

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● June 24th, 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!



“Uitwaaien” and “Niksen” (Simply Going Outside and Doing Nothing) at the Christopher Farm & Gardens!

Christopher Farm & Gardens in the Town of Sheboygan



Every time we have the opportunity to visit the peaceful and healing space known as the Christopher Farm & Gardens has been a wonderful experience! But I will be honest... I was concerned that this month's visits (Sunday, June 7th and Wednesday, June 17th), may be hampered by restrictions due to COVID-19 and not have the same energy as previous visits. Among other things, I was disappointed we would not be able to gather together for our traditional group photo.

And yet despite the restrictions (and possibly because of them) there seemed to be something extra special about these most recent visits!



Even though we were not able to gather for a group photo, the sign sheet at left both documents and illustrates our togetherness!

During these most recent visits I found myself reflecting on a couple of articles I had read related to the Danish practices of “uitwaaien” and “niksen”!

“Uitwaaien” (and don't ask me how to pronounce it), for which there is no single-word English equivalent can be translated as “to walk with the wind.” It is really just about being outside.

Research has found many benefits related to simply spending time in nature including reduced levels of depression, perceived stress and negative emotions. Science is not quite sure why spending time in nature is so good for us, but one theory is that benefits may be related to phytoncides, antibacterial and antimicrobial substances that trees and other plants release into the air. Several studies have shown these substances can boost immune function, increase anti-cancer protein production, improve mood, and help people relax and when people breathe in these substances while spending time outdoors their health can improve.

Of course, uitwaaien is an important aspect of every visit to the Christopher Farm & Gardens! 😊

“Niksen,” another Danish practice, can be described as intentionally doing nothing and doing it without intention. Olga Mecking, a Netherlands-based journalist who writes for the New York Times describes it as “taking the time to sit there and not do anything on purpose.” Something that few of us do (or even know how to do) in our hectic world.

This “doing nothing” is not the same as the “doing nothing” as you sit and watch TV, scroll through social media/feeds or play a game on your phone. And unlike mindfulness and meditation which are intended to increase attention and awareness, niksen has NO purpose or intention. It is *doing nothing for no reason!*

Apparently doing nothing (really doing nothing) can be really good for us as it temporarily deactivates parts of the brain that, on the one hand, make us the brilliant humans we are but, on the other hand, can cause constant low-grade stress that can adversely affect our health and well-being and may increase our risks for cardiovascular disease and inflammation-related issues.

It seems the Danes (who, according to the World Happiness Report, are about the happiest people on

earth) are advising that we take the time to simply go outside and do nothing!

Even with the activities that we had planned during our visits (the Survivorship Through the Lens People's Choice Photo Contest, Gentle Yoga for Cancer Survivors and Steps to Survivorship Walk/Run – all meaningful activities and all of which I participated in at some point) these most recent visits offered (and even forced) me to also spend some time just doing absolutely NOTHING.

As I reflect on this, I realize it supports one of the "You're an Ameri-CAN not an Ameri-CAN'T" items on my list - #11: Finding a balanced variety! Or as I often remind myself and others, "Everything (absolutely everything, including "doing" and "not doing") in Moderation!"

ST&BF "Survivorship Through the Lens" People's Choice Photo Contest

I cannot tell you how much I enjoy receiving the photo submissions from this (and past) ST&BF "Survivorship Through the Lens" People's Choice Photo Contests! The photos are amazing with the variety of subjects, natural beauty, colors and perspectives! I especially enjoy reading the photographer's comments which always adds an additional dimension to the photo! Check out the current photos here:

<https://scccf.org/contest?c=2020-stbf-survivorship-through-the-lens-peoples-choice-photo-contest>

Voting will begin early next week when a ballot will be available online. Consider joining us (VIRTUALLY) on Wednesday, July 8th at 9AM and/or 530P for a VIRTUAL Local Cancer Community Update (via Zoom) during which we will view all submitted photos together and hear from some of the participating photographers!

PARTICIPATION UPDATE: ST&BF Cumulative 5K, 10K, Half Marathon & Marathon Walk/Run & Cumulative Bike Ride!



Congratulations to all survivor-athletes, co-survivors and medical caregivers who have already crossed any of the finish lines for the Cumulative 5K, 10K, Half Marathon or Marathon and **Good Luck** to

those who are on their way. I know there are more of you participating... and I invite/encourage all of you to send in a copy of your log sheet(s) by July 5th and I will provide another update! Also, For more details on this

activity... join us at our VIRTUAL Local Cancer Community Update (via Zoom) on Wednesday, July 1st at 9A and/or 530P and I will provide details and answer any questions you may have.

CURRENT UPDATE:

Walk/Run Casual Walk/Run Casual Participation

Survivor-Athlete	5K	10K	HM	M
Kathy Burch	✓	✓	✓	
Kathryn Kuhn	✓	✓	✓	✓
Chris Meyer	✓	✓	✓	✓
Sharon Pentek			✓	
Tim Renzelmann	✓	✓	✓	✓
John Seaman	✓	✓	✓	✓
Professional Caregiver	5K	10K	HM	M
Mary Schueller, RN	✓	✓	✓	✓

After you have completed all four distances, please continue... or consider becoming a "Friendly Competitor" (ask Tim for details)!

Walk/Run Friendly Competition:

Survivor – 5K	Initial	Less	Current
Tim Renzelmann	25:51	0:00	25:51
Survivor – 10K	Initial	Less	Current
Tim Renzelmann	54:01	0:00	54:01
Survivor – HM	Initial	Less	Current
Tim Renzelmann	1:56:22	0:00	1:56:22
Survivor – Marathon	Initial	Less	Current
Tim Renzelmann	3:53:29	0:00	3:53:29

Bike Ride Casual Participation:

Survivor	100K	100 miles
Bob/Ruth Hartig		✓



Photos Above: John Seaman enjoys some friendly competition in the Cumulative Walk/Run and Bob & Ruth Hartig enjoy some casual participation in the Cumulative Bike Ride. Participants have until September 25th to complete any of a variety of distances walking, running and/or biking through "Casual Participation" and/or "Friendly Competition!"

Be an Ameri-CAN and not an Ameri-CAN'T! – Part IV: There's Just So Much We CAN Do (Part IV)!



This is the fourth of what will most likely be a five-part series that focuses on what we “CAN DO” and not dwell on what we “CAN’T DO”, especially during these challenging times. I plan to “finish what I started” with the next issue of this update!

THINGS WE CAN DO:

- ✓ = “CAN Do’s” described in Part I
- ✓✓ = “CAN Do’s” described in Part II
- ✓✓✓ = “CAN Do’s” described in Part III
- ✓✓✓✓ = “CAN Do’s” described in this Part IV

1. Maintain/Develop a Healthy Routine ✓
2. Focus on the Present ✓✓✓
3. Nurture Meaningful Relationships
4. Strengthen Social Connections ✓✓✓✓
5. Exercise Your Body ✓
6. Express Gratitude ✓✓✓
7. Appreciate Nature ✓✓✓✓
8. Perform Random Acts of Kindness ✓✓✓✓
9. Play, Laugh & Have Fun ✓
10. Learn Something New ✓✓✓
11. Find Balanced Variety ✓✓✓✓
12. Finish What You Started
13. Have Something to Look Forward To ✓
14. Pay Attention ✓
15. Be the Change You Want to See in the World ✓✓
16. Appreciate Coincidence ✓✓✓

Appreciate Nature

Albert Einstein reminds us, “Look deep into nature, and then you will understand everything better.” I think we all know this at some level. And some of us were reminded of this during our recent visit to the Christopher Farm & Gardens and, for the sake of avoiding redundancy, I refer you to comments about that visit and of “uitwaaien” on page 1!

Find Balanced Variety (Everything in Moderation)

The 13th-century poet and Sufi mystic Rumi noted that “Life is a balance of holding and letting go.” So, make sure you are letting go of as much as you are holding on to! (see further comments in prior article)

Strengthen Social Connections

I completely support the act of “Social Distancing” in an effort to reduce the spread of COVID-19! But I find the term (semantically) to be quite misleading. In an article titled Social vs. Physical Distancing: Why It Matters – the Importance of Social Connect in the Pandemic, Amy

Banks, MD suggests an alternative (and more accurate) term would be “physical distancing.”

“Differentiating physical distance from social distance acknowledges the virus’s malignant ability to be transmitted from person to person but also acknowledges that the virus has no power over our ability to support and nurture one another in this time of extraordinary threat,” Banks writes.

<https://www.psychologytoday.com/us/blog/wired-love/202004/social-vs-physical-distancing-why-it-matters>

She continues, “By naming the national strategy as physical distancing rather than social distancing and emphasizing the need for human connection, we can stay safe from the virus but also hold onto the heightened need we all have for one another right now. Each of us needs an extra dose of being seen and held within our connections during this extraordinary time. Perhaps now, more than ever, we must be intentional about giving our neural pathways for connection a workout.

In fact, we need to go out of our way to make eye contact, wave, move, or loudly say “hello” from behind the mask. This gives our smart vagus nerve and our mirror neurons a workout. Literally, the sound of a friendly voice and seeing the eyebrows of another person raise in greeting stimulates your social engagement system, which in turn sends a signal to your stress response system to stand down. Those moments of interaction may make the difference in the long run as to how we, as a society, survive the pandemic.”

Random Acts of Kindness

Dr. Banks concludes that same article by suggesting, *“Let’s add another important directive to our national policy of containing the coronavirus — to reach out each day to three other people — to check in on them, simply hear their voice, or share the pain or joy of the day. This is a wider strategy to not only survive the pandemic but to keep our humanity alive.*

Yes... let’s stay “physically distant” while finding healthy ways of being “social connected” as we offer one another “random acts of kindness” to show one another how much we care!

To read the full article:

<https://www.psychologytoday.com/us/blog/wired-love/202004/social-vs-physical-distancing-why-it-matters>

Inaugural Survivor-Athlete “Beacon of Hope” Awarded to Jennifer King!

The **Survivor-Athletes** that participate in “**Survive, Thrive & Be Fit**” activities are truly an amazing group of cancer survivors and human beings! Recently one of those Survivor-Athletes (Bob Hartig) suggested that another Survivor-Athlete (Jennifer King) was especially deserving of recognition (see below nomination statement and Bob’s handmade award).

The Nomination – submitted by Bob Hartig:



“There are many people involved with cancer care and support here in Sheboygan. They all deserve recognition. From my personal viewpoint there is one in particular who stands out. She is always willing to

volunteer for any job that needs to be done, and she does this with one hundred percent enthusiasm. Jobs include delivering flowers, bunny rabbits, organizing camp activities, motivating others to row, rowing, walking, greeting others, playing Farkle with such enthusiasm that it could lead to personal injury to spectators, presenter at meetings, motivator to get others involved...(me)..., sharpshooter with a rubber band gun, a friend to all, a great sense of humor, and a whole lot of things that I have probably forgotten.

To make a long paragraph short, Jennifer King deserves recognition for all that she does with our group.”

Jennifer has participated in many **Survive, Thrive & Be Fit** activities and is one of only a handful of survivor-athletes who has completed all five **ST&BF Indoor Row Group Lake Michigan Crossings**. Watch for a follow-up “**Survivor-Athlete Spotlight**” in the Local Cancer Community Update to learn more about this survivor-athlete, what she does and why she does it!

Also, watch for details (or contact Tim) on how you can nominate a fellow “Survivor-Athlete” for the **ST&BF Survivor-Athlete “Beacon of Hope” Award!**

Local Cancer Community Opportunities:

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

SCCCF Survive, Thrive & Be Fit: OUTDOOR Indoor Row Group!

Sunday, June 28th ● 4P to 7P

Contact Tim for details!

(V) TLC Local Cancer Community VIRTUAL Update (via Zoom)!

Wednesday, July 1st ● 9A & 5:30P

Topic: Details of the “Cumulative” Walk/Run & Bike!

Wednesday, July 8th ● 9A & 5:30P

Topic: Survivorship Through the Lens People’s Choice Photo Contest Photo Viewing with comments from participating photographers!

Tuesday, July 14th ● 9A & 5:30P

Topic: Survivor “Show & Tell”! Share a hobby or skill, show us a favorite part of your home, share anything that is meaningful to you!

Tuesday, July 28th ● 9A & 5:30P

Topic: To be determined.

Purpose: Virtual opportunities to casually “check-in” (15-minutes) before moving to the indicated topic(s).

(V) SCCCf VIRTUAL Survive, Thrive & Be Fit: Gentle Yoga for Cancer Survivors Sessions (via Zoom)!

Mondays, July 13th & 27th ● 530P

Facilitated by Kaitlynn Kiela, CYT

Meeting ID: 897 1848 5647, Password: 209671

<https://us02web.zoom.us/j/89718485647?pwd=bHl2QktiU2dldHU4b3psaTdCeJFEUT09>

See attached for details!

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