

# The Local Cancer Community Update



Together we  
Live with  
Cancer!



Submitted by Tim E. Renzelmann ● April 23<sup>rd</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!



## ALL TLC (Together we Live with Cancer) and ST&BF (Survive, Thrive & Be Fit) GROUP (In Person) ACTIVITIES Have Been Suspended Due to COVID-19 Until Further Notice!

Please watch future issues of this Local Cancer Community Update for more details!

Read further for various “virtual” opportunities now being offered in YOUR Local Cancer Community!

## Staying Connected VIRTUALLY with the Local Cancer Community Throughout COVID-19!

The COVID-19 pandemic has rapidly changed how all of us live and work and play and interact, in some ways temporarily... and in other ways perhaps more permanently.

In the March 18<sup>th</sup> issue of this Local Cancer Community Update I wrote:



*Earlier this week I found myself removing the flyers for scheduled TLC Supportive Community events and SCCCf Survive, Thrive & Be Fit activities from the bulletin boards in our exam rooms in response to the COVID-19 pandemic. As I stared at these now empty bulletin boards... I*

*felt an emptiness already growing inside of me!*

In addition to the many TLC Supportive Community gatherings and Survive, Thrive & Be Fit activities that have been suspended, we've had to cancel or postpone several SCCCf fundraising events such as the Cancer Crusade and the Woodlake Spring Fashion Event (watch for final decisions regarding the possible rescheduling of these events)! And, although SCCCf's Flowers for the Fund spring flower sale featuring Caan's Floral products continued as planned, circumstances have had a significant and adverse effect on sales and proceeds.

NOTE: I placed the final order earlier this week, but I did

order a few extra baskets and vouchers... so please contact me if you are still interested in supporting this cause!

Yep, so much has changed in such a short period of time, as I was reminded of when I recently read this note from Linda Ansay, one of our ST&BF survivor-athlete/rowers, *"I can't wait for the group to be able to row together again. My last memory is the row back across Lake Michigan and how fun and exhausted I was! Such a good workout!"*

Since offering a “test” of the TLC Local Cancer Community VIRTUAL Update on Tuesday, April 7<sup>th</sup>, cancer patients/survivors and co-survivors have been connecting with one another several times a week. And, as you can see from the submissions to SCCCf's ST&BF Survivorship Through the Lens “Surviving, Thriving & Staying Fit Amidst COVID-19” that can be found on our website ([www.sccc.org/contests](http://www.sccc.org/contests)), many aera survivor-athletes are finding ways to continue “Making Sheboygan County the Healthiest Place to Survive Cancer”!

As for those bare bulletin boards, they are gradually starting to fill up! For now, they are promoting a variety of VIRTUAL opportunities including the TLC Local Cancer Community VIRTUAL Updates and TLC VIRTUAL Survivorship Sessions. Following one of those sessions Bob Hartig responded, *"Thank you for organizing the session last night. I really appreciate the chance to connect with others. It's also reassuring to see the bulletin boards filling up again with activities!"*



This past Monday we offered the first SCCCf Survive, Thrive & Be Fit Gentle Yoga for Cancer Survivors VIRTUAL Session! Granted, most of us would have preferred to attend in person (although there are benefits of being able to practice in the comfort and convenience of your own home) it was a very enjoyable experience as described by Barb Bogenschutz, *"I really enjoyed yoga via Zoom tonight! I felt that I got a real*

*good practice and it was lots of fun. It obviously would be nicer to practice with everyone together at the clinic in the conference room but until we can meet together again the Zoom meeting is a great alternative. It was nice seeing everyone again."*

I am anxious to fill those bulletin boards with "in person" gatherings, events and activities once again! But, at least for now, I hope you will consider alternative ways to connect with others VIRTUALLY. And, honestly, even after most restrictions are lifted and we find ourselves together for a TLC Supportive Community Gathering or when we can once again come together to Survive, Thrive & Be Fit by doing yoga together, or rowing together, or enjoying some "Steps to Survivorship"... there will likely be a place for these VIRTUAL connections to further supplement and enhance our gatherings and activities!

At this morning's TLC Local Cancer Community VIRTUAL Update a few thoughts about reinstating future events and activities appropriately, safely and in accordance with Wisconsin's "Badger Bounce Back" Plan. (Follow this link to review:

<https://www.dhs.wisconsin.gov/covid-19/prepare.htm>.)

I hope to provide more details in next week's Local Cancer Community Update!

#### **How to Join a TLC Local Cancer Community VIRTUAL Update Session on Zoom:**

1. Install the Zoom app to your device if you have not already done so.
2. See the attached flyer for scheduled dates and times as well as links, Meeting ID numbers and Passwords.
3. A few minutes before the meeting start time simply click on the appropriate link or go to <https://zoom.us>, click on "Enter a Meeting" and enter the appropriate Meeting ID number and Password (see flyer for meeting dates and times as well as links, Meeting ID numbers and Passwords).
4. Once you are in the meeting, you can turn your microphone and camera on/off or adjust other settings using the displayed icons.
5. For more info go to Zoom's support site: [www.zoom.us/support](http://www.zoom.us/support).

### **TED 2020: "An Ode to Living on Earth" by Oliver Jeffers**

I have a bit of space available, so I thought I would fill it with an invitation to view an intriguing Ted Talk that I think offers a thoughtful perspective.

**From [www.ted.com](http://www.ted.com):** *If you had to explain to a newborn what it means to be a human being living on Earth in the 21st century, what would you say? Visual artist Oliver Jeffers put his answer in a letter to his son, sharing pearls of wisdom on existence and the diversity of life. He offers observations of the "beautiful, fragile drama of human civilization" in this poetic talk paired with his original illustrations and animations.*

[https://www.ted.com/talks/oliver\\_jeffers\\_an\\_ode\\_to\\_living\\_on\\_earth](https://www.ted.com/talks/oliver_jeffers_an_ode_to_living_on_earth)

### **VIRTUAL Events/Activities for Area Patients/Survivors:**

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

#### **TLC Local Cancer Community VIRTUAL Update (via Zoom)!**

**Mondays, April 27<sup>th</sup>; May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> ● 9A**

Meeting ID: 820-820-288, Password: 358823

<https://zoom.us/j/820820288?pwd=L21hcktJRG5wT1pjQ3NQTDNDREVQZz09>

**Tuesdays, April 28<sup>th</sup>, May 5<sup>th</sup>, 12<sup>th</sup> 19<sup>th</sup> 26<sup>th</sup> ● 530P**

Meeting ID: 356-755-129, Password: 311069

<https://zoom.us/j/356755129?pwd=dkNGSJJpM0NqVk9FQWRSQ1V3ZlNNZz09>

**Thursdays, April 30<sup>th</sup>, May 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup> ● 9A**

Meeting ID: 611-388-002, Password: 308980

<https://zoom.us/j/611388002?pwd=OXlwZ29aTlNqNXImMFo4RzFnRnR6Zz09>

**Purpose:** These casual updates offer area cancer patients/survivors and co-survivors the opportunity to connect with one another and offer a bit of support and encouragement during Wisconsin's "Safer at Home" order!

#### **SCCCF Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors VIRTUAL Sessions (via Zoom)!**

**Mondays, April 27<sup>th</sup>, May 4<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> ● 530P**

**Facilitated by Kaitlynn Kiela, CYT**

Meeting ID: 918-7918-5276, Password: 333154

<https://zoom.us/j/91879185276?pwd=VjVFVkJpM0NqU15M2l1cnRBNWpFdjU5QT09>

**Description:** Let's join together for yoga and guided relaxation. We'll set intentions for the global good, and take time to practice self-care together while we're apart. Remember it's important to stay connected with each other and those we care about.

**Tim E. Renzelmann – 920.458.7433, 920.457.2223**

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[www.moa-sCBS.com](http://www.moa-sCBS.com) • [www.scccf.org](http://www.scccf.org)



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



*In response to COVID-19 area cancer patients/survivors and co-survivors are invited to participate in these "Local Cancer Community VIRTUAL Updates" via Zoom.com!*

*Meeting ID & password (required to sign in to participate) will be communicated via e-mail. To insure you receive this information, please contact Tim.*

## **Local Cancer Community VIRTUAL Updates (via Zoom)**

**Purpose:** These casual updates offer area cancer patients/survivors the opportunity to connect with one another and offer a bit of support and encouragement during Wisconsin's "Safer at Home" order!

**EVERY Monday & Thursday Morning at 9A!**

**EVERY Tuesday Evening at 530P!**

### **TLC Survivorship Session (via Zoom)**

**Tuesday, April 21<sup>st</sup> at 6P**



The only way we can turn significant life events, including but surely not limited to cancer, into meaningful life lessons is by taking time to reflect on them. Join Tim as he reflects on some of the life lessons he has learned throughout his own life and cancer journey while exploring the benefits of and ways to practice self-reflection for a happier and more meaningful life!

NOTE: I had prepared this for the March TLC Session that was cancelled due to COVID-19... so I'll try pre-CENT-ing it virtually! Join us between 5:30P and 6P for (optional) casual conversation!

**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! •**

# “Survive, Thrive & Be Fit!”



## Gentle Yoga for Cancer Survivors!

### VIRTUAL YOGA SESSIONS via Zoom!

Description: Let's join together for yoga and guided relaxation. We'll set intentions for the global good, and take time to practice self care together while we're apart. Remember it's important to stay connected with each other and those we care about.

#### **Mondays Evenings**

**April 20<sup>th</sup> & 27<sup>th</sup>, May 4<sup>th</sup>, 11<sup>th</sup> & 18<sup>th</sup>**

**5:15PM to 5:30PM – Casual Check-In**

**5:30PM to 6:30PM – Virtual Yoga**

With Kaitlyn Kiela, CYT

**MEETING ID: 918-7918-5276**

**PASSWORD: 333154**

For more details call 920.457.2223 or email [trenzelmann@physhealthnet.com](mailto: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](http://www.scccf.org) or call 920.457.2223