Farkle, High Five Dominoes, Kings in the Corner, Left-Center-Right, Mancala, Peek Poker Hold 'Em, Qwirkle, Shuffleboard, Skittles, Sumoku, Toss Up, Tripoley, Yahtzee, Yamslam & more! Or bring a favorite game or puzzle of your own!
- To be eligible for prizes players must submit a "Game Summary" to Tim after play. Tournament runs from 1/1/20 through 4/30/20.
- Winners will be determined by who plays the most different games and who plays with the most different players!

To learn more... join us at any upcoming TLC Survivorship Session, TLC Survivorship Can Be Fun Game Gatherings or Survive, Thrive & Be Fit activity!

***"Life is a game. Play it." – Mother Teresa***

**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](mailto:trenzelmann@physhealthnet.com) •**

# **“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!**

**Saturday, February 1<sup>st</sup>**

**9:30AM to 10:30AM**

With Katie Boge, CYT

**Tuesdays, February 4<sup>th</sup>, 11<sup>th</sup> & 25<sup>th</sup>!**

**5:30PM to 6:30PM**

With Kaitlynn Kiela, 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](mailto:trenzelmann@physhealthnet.com).**



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# Survive, Thrive & Be Fit!

## Indoor Pickleball Play



### Wednesday Nights!

Feb. 5<sup>th</sup>, Mar. 4<sup>th</sup>, Apr. 1<sup>st</sup> & May 6<sup>th</sup>

**6PM to 8PM**

Farnsworth Middle School ● 1017 Union Avenue ● Sheboygan  
(Park in the East Parking Lot off S. 10<sup>th</sup> Street)

*Join us for some fun, casual and non-competitive Pickleball Play for beginners and advanced players with tips and instruction provided by pickleball enthusiast Bruce Becker!*

*No experience necessary! Beginners welcome!*

*All equipment provided!*

**For more information and to register for this FREE activity for cancer patients and survivors and their co-survivor guest, please call Tim at 920.457.2223 or e-mail [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)!**



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To learn more: visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223



# Together we Live with Cancer!



Tuesday, February 18<sup>th</sup>

## Survivorship Session



6:00<sub>PM</sub>

### ***A Day in the Life of an Oncology Nurse***

***Presented by: Cathy Keefe, OCN  
MOA/SCBS Nurse Manager***

A hematology/oncology nurse provides both curative and palliative treatments for all types of cancer and blood disorders. The nurse is responsible for administering chemotherapy as well as assessing for complications from this therapy and providing the appropriate interventions. Exposed to a wide variety of emotions throughout the day, he/she enjoys the challenge of caring for very sick as well as stable patient populations. Cathy will share the many challenges and joys of twenty years as a hematology/oncology nurse!

## Survivorship Can Be Fun Game Night

4:30P to 6P

7:30P to ??

### **Tournament of Games!**

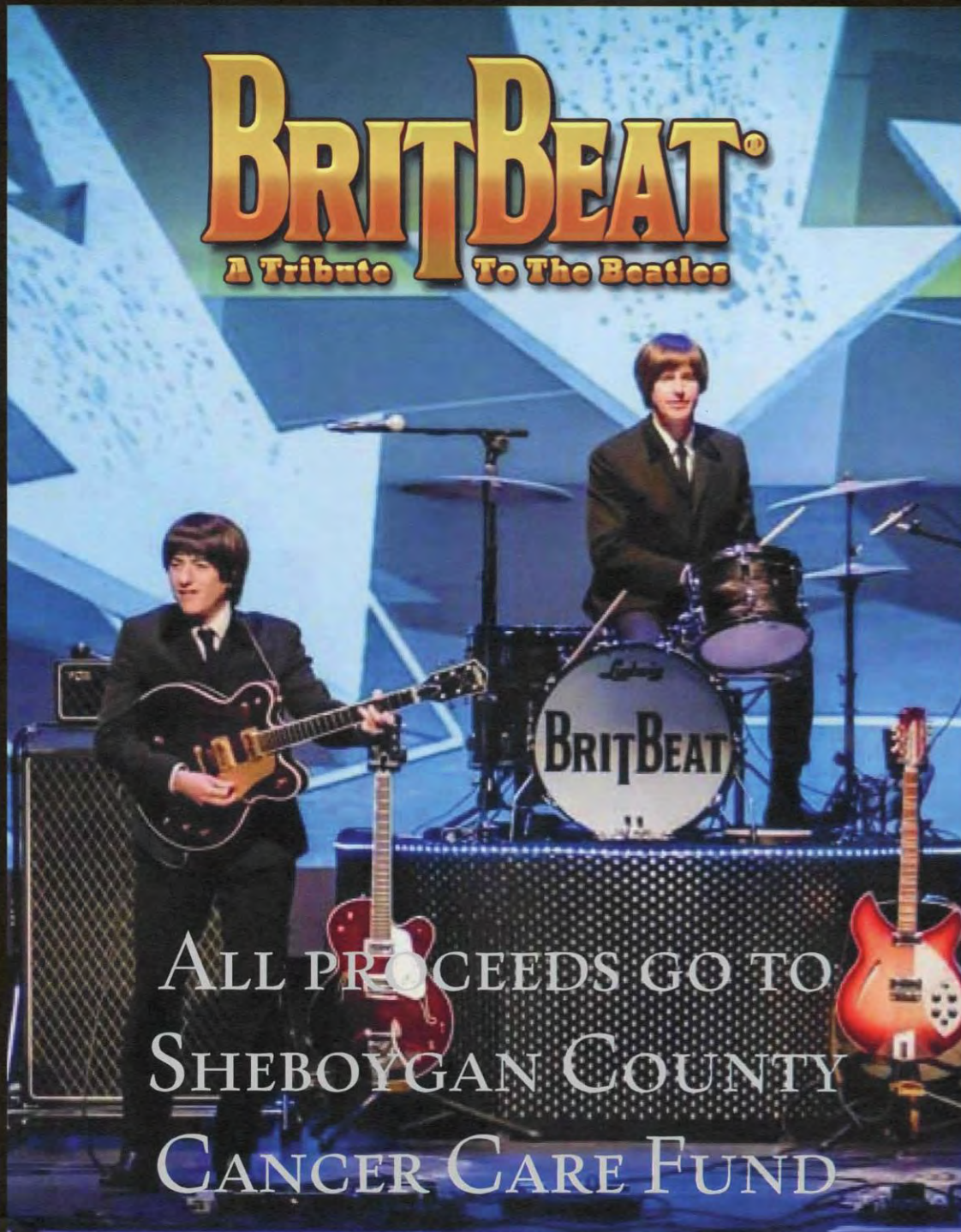
*Play any of our  
“regular” TLC  
games... or bring a  
favorite game or  
puzzle to share!*

*Connect with fellow  
cancer survivors and  
co-survivors in this  
fun and casual  
setting!*

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! •**





**Saturday, March 7, 2020 at 7:30 at  
Stefanie H. Weill Center  
For tickets go to  
[UnityMusicFestival.org](http://UnityMusicFestival.org)**