

# The Local Cancer Community Update



Together we  
Live with  
Cancer!



Submitted by Tim E. Renzelmann ● September 16<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 at the Christopher Farm & Gardens (w/ Inaugural “Great Heights with Delightful Kites”) & More – Sundays, September 20<sup>th</sup> & October 25<sup>th</sup>!

Join us at the Christopher Farm & Gardens on Sunday, September 20<sup>th</sup> (as well as Sunday, October 25<sup>th</sup>) for our first “Great Heights with Delightful Kites” and other activities!

Pre-registered guests can bring a kite of their own or contact Tim to pick up a kite kit to build and decorate on your own and be a part of our effort to see how many kites we can get up in the air during each of our “launch times” of 1 to 2P and 4 to 5P (weather and condition permitting, of course).



Photo Above: “Bob the Builder” Hartig flies his DIY Rokkaku Kite (circled) which he chose to decorate with the ST&BF “Beacon of Hope” logo (see insert)

during a recent kite-flying session at Deland Park in Sheboygan!

Participating kite flyers will keep their distance from one another (not just because of COVID-19... but to prevent lines from getting tangled) and viewers can enjoy seeing a variety of kites of various sizes, styles, colors and designs as they fill the skies above the Christopher Farm & Gardens!

In addition to this kite-flying opportunity there will be a variety of activities including more Stomp Rockets during the same time as the kite launch, an OUTDOOR Gentle Yoga for Cancer Survivors session at 3PM, a chance to DISC-over DISC Golf or you may opt to simply wander this wonderful property!

For more details and to select your kite kit from those below, contact Tim. Registration for this event is required by Wednesday, September 16<sup>th</sup>!

## ST&BF OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors Session!

Join us this Thursday for another ST&BF OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors Session starting at 530P at Deland Park on Sheboygan’s Lakefront!

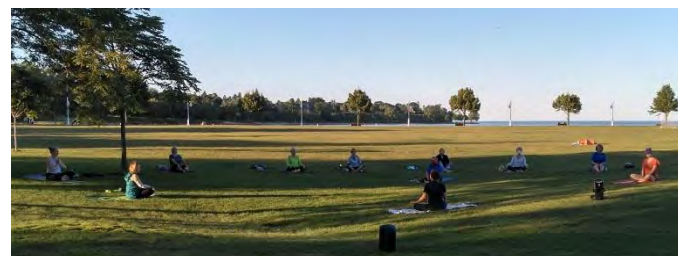


Photo Above: Cancer patients/survivors enjoying a physically-distanced outdoor yoga session at Deland Park earlier this month!

In addition, anyone interested in a kite-flying opportunity (prior to Sunday’s event at the Christopher Farm & Gardens), you are welcome to join us at this same location anytime between 430P

and 7P! There will be a variety of kites available for you to fly! NOTE: This is NOT a kite-building opportunity, but if you'd like to pick up one of the kite kits prior to Sundays event, please let me know!

## Emily's GOLDEN BIRTHDAY: A Birthday and Survivorship Celebration Benefitting SCCCF!



I received an e-mail from one of our readers, Emily King, on September 1<sup>st</sup> that read, "I was just reading through the bulletin and had a thought. I would really like to participate in a virtual run/walk this fall. I

haven't been able to find any, so I'm wondering if we could do one to benefit SCCCF. It would be great exercise and a way to raise money!"

Of course, I was intrigued by her idea... not only because it could raise a few dollars for SCCCF (especially when so many other fundraising efforts have been thwarted due to COVID-19) but it also reinforces the active lifestyle that "Survive, Thrive & Be Fit" tries to promote for cancer patients and survivors (especially during a time when COVID-19 has reduced the number of those activities)!

Since then Emily and I have been kicking around a few ideas. Despite the limited time to organize and promote a fall event, with Emily's enthusiasm and the support of her family and friends, I am pleased to announce a VIRTUAL fall fundraising event simply called "Emily's Golden Birthday!"

You see, on October 26<sup>th</sup>, Emily will turn 26... and that makes it her "Golden Birthday"! So Emily is inviting her family, her friends and anyone else who is interested to celebrate with her while supporting the Sheboygan County Cancer Care Fund!

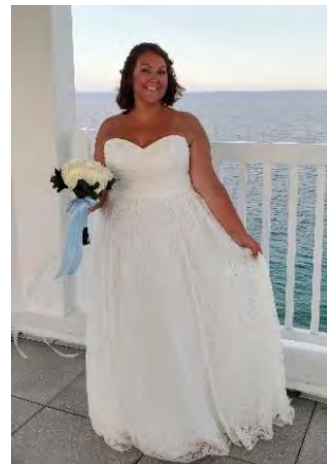
It's simple. Choose a physical activity that you enjoy and simply commit to doing it in the 26 days leading up to her 26<sup>th</sup> birthday (October 1<sup>st</sup> to October 26<sup>th</sup>)! For example, you could pick one of those days and do 26 push-ups. Or you could commit to doing 26-minutes of any form of exercise every day for 26 days! Maybe you want to go for a 26-minute walk, jog 26 kilometers (about

16 miles) or ride your bike 26 miles either in one day or over the 26 days. You pick the activity and the duration (even if it has nothing to do with the number 26)! Do it on your own or team up with others (while following COVID-19 precautions). Then... DO IT!

After you've made the commitment, set the goal or have completed the effort, just register for "Emily's Golden Birthday" (forms coming soon) and make a donation to SCCCF!

With a minimum donation of \$6.76 (26 x 26), you will be eligible for a drawing (a list of prizes will be available by October 1st) and you may submit a photo and comments (birthday wishes to Emily and/or words of support for area cancer patients/survivors or SCCCF) via "Emily's Golden Birthday" page in the PHOTO section of our website ([www.scccf.org/contests](http://www.scccf.org/contests))!

Participate at the \$26 level and receive a SCCCF-logged knit hat, beanie, baseball cap, lunch cooler (while supplies last) or comparable incentive item along with five chances in the drawing!



I recently had a chance to talk to Emily about her cancer experience. She shared her story that included her unexpected non-small cell lung cancer diagnosis at the age of 23 followed by a failed course of treatment and then a new approach that has been effective.

Along the way, she got engaged and married Mike in August of this year! Watch the next issue of the Local Cancer Community Update to read more about Emily's story and to find out how you can participate in "Emily's GOLDEN BIRTHDAY" event!

## Speaking of Birthdays...



I recently celebrated a birthday myself (with more than twice as many candles as Emily) and was

delighted when I walked into my office to see a bunch of “survivor-blue” balloons and a wonderful gift display from a group of ST&BF survivor-athletes! Although I was delighted... I can't say I was all-that-surprised because that's just the kind of thing that these folks do! Thank you to all of those involved (you know who you are)!

If you are interested in a more detailed description of this gift (which involved a fun and unique puzzle that I think I figured out) and some comments on how much it meant to me, check our blog in a week or so ([www.scccf.org](http://www.scccf.org))!

## **FINAL DAYS of the ST&BF “Cumulative” 5K, 10K, Half Marathon and/or Marathon and/or “Cumulative” 100K and/or 100-mile Bike Ride!**



On May 11<sup>th</sup> area cancer patients/survivors were invited to participate in the ST&BF “Cumulative” 5K, 10K, Half Marathon or Marathon

Walk/Jog/Run and/or a “Cumulative” 100K, 100-mile Bike Ride!

Since then a small but dedicated group of survivor-athletes and a few co-survivors have been tracking their progress! This challenge concludes on September 25<sup>th</sup>. If you have been participating in this challenge by completing one or more of the distances, I would ask that you forward your final log sheets to me by September 30<sup>th</sup> and we will publish the results accordingly!

Although that challenge is coming to an end... I hope you will consider participating in “Emily’s Golden Birthday” event that runs from October 1<sup>st</sup> to 26<sup>th</sup>!

## **Local Cancer Community Opportunities:**

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

**RSVP REQUIRED FOR ALL IN-PERSON ACTIVITIES!**

## **SCCCF OUTDOOR “POP UP” Gentle Yoga for Cancer Survivors (& “Great Heights with Delightful Kites” Opportunity!)**

Yoga Facilitated by Melissa Kiela, CYT

Thursday, September 17<sup>th</sup> ● 530P

Great Heights with Delightful Kites ● 430P to 7P

Deland Park, Broughton Drive, Sheboygan

## **SCCCF Survive, Thrive & Be Fit at the Christopher Farm & Gardens: Gentle Yoga for Cancer Survivors! Great Heights with Delightful Kites! Stomp Rockets (Re-visited)!**

DISC-over DISC Golf!

Wander the Wonderful Property!

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

Sunday, October 25<sup>th</sup> ● 1P to 5P

Christopher Farm & Gardens, W580 Garton Rd, Sheb.

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

Wednesday, September 23<sup>rd</sup> ● 9A & 5:30P

Topic: “Reflections from the Christopher Farm & Gardens”

Tuesday, September 29<sup>th</sup> ● 9A & 5:30P

Topic: “Open Discussion” & “A Look Ahead to October”!

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

Monday, September 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>

## **Emily’s Golden Birthday: A Birthday and Survivorship Celebration Benefitting SCCCf!**

October 1<sup>st</sup> to 26<sup>th</sup> ● Virtual Fundraising Event

More details coming soon!

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!**

**Great Heights with Delightful Kites:** 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 for "Great Heights with Delightful Kites" (& Colorful Stomp Rockets too) 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

# 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 11<sup>th</sup> through Friday, September 25<sup>th</sup>.

**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](http://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](http://www.scccf.org/events).

**Participation Awards and Random Prizes:** To be determined!

**For more Information:** Contact Tim at [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com) or 920.457.2223.

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# 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"> <li>• Replacement splits must be of the same distance as previous (replaced) entries.</li> <li>• 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.</li> </ul>
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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 : : .	