

# The Local Cancer Community Update



Together we  
Live with  
Cancer!



Submitted by Tim E. Renzelmann ● August 20<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!



## COVID-19 Precautions: If It Feels Like It Is “All For Nothing”... Remember “That’s What We’re Going For!”

Here we are... Five months after COVID-19 caused us to cancel our long-standing ST&BF “Gentle Yoga for Cancer Survivors” sessions that took place in the second-floor conference room of MOA/SCBS and the virus has gone on to disrupt many activities in our lives, including those in our Local Cancer Community! We have continued some of these activities VIRTUALLY (via Zoom) including these gentle yoga sessions and have also included some carefully-planned OUTDOOR in-person activities that have included COVID-19 precautions.

It has been my hope that by the time fall rolled around we may be able to return to our familiar indoor setting for these yoga sessions (as well as the Indoor Row Group and other activities). But, with some public health experts expressing concern about the possibility of a “twindemic” (involving coronavirus and influenza) in the months ahead along with the continued spread of COVID-19, the future of these and many other activities (that we once took for granted) seems tenuous at best.

Back in March, when many communities were initially considering or imposing more drastic measures to curb the spread of COVID-19, Dr. Emily Landon, an infectious disease epidemiologist, made a poignant observation: *“A successful shelter in place means that you will feel like it was all for nothing. And you would be right. Because ‘nothing’ means that nothing happened to your family, and that’s what we are going for here.”*

It is an interesting contrast! If you or someone you love has been seriously impacted by the COVID-19 virus, you may feel that all of the precautions and related inconveniences have not been enough! If, on the other hand, you have not directly been impacted by the virus itself, it may seem as though it is “all for nothing!”

As of August 19<sup>th</sup>, Sheboygan County (with an approximate population of 115,000 residents) has had 896 confirmed cases (of which 797 have recovered) and 8 deaths related to COVID-19. Yes, the pain and

suffering to date has been significant and, as the inserted graph shows, cases continue to rise.



Image Above: View the Current Sheboygan County Coronavirus Dashboard at:

<https://shebco.maps.arcgis.com/apps/opsdashboard/index.html#/810a424effac403a82204fed374c78d4>

Thankfully, most of us have not been significantly impacted by the relatively few serious cases of COVID-19. If, after more than five months of varying precautions, it sometimes feels as though it is “all for nothing”... now might be a good time to remind ourselves “that’s what we are going for here”!

## Survive, Thrive & Be Fit: OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors Sessions (& DISC-over DISC Golf when possible)!



PHOTO LEFT: Area cancer patients/survivors enjoy an OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors session!

Despite the suspension of SCCCF’s ST&BF “In-Person” Gentle Yoga for Cancer Survivors sessions in what once was our common indoor space of the MOA/SCBS 2<sup>nd</sup> Floor Conference Room, area cancer patients/survivors continue to experience the benefits of yoga through this class that is now being offered VIRTUALLY (through Zoom) as well as occasional in-person outdoor sessions

that that include COVID-19 precautions and a PA system so all participants can hear the instructor.

With the cooler fall weather approaching, you may want to take advantage of these ST&BF OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors sessions! Sessions will “POP UP” at any time (according to weather and conditions) and will take place at a variety of outdoor settings (including local parks) typically at our usual 5:30P start time.

The best way to insure you will be notified of these “last-minute” sessions is to contact Tim to be added to the “POP UP” Yoga e-mail list.

Exercising outside, while following infectious disease precautions such as maintaining a safe physical distance (of six-feet or more) and wearing a mask, is considered by many public health experts to involve low risk for contracting COVID-19. The risks are low... but the potential physical and mental health benefits that come from exercise are great! Watch for additional opportunities to “DISC-over DISC Golf” in conjunction with these OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors Sessions as well as the chance to “Let’s Go Fly a Kite!” (see next article)!

## “Kites Over the Christopher Farm & Gardens” on Sunday, September 20<sup>th</sup>

We have been invited back to enjoy and experience this healing space on Sunday, September 20<sup>th</sup> and Sunday October 25<sup>th</sup>!

These visits will include a variety of activities (Gentle Yoga for Cancer Survivors, DISC-over DISC Golf, Stomp Rocket Demo) and more... including “Kites over the Christopher Farm & Gardens!”



Participants can bring their own kite(s) or pick up a kite kit that they can take home to build and decorate before bringing it to the CF&G as we see how many kites we can get up in the air!

Kite kits (and kite flying opportunities) will also be available at upcoming OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors sessions held at appropriate locations (watch for details). And consider joining us at scheduled TLC VIRTUAL Local Cancer Community Updates for details as well as some kite building tips and ideas!

To get you in the “kite-flying” mood... check out this YouTube video:

<https://www.youtube.com/watch?v=BA-g8YYPKVo>

## Local Cancer Community Opportunities:

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

**PLEASE USE CURRENT ZOOM MEETING IDs, PASSWORDS and LINKS!!!**

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

**Tuesday, August 25<sup>th</sup> ● 9A & 5:30P**

Topic: “What’s on Your Mind” & A Look Ahead!

Meeting ID: 833 9821 3314, Password: 892356

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

**Purpose:** Virtual opportunities to casually “check-in” (15-minutes) before moving to the indicated topic(s). See attached for details!

### SCCCF Survive, Thrive & Be Fit OUTDOOR “Pop Up” Gentle Yoga for Cancer Survivors Sessions (PLUS DISC-over DISC Golf 3-Hole Course)!

**Wednesday, August 26<sup>th</sup> ● Advance RSVP Required!**

**430P to 730P: DISC-over DISC Golf**

**530P to 630P: Gentle Yoga for Cancer Survivors**

**WATCH FOR ADDITIONAL DATES & TIMES!**

**Purpose:** These OUTDOOR sessions are typically scheduled only a few days in advance. Participants are notified via e-mail. To make sure you will be notified of these sessions, contact Tim.

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

**Mondays, September 14<sup>th</sup> & 28<sup>th</sup> ● 530P**

**Facilitated by Kaitlynn Kiela, CYT**

Meeting ID: 833 9821 3314, Password: 892356

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

See attached for details!

### SCCCF Survive, Thrive & Be Fit at the Christopher Farm & Gardens!

**Sunday, September 20<sup>th</sup> ● 1P to 5P**

**Christopher Farm & Gardens, W580 Garton Rd, Sheb.**

See attached for details!

**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.sheboygancancer.com](http://www.sheboygancancer.com) ● [www.scccf.org](http://www.scccf.org)

# Survive, Thrive & Be Fit!



Sundays from 1PM to 5PM

September 20th & October 25<sup>th</sup>

At the **Christopher Farm & Gardens!**

**Kites Over the CF&G:** Bring your own kite or contact Tim to pick up a kite kit to assemble and decorate prior to the event! Consider participating in a “Kite Building Workshop” via Zoom! Or just join us to see how many kites we can get in the air!!!

**Survivorship Can Be Fun “Stomp Rocket” Demo:** Watch or participate in this fun demonstration! Join upcoming TLC VIRTUAL Local Cancer Community Updates for details on building your own Stomp Rocket prior to the event!

**Gentle Yoga for Cancer Survivors:** Enjoy an OUTDOOR Gentle Yoga for Cancer Survivors Session in which participants will be safely spaced. Please bring your own mat.

**Steps to Survivorship:** Complete the measured and marked 1000m course as part of the *Cumulative* 5K, 10K, Half Marathon or Marathon between that concludes September 25<sup>th</sup>!

**DISC-over DISC Golf:** Several disc golf holes (each with choice of a short, medium or long tee) will be scattered throughout the gardens. Contact Tim to reserve discs (limited supply).

**Simply Wander this Wonderful Property:** There is so much to see... so much to appreciate... so much to enjoy!!! Wander the property at your own pace (maps of the property will be provided). Or simply bring a book and find a quiet spot to enjoy the day!!! This is your time to spend as you please!!!

## Participation Guidelines and COVID-19 Precautions:

- Participation open to cancer patients/survivors with a co-survivor guest, medical caregivers!
- A final confirmation e-mail will be sent to all registered participants with details!
- General COVID-19 risk assessment and body temperature screening will be conducted upon entry!
- Safe spacing & social distance practices of all participants required!
- Face masks must be worn when within 6-feet of non-household members!
- No group gathering or assembly! No food or drinks will be served! Contingent upon weather/conditions!

**REGISTRATION REQUIRED by September 16<sup>th</sup> • To Register Call 920.457.2223!**

Or send an e-mail to: [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)



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

[www.christopherfarmgardens.org](http://www.christopherfarmgardens.org)

**Christopher Farm &  
Gardens is located at  
W580 Garton Road,  
Sheboygan.**



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



## **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!

**Tuesday, September 1<sup>st</sup> at 9A & 530P**

*TOPIC: Maintaining Mental Health & Wellness Amidst COVID-19!*

**Wednesday, September 9<sup>th</sup> at 9A & 530P**

*TOPIC: Building Colorful Kites (& Stomp Rockets) to Fill the Skies at the Christopher Farm & Gardens (Sunday, September 20<sup>th</sup>)!*

**Tuesday, September 15<sup>th</sup> at 9A & 530P**

*TOPIC: Survivor Show & Tell! FOLLOWED BY: MORE Building Colorful Kites (& Stomp Rockets) to Fill the Skies of the Christopher Farm & Gardens (Sunday, September 20<sup>th</sup>)!*

**Wednesday, September 23<sup>rd</sup> at 9A & 530P**

*TOPIC: Reflections from the Christopher Farm & Gardens!*

**Tuesday, September 29<sup>th</sup> at 9A & 530P**

*TOPIC: Open Discussion and A Look Ahead to October!*

**Zoom Meeting ID: 833 9821 3314 • PASSWORD: 892356**

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

**LOCATION: Matthews Oncology Associates • Sheboygan Cancer & Blood Specialists  
1621 N. Taylor Drive, Sheboygan • Second Floor Conference Room  
• Call 920-458-7433 (Ask for Tim) for more information! •**

# “Survive, Thrive & Be Fit!”



## 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 - September 14<sup>th</sup> & 28<sup>th</sup>**

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

**5:30PM to 6:30PM – Virtual Yoga**

With Kaitlyn Kiela, CYT

**MEETING ID: 833 9821 3314 • PASSWORD: 892356**

#### **OTHER Yoga Opportunities:**

**Sunday, September 20<sup>th</sup> • Christopher Farm & Gardens**

**OUTDOOR “Pop Up” Yoga • Dates/Times/Locations TBD!**

For more details (and to request notification of OUTDOOR “POP UP” sessions, contact Tim at 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