

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● July 16th, 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!



Dr. Bettag Shares Information about the Impact of Leisure-time Physical Activity on Cancer Mortality!

Last month Dr. Bettag forwarded an article titled “Amount and Intensity of Leisure-Time Physical Activity and Lower Cancer Risk” that appeared in the Journal of Clinical Oncology: An American Society of Clinical Oncology Journal. Of course, the title and topic excited me far more than the prospect of attempting to understand and accurately interpret a medical article written for oncology healthcare providers. For those of you up to that challenge... you can read the paper here:

<https://ascopubs.org/doi/abs/10.1200/JCO.19.02407>.

Rather sheepishly, I asked if Dr. Bettag would be so kind as to provide a brief summary of the article and, of course, he graciously agreed!

FROM DR. BETTAG:



There have been a multitude of papers over the last several years, specifically looking at leisure-time physical activity. One from the Journal of Clinical Oncology from March 1, 2020, looks specifically at people who had different degrees of activity and the risk of cancer. This looked at a group of over 750,000 people, followed

for ten years. In that group, there were 50,000 cancers that occurred. Those who were more active had a statistically significant lower risk of 7 out of 15 different types of cancer including colon cancer (8% to 14% lower risk in men), breast cancer (6% to 10% lower risk), endometrial cancer (10% to 18% lower risk), kidney cancer (11% to 17% lower risk), myeloma (14% to 19% lower risk), liver cancer (18% to 27% lower risk), and non-Hodgkin lymphoma (11% to 18% in women).

There are a multitude of articles in regards to this very topic. There is an article from the British Journal of Sports Medicine that looked specifically at 2,650 men from Eastern Finland with no history of cancer and they looked at their leisure-time physical activity. The study concluded that the mean intensity of leisure-time physical activity is inversely associated with the risk of premature deaths from cancer in men. There are three separate articles that looked at the risk of cancer recurrence in women after they have completed therapy, and the amount of physical activity they have done, and each and every one of them showed a lower recurrence rate in the women that exercised than those that did not.

Summing all of this up, there is clearly a trend. We know that exercise will decrease cardiovascular mortality and now there is significant information that it can have an impact on cancer mortality as well.

Interestingly, as an aside, there are some articles that have shown that exercise can actually help ameliorate or decrease risk of depression as well. Ignoring all of the above, exercise has been shown to give us strength, stamina, and endurance to get through our days and we have more of ourselves left to give to others.

Note from Tim: Special thanks to Dr. Bettag for sharing this information and his advice on leisure-time physical activity. As you may suspect, I have my own “Two CENTS Worth” to share on the topic. 😊

First, I will point out that the abstract conclusion states, “Health care providers, fitness professionals, and public health practitioners should encourage adults to adopt and maintain physical activity at recommended levels to lower the risks of multiple cancers.” And to that I think it is even more important that each of us must accept the personal responsibility for our own physical health and well-being by responding affirmatively to that encouragement!

Second, to be honest, it is that last statement of Dr. Bettag’s (“exercise has been shown to give us strength, and endurance to get through our days and we have

more of ourselves left to give to others.”) that most excites me! You see, as much as I enjoy being physically active, I’m not sure what I enjoy most – the activity itself or the countless benefits that come from being active!?! If the evidence suggested that exercise had no positive impact on longevity I would certainly continue to be active not only because I enjoy it but because an active lifestyle simply allows me to get so much more out of every single moment and every other activity of every single day! In other words, even if I wouldn’t live longer, I will get more life out of the days that I live!

If you are interested in getting more active, living longer and getting more out of each and every day... consider joining us at any of our Survive, Thrive & Be Fit activities. Granted, our calendar of activities has been adversely impacted due to COVID-19... but there are still opportunities to be active with us... so read on!

ST&BF Cumulative Walk/Run & Bike Ride Participation Update!



There is still plenty of time to take part in the 2020 ST&BF Cumulative Walk/Run and/or the Cumulative Bike Ride which started on May 11th and runs through September 25th!

Participating survivor-athletes as well as co-survivors and medical caregivers are all encouraged to participate as either a “casual participant” or a “friendly competitor” in this activity that started on May 11th and will continue through September 25th!

Participants: Please submit updated logs to Tim by August 1st for the next update! New participants are welcome! Contact Tim for more information.

Casual Participation is simple! Just walk/run or bike, log your meters or miles as you work towards completing a variety of distances. Once you complete all four walk/run distances or all two bike distances... just keep going and we’ll track how many times you’ve completed the cumulative distances (48.6 miles for the walk/run and 162 miles for the bike ride).

Walk/Run Casual Participation

Survivor-Athlete	5K	10K	HM	M	48.6
Kathy Burch	✓	✓	✓		
Kathryn Kuhn	✓	✓	✓	✓	
Chris Meyer	✓	✓	✓	✓	
Sharon Pentek			✓		
Tim Renzelmann	✓	✓	✓	✓	X1
John Seaman	✓	✓	✓	✓	
Sue Zalewski	✓	✓	✓	✓	

Professional Caregiver	5K	10K	HM	M	48.6
Mary Schueller, RN	✓	✓	✓	✓	X7
Trisha Lund, MSW, CPSW				✓	

NOTE: Trisha Lund recently stopped in my office with her log sheet and exclaimed, “I’ve walked a marathon! I’ve never done that before!” Well, of course, I’m sure she has... she just didn’t keep track of it and, as a result, wasn’t aware of what she had accomplished! And that, I think, adds value to this simple challenge! I suspect many of you are already doing the work... why not recognize yourself and be recognized for it... and be a part of this “movement”!?! 😊

Bike Ride Casual Participation:

Survivor	100K	100m	+162
Bob/Ruth Hartig	✓	✓	

NOTE: I know there are more of you biking... why not share your efforts with the rest of us!?!

Friendly Competition is offered for the walk/run and allows participants to complete timed segments of each distance towards a finishing time. After completing any of the four distances the participant has the option of replacing slower times with faster times of the same segment length thereby improving their cumulative finish times.

Walk/Run Friendly Competition:

Survivor – Marathon	Initial	Less	Current
Tim Renzelmann	3:53:29	3:20	3:50:09
John Seaman (M#1)	4:32:01	0:00	4:32:01
John Seaman (M#2)	4:22:29	0:00	4:22:29

Note: I opted to try and improve on my first marathon time and John opted to run a second marathon! Please use this activity in whatever manner works for you!

Sheboygan County Cancer Care Fund: In Remembrance and Honor of Dennis “The Coke Guy” Baumann!

Perhaps the most interesting and the most challenging aspect of this work is that one never really knows what each moment might bring amidst the full spectrum of the cancer experience – from the magnificent to the miserable.

Recently, I was sorting through my mail and came upon a letter that both saddened and uplifted me:

Dear Cancer Care Fund,

I am writing this letter to thank you again for helping with financial aid when my husband was going through his cancer treatment. We talked about giving back as soon as he was healthy and we had our financial obligations fulfilled. Unfortunately, my husband passed away unexpectedly from an embolism on June 12th after

being declared cancer-free for 24 days! It has been an unbelievably rough 1-1/2 years but, with organizations such as SCCCF, it was made a little easier.

Enclosed is a check of monies received as gifts for a memorial in Dennis' name. What could be more fitting than giving back in his name so others can be assisted from your organization? Nothing! Thank you!

Sincerely, Gloria Baumann

I was touched by the gracious sentiment of this letter, as I am by so many that come across my desk and I regret I can't share them all. This heartfelt letter touched me in several ways. Of course, I was saddened to read that a life was lost, especially only 24 days after being declared "cancer free"! But the thoughtfulness that Gloria expressed through this letter during such a difficult time was truly heartwarming. Her expression of gratitude for the assistance the Fund provided during their time of need, of course, made me proud to be associated with the Sheboygan County Cancer Care Fund and boosted my appreciation for all those who support its work.

I reached out to Gloria who gave me permission to share her letter as way to Honor Dennis. "He touched more lives than even I realized through his job as a Coca-Cola merchandiser," Gloria reflected. "He was known as *The Coke Guy* in all the stores he serviced and beyond."



Gloria went on to say, "People who have never been touched by cancer and endured watching a loved one go through it all don't realize what it is like. No fault of their own, until I saw it first-hand, I didn't understand how it affects the total aspect of one's life, not just the patient but the loved ones around him."

I never met Dennis. But the photo of this friendly guy brought on a feeling of familiarity. Perhaps I did meet *the Coke Guy*, or maybe it was just his smile that makes me feel like he was a friend!?! Either way, Dennis continues to touch the lives of others!

On behalf of the Sheboygan County Cancer Care Fund, I offer my condolences to Gloria and all who knew and

loved Dennis and I thank you for your thoughtful letter and generous donation!

ST&BF Survivorship Through the Lens People's Choice Photo Contest: VOTE NOW & Mark Your Calendars!

Go to www.scccf.org and click on the "PHOTOS" tab where you can print off a ballot, view the submitted photos, vote and send in your ballot! Winners will be announced during our next visit to the Christopher Farm & Gardens scheduled for Sunday, August 9th from 1P to 4P. Watch for details. All ballots (one per person) will be entered into a prize drawing.

TLC VIRTUAL Local Cancer Community Update (via Zoom) Offers Unique Opportunities to Connect!!

Monday, July 20th & Tuesday, July 28th ● 9A & 530P



Together we
Live with
Cancer!



VIRTUAL Local Cancer Community Updates (Via Zoom)

Once a week area cancer patients/survivor, co-survivors and caregivers are welcome to join us for a VIRTUAL Local Cancer Community Update via Zoom. See attached flyer for details!

This past week we offered a "Survivor Show & Tell" opportunity and I plan to continue that theme once a month, at least for a while! We began the session by reflecting on our childhood "show & tell" experiences and considered the many benefits: it is a chance for children to be in the spotlight for a few minutes, focus on their strengths, develop communication and public speaking skills, build confidence and enhance self-esteem, it can be a source of motivation, a chance to reflect on what is important to them, to hear different perspectives and ideas from one another, it is an opportunity for them to teach others, to create friendships and social connections, and to find common interests (and new interests). Those are some wonderful benefits for children... but they are wonderful benefits for us adults as well. Afterall, aren't we just older children?

One of the many memorable comments for me came when Sharon was showing us the prayer shawl she was given and that she always brings with her to treatment, explaining, "I wrap it around me when I'm getting my treatment and it's like my family and friends are giving me a hug!"

What a wonderful feeling... especially during this of time when physical distancing due to COVID-19 have many of us yearning for those hugs we previously took for granted! As she was sharing, Bob disappeared from the screen and returned with the blanket he brings for treatment – one that his wife made for him from the t-shirts of his many century bike rides! 😊

NEXT UP: Join us for our last two July VIRTUAL Local Cancer Community Updates on Tuesday, July 21st & 28th (9A and 530P). Next week we the topic will be whatever is on your mind. And the last session of the month we are welcoming “Bob the Builder” back for one more chance for you to build a “stomp rocket” and be a part of a “stomp rocket demo” during our next visit to the Christopher Farm & Gardens on Sunday, August 9th! Join us for details!

WANTED: Your M.U.G.G. (Masking Up for the Greater Good) Shot!



There is a growing mound of evidence that supports the use of facial coverings in controlling the spread of COVID-19! Consider the following articles:

U.S. CDC head says mask-wearing could get COVID-19 under control within 4-8 weeks – Reuters News

<https://www.reuters.com/article/us-health-coronavirus-cdc-idUSKCN24F2PG>

COVID-19 and masks: New evidence shows that cloth face coverings slow coronavirus spread – Today.com

<https://www.today.com/health/covid-19-masks-new-evidence-shows-cloth-face-coverings-slow-t186930>

Bill Nye Is Here to Demonstrate That Face Masks Get the Job Done – Time.com

<https://time.com/5865625/bill-nye-coronavirus-masks/>

As we discussed during one of our recent TLC VIRTUAL Local Community Cancer Updates (via Zoom), there may be some legitimate reasons preventing some individuals from wearing masks... but not all reasons are legitimate:

Doctor puts on six face masks in video to debunk idea that they lower oxygen levels – ctvnews.ca

<https://www.ctvnews.ca/health/coronavirus/doctor-puts-on-six-face-masks-in-video-to-debunk-idea-that-they-lower-oxygen-levels-1.5025293?taid=5f0faa146d858e000186f18a>

As I left the gas station this morning on my way in to work, the only customer inside wearing a mask, I tried

to think of a way to help encourage folks to wear a mask! So, as I type this (Thursday, July 16th at 8:15a), this idea is only a couple hours old.

Not all superheroes wear capes... but in this battle against COVID-19... everyday heroes wear masks! So take a selfie of yourself with your super-hero mask and submit it to SCCCF’s “Masking Up for the Greater Good (M.U.G.G.) Shots”!

Find a silly mask... a unique mask... a self-made mask... or just a plain old mask. Show us how you are using your super-hero powers in combatting COVID-19. Have as much fun with it as you want! Be creative! And while you’re at it... feel free to share any mask-related stories or ideas and hints on making mask-wearing more comfortable, enjoyable, pleasant and effective!

As of this writing, I haven’t set up the page on the SCCCF website yet... but I wanted to get the word out so you can take those selfies and hopefully by the time you do I’ll have made the necessary changes to the site!?!

Local Cancer Community Opportunities:

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

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

Monday, July 27th ● 530P

Facilitated by Kaitlynn Kiela, CYT

Meeting ID: 897 1848 5647, Password: 209671

<https://us02web.zoom.us/j/89718485647?pwd=bHI2QktiU2dldHU4b3psaTdCeJFEUT09>

See attached for details!

TLC VIRTUAL Local Cancer Community Update (via Zoom)!

Tuesday, July 21st ● 9A & 5:30P

Topic: Open Forum (What’s on your mind?)

Tuesdays, July 21st & 28th ● 9A & 5:30P

Topic: “Stomp Rockets Revisited” with Bob the Builder!

Meeting ID: 897 1848 5647, Password: 209671

<https://us02web.zoom.us/j/89718485647?pwd=bHI2QktiU2dldHU4b3psaTdCeJFEUT09>

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

See attached for details!

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.moa-scbs.com ● www.scccf.org

Survive, Thrive & Be Fit!

Steps to Survivorship

FINISH the ST&BF *Cumulative*
5K, 10K, Half Marathon,
Marathon Walk/Run and/or
Cumulative Bike Ride!



What is a *Cumulative* Walk/Run? No need to walk/run the entire distance at one time! Complete shorter segments as you work to complete a 5K (3.1 mi), 10K (6.2 mi), Half Marathon (13.1 mi) and/or Marathon (26.2 mi)!

What is a *Cumulative* Bike Ride? Total your rides to complete one or more century(s) (100 miles) and/or metric century(s) (100 kilometers)!

Participation Dates: Monday, May 11th through Friday, September 25th.

Eligible Participants: Area cancer patients/survivors, co-survivors & professional caregivers.

“Casual Participation” Category is non-competitive (no times required). Just complete and record your distance on the ENTRY/LOG and submit.

“Friendly Competition” Category is for Walk/Run only (Bike Rides are limited to Casual Participation) and requires recording and reporting of time(s) on measured courses with the option of improving on finishing time by submitting faster splits upon completion of the full distance (contact Tim for details). Maps of measured courses available at www.scccf.org/events.

Cancer Patient/Survivor Divisions: Treatment - currently in treatment or post-treatment. Years since diagnosis - Less than 1 year, 1 to 5 years, 5 to 10 years, 11 to 25 years, more than 25 years.

Guest Co-Survivors: Co-survivors must be the guest of a participating cancer patient/survivor.

Medical Oncology Caregivers: Local oncology doctors, nurses and support staff.

Updates/Results: Recording and reporting guidelines will be provided upon registration. Updates along with more information are available at www.scccf.org/events.

Participation Awards and Random Prizes: To be determined!

For more Information: Contact Tim at trenzelmann@physhealthnet.com or 920.457.2223.

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



ENTRY/LOG: 2020 Survive, Thrive & Be Fit “Cumulative” 5K, 10K, Half Marathon, Marathon “Friendly Competition” Finish Time Adjustment

Name: _____ <input type="checkbox"/> Cancer Patient/Survivor <input type="checkbox"/> Undergoing Treatment <input type="checkbox"/> Post Treatment Date of Diagnosis: ____/____/____ <input type="checkbox"/> Co-Survivor/Guest <input type="checkbox"/> Medical Oncology Caregiver <input checked="" type="checkbox"/> Cumulative Walk/Run <input type="checkbox"/> Casual Participation <input checked="" type="checkbox"/> Friendly Competition <input type="checkbox"/> 5 km <input type="checkbox"/> 10 km <input type="checkbox"/> Half Marathon <input type="checkbox"/> Marathon <input type="checkbox"/> Cumulative Bike Ride (Casual Participation) <input type="checkbox"/> Metric Century (100K) <input type="checkbox"/> English Century (100 mi)	This form is for Walk/Run “Friendly Competition” ONLY, after completing a full event and replacing previous (slower) time(s) with new (faster) time(s). <ul style="list-style-type: none"> Replacement splits must be of the same distance as previous (replaced) entries. Please provide the date, distance and time of the previous effort (to be replaced) along with the date and time (of the same distance) of the new effort, calculate the difference and calculate your current finishing time.
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Dates	Distance	Time	Cumulative Time	MC
Previous Entry / /20	Previous Distance	Previous (slower) Time : : .	Previous Finishing Time : : .	
New Entry / /20	Must be same as previous distance	New (faster) Time : : .	Less Differential	<input type="checkbox"/>
	Differential	: : .	Adjusted Finishing Time : : .	

Dates	Distance	Time	Cumulative Time	MC
Previous Entry / /20	Previous Distance	Previous (slower) Time : : .	Previous Finishing Time : : .	
New Entry / /20	Must be same as previous distance	New (faster) Time : : .	Less Differential	<input type="checkbox"/>
	Differential	: : .	Adjusted Finishing Time : : .	

Dates	Distance	Time	Cumulative Time	MC
Previous Entry / /20	Previous Distance	Previous (slower) Time : : .	Previous Finishing Time : : .	
New Entry / /20	Must be same as previous distance	New (faster) Time : : .	Less Differential	<input type="checkbox"/>
	Differential	: : .	Adjusted Finishing Time : : .	

Dates	Distance	Time	Cumulative Time	MC
Previous Entry / /20	Previous Distance	Previous (slower) Time : : .	Previous Finishing Time : : .	
New Entry / /20	Must be same as previous distance	New (faster) Time : : .	Less Differential	<input type="checkbox"/>
	Differential	: : .	Adjusted Finishing Time : : .	

Dates	Distance	Time	Cumulative Time	MC
Previous Entry / /20	Previous Distance	Previous (slower) Time : : .	Previous Finishing Time : : .	
New Entry / /20	Must be same as previous distance	New (faster) Time : : .	Less Differential	<input type="checkbox"/>
	Differential	: : .	Adjusted Finishing Time : : .	

Survive, Thrive & Be Fit!

Survivorship Through the Lens!

People's Choice

Photo Contest!



Featuring Photos Taken While Visiting

The **Christopher Farm & Gardens!**

On Sunday, June 7th & Wednesday, June 17th!

HOW TO VOTE:

- Print A Ballot: (www.scccf.org/events)
- View Submitted Photos (www.scccf.org/contests)
- Complete ballot and return to: SCCCF, 1621 N. Taylor Dr., Ste. 100, Sheboygan, WI 53081
- All ballots will be eligible for prize drawings!

SPECIAL PHOTO VIEWING OPPORTUNITY:

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

Wednesday, July 8th at 9A & 530P!

Join us (VIRTUALLY) to view the photos together and hear from participating photographers!

Meeting ID: 897 1848 5647, Password: 209671

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



**THE CHRISTOPHER
FARM & GARDENS**
Sheboygan, Wisconsin

2020 ST&BF Survivorship Through the Lens People's Choice Photo Contest Ballot!

Name:

E-Mail:

Cancer Survivor Co-Survivor Medical Caregiver

Phone:

Directions:

Step 1. View the photos: <https://scccf.org/contests>

Step 2. Check ONLY one box for each photo (Like, Love, Really Love). Feel free to include a brief comment.

Step 3. Return completed ballots to:

SCCCF – People's Choice Photo Contest, 1621 N. Taylor Dr., Suite 100, Sheboygan, WI 53081

Or forward legible reproduction (scan, photo, etc.) to trenzelmann@physhealthnet.com

Winning photos will be announced at our next visit to the Christopher Farm & Gardens on Sunday, August 8th!

Photos taken on Sunday, June 7th at the Christopher Farm & Gardens!

"Nature Provides" submitted by Jane Berg - cancer survivor

Check One: Like Love Really Love Comment:

"View from Dave's Bench" submitted by Jane Berg - cancer survivor

Check One: Like Love Really Love Comment:

"Bridge to the Future" submitted by Althea Smith - co-survivor

Check One: Like Love Really Love Comment:

"A Corny Pinecone" submitted by Althea Smith - cancer survivor

Check One: Like Love Really Love Comment:

"Social Distancing - Duck Style" submitted by Amanda Smith - co-survivor

Check One: Like Love Really Love Comment:

"Fireworks in Floral Form" submitted by Amanda Smith - cancer survivor

Check One: Like Love Really Love Comment:

"Nuts to Me!" submitted by Cindy Becker - Cancer Survivor

Check One: Like Love Really Love Comment:

"Untitled" submitted by Deb Borucki, cancer survivor

Check One: Like Love Really Love Comment:

"Weathering the Storm" submitted by Linda Ansay - cancer survivor

Check One: Like Love Really Love Comment:

"The Flow of Water" submitted by Paul Borucki - co-survivor

Check One: Like Love Really Love Comment:

"It is not what you see....but how you see it" submitted by Paul Borucki - co-survivor

Check One: Like Love Really Love Comment:

"Fungus Among Us" submitted by Kathleen Meinschock - co-survivor/medical caregiver

Check One: Like Love Really Love Comment:

"Looking Up" submitted by Kathleen Meinschock - co-survivor/medical caregiver

Check One: Like Love Really Love Comment:

"Life" submitted by Kathy Burch - cancer survivor

Check One: Like Love Really Love Comment:

"Lessons Learned" <i>submitted by Kathy Burch - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Cancer causes no scars" <i>submitted by Cletus Leonhard - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Bridge over Peaceful Waters" <i>submitted by Beverly Leonhard - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Celebrate Survivorship" <i>submitted by Beverly Leonhard - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"With God Lies the Cross of Infinity" <i>submitted by Sharon Pentek - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"The Eagle has Landed" <i>submitted by Sharon Pentek - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Jayrassic Park's 1st coronavirus casualty" <i>submitted by Bernie Pentek - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Peace Flows" <i>submitted by Bernie Pentek - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Enlightenment..." <i>submitted by Jennifer King - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Focus on what's important" <i>submitted by Jennifer King - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"What lies beneath?" <i>submitted by Jennifer King - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"One of These Things...." <i>submitted by Mary Schueller, RN - co-survivor/medical caregiver</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Gone Awry" <i>submitted by Mary Schueller, RN - co-survivor/medical caregiver</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Serpent in the Weeds" <i>submitted by John Seaman - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Angel in Hostas" <i>submitted by John Seaman - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Beginning: A Snarly Start!" <i>submitted by Tim E. Renzelmann - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Middle: On the Right Track & In the Right Direction" <i>submitted by Tim E. Renzelmann - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"End: Arriving at a Beautiful Place" <i>submitted by Tim E. Renzelmann - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
Photos Taken on Wednesday, June 17th at the Christopher Farm & Gardens	
"Life's Journey" <i>submitted by Althea Smith - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:

"The Beauty of an Iris" <i>submitted by Althea Smith - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"More Nuts Please!" <i>submitted by Amanda Smith - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"It's a Glorious Day!" <i>submitted by Amanda Smith - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Perfect Symmetry" <i>submitted by Sharrol Butzen</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Watercolor Lilies" <i>submitted by Cindy Becker - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Waterfall Tranquility" <i>submitted by John Seaman - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Prehistoric Predator" <i>submitted by John Seaman - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Friends" <i>submitted by Kathy Burch - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"True Colors" <i>submitted by Kathy Burch - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Life Finds a Way" <i>submitted by Bernie Pentek - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Velvet Ruffles in Nature" <i>submitted by Bernie Pentek - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Spellbound Troll" <i>submitted by Sharon Pentek - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Peace, Tranquility, and Serenity Awaits YOU!" <i>submitted by Sharon Pentek - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"No place like gnome...." <i>submitted by Jennifer King - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"All Flowers Matter" <i>submitted by Bruce Becker - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Natures Display of COVID-19 Virus" <i>submitted by Bruce Becker - co-survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Home Sweet Home" <i>submitted by Mary Schueller, RN - co-survivor/medical caregiver</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"So True...." <i>submitted by Mary Schueller, RN - co-survivor/medical caregiver</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Serenity Secret" <i>submitted by Brenda Zoran - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:
"Shadows are as Real as the Light" <i>submitted by Tim E. Renzelmann - cancer survivor</i>	
Check One: <input type="checkbox"/> Like <input type="checkbox"/> Love <input type="checkbox"/> Really Love	Comment:



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 support and encouragement virtually!

Wednesday, July 1st at 9A & 530P

TOPIC: ST&BF Cumulative Walk/Run & Bike Ride

Wednesday, July 8th at 9A & 530P

*TOPIC: ST&BF Survivorship Through the Lens
People's Choice Photo Contest Photo Viewing*

Tuesday, July 14th at 9A & 530P

TOPIC: Survivor "Show & Tell"

Tuesday, July 21st at 9A & 530P

TOPIC: Open Discussion (What's on your mind?)

Tuesday, July 28th at 9A & 530P

*TOPIC: Survivorship Can Be Fun Work (Play) Shop:
Stomp Rockets with "Bob the Builder"*

Zoom Meeting ID: 897-1848-5647

PASSWORD: 209671

**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.

Monday Evenings

July 13th & 27th

5:15PM to 5:30PM – Casual Check-In

5:30PM to 6:30PM – Virtual Yoga

With Kaitlyn Kiela, CYT

MEETING ID: 897-1848-5647

PASSWORD: 209671

For more details call 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