

The Local Cancer Community Update

Submitted by Tim E. Renzelmann ● September 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!



Together we
Live with
Cancer!



Survivor Spotlight: Emily King Non-small cell lung cancer survivor Diagnosed: May 30th, 2018, Age: 23

Note from Tim: Perhaps the greatest honor of this work is the opportunity to meet so many courageous cancer patients and survivors, to hear their stories of strength and grace and perseverance and, on occasions like this, share those stories with others within our Local Cancer Community!

As I previously shared, Emily contacted me on September 1st through an e-mail 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!"



Last week we announced "Emily's Golden Birthday: A Birthday and Survivorship Celebration Benefitting SCCCf!" to commemorate Emily's Golden Birthday while helping area cancer patients and survivors!

I am honored to share at least part of Emily's story with you as she shared with me in a recent conversation:

Emily King Non-small Cell Lung Cancer Survivor Diagnosed May 30th, 2018 at the age of 23

I had a lingering cough!

I just thought it was either allergies or a cold, so I didn't make too much out of it. Then one day I was cleaning my house and I felt this crunching in my ribs that was accompanied by intense pain. So, I went in to see a doctor and they did a chest x-ray and noticed a spot on my lung. At first, they thought I had pneumonia, but following a course of antibiotics, the spot did not go away.

From there I was referred to a pulmonologist who did a CT scan and looked further but still couldn't determine what it was so he did a bronchoscopy (put a tube down my throat into my lungs). While in my lung, the doctor also noticed a bunch of lymph nodes that didn't look right. They took some samples and sent that to a lab and the results came back as stage III adenocarcinoma.

Being 23 years old, I never imagined a diagnosis like that!

When I first heard the words "you have cancer" I was honestly sick to my stomach and went into panic mode. I couldn't think. Being 23 years old, I never imagined a diagnosis like that. I was active and healthy, just moved in with my boyfriend, graduated nursing school and started working. My life had to come to a complete stop.



Photo left: A recent photo of Emily and her husband Mike (with Odin and Nala) during a hike in the nearby Northern Kettle Moraine State Forest! Emily invites you to join her along with her family and friends in celebrating her Golden Birthday while raising funds for SCCCf! See next article!

Radiation and Chemotherapy Failed!

The first step in treatment consisted of thirty days of intense radiation followed by two rounds of chemotherapy with two different drugs for six weeks after which I was re-scanned and there was no improvement. In fact, the spot on my lung actually got slightly bigger.

So then I had bio-marker testing that looks at the genetics of the cancer and I tested positive for the EGFR mutation.

FYI: EGFR Mutation

EGFR stands for epidermal growth factor receptor. EGFR's job is to help cells grow and divide. In the case of EGFR-positive non-small cell lung cancer (NSCLC), a

mutation, or damage, in a gene causes the EGFR to remain stuck in the “on” position. This “drives” abnormal cell growth, which is what cancer is. EGFR-positive lung cancer is more common in certain populations, such as:

- people who have never smoked or only smoked a little.
- people with lung adenocarcinoma
- women
- young adults with lung cancer (EGFR mutations are present in roughly 50 percent of lung cancers in young adults).
- people of Asian or East Asian heritage

My cancer started shrinking!

So, after radiation and chemotherapy didn’t work, I met with an oncologist who specializes in EGFR-related lung cancers who actually told me that they actually see this a lot all over the world. I happened to be one of the youngest! She prescribed a medication that is designed to address the mutation. Following a couple of months on this medication I was re-scanned and re-scoped and my cancer started shrinking!

At that point I had surgery to remove the right upper lobe of my lung where the primary tumor was and they also removed the lymph nodes in my mid-chest. This was followed up with adjuvant chemotherapy to eliminate any remaining cancer cells. Now I am back on the medication for the EGFR mutation and will be on it for probably the next two years. Initially, they thought a 12-month course of this drug was curative, but recent studies have shown that a three-year course offers a much better survival rate, so they advised I stay on it for another two-years!

It does have some side effects similar to IV chemo; fatigue, nausea, infections, blood clotting; but they haven’t been as bad as IV chemo.

I did a few things along the way!



I was diagnosed on May 30th of 2018. So it’s been about two years and three months! But I did a few things along the way! I got engaged and I got married!

After they removed the upper lobe of my affected lung and after the adjuvant chemotherapy, Mike and I took a trip to Florida and he asked me to marry him! We got married this past August!

We wrote our own vows for our wedding. And, in my vows, I wanted to express how he has really stuck by

me and how difficult it must have been for him while I was sick!

I’ve read that a cancer diagnosis is just as hard if not harder on everyone else other than the cancer patient. I can’t imagine how difficult this was for both my mom and dad... to see their daughter go through something like this. And I’m sure it was equally as hard on my husband. Especially since it was all so unexpected for all of us!

Advice for Others!

The advice I would give someone just starting their journey is to live your life positively, do things you really enjoy, be around people you love, and be an advocate for yourself! I think that’s what cancer has taught me. Of course, people should live that way regardless, but I think it becomes more important with cancer... especially being an advocate for yourself!

The Cancer Care Fund helped me out so much!

I stopped working on July 11th of 2018 when I had my first round of chemo and I just went back to work earlier this month! The rental assistance that I received from the Sheboygan County Cancer Care Fund was a huge help for me! I really don’t know what I would have done without it!?! I might have had to move back in with my parents! Not that that’s the worst thing in the world... I have great parents! But it certainly wasn’t something I really wanted to do!

Through the Fund I also was able to experience a “Day of Relaxation” at the Kohler Waters Spa, which was amazing, as well as enjoy the benefits of massage from Kris Angermeier of Curative Therapies who does such a great job!

I just want to give back!

I love to exercise and I love to walk. I tried to exercise as much as I could since this all began but there were times, like following the surgery and during chemotherapy, when I just couldn’t. But, since January of this year I’ve been walking and hiking just about every day! So I thought it would be cool to have a VIRTUAL event where we can all do something we enjoy while raising some money for the Fund! I plan to promote this with all of my family and friends and post it to my Facebook friends and welcome anyone who wants to participate. And I know from reading the Local Cancer Community Updates that there are other cancer patients and survivors that like to exercise... so they are certainly welcome to participate as well!

I’ve been participating in the “Hunting for a Cure” event over the past few years! In fact, my husband won a gun at the event this past year. That is such an amazing

event! I realize this will be a smaller event, but I had said to myself when I was getting help, that when the time came, I would do my best to pay it back! I'm a strong believer in that... and I thought this would be one way to do that!

NOTE FROM TIM: *Thank you Emily for sharing your story and for your efforts to "give back" and support the mission of the Sheboygan County Cancer Care Fund!*

Emily's Golden Birthday: A Birthday and Survivorship Celebration Benefitting SCCC!

October 1st to October 25th!



You are invited to join Emily along with her family and friends as they celebrate her "Golden Birthday" (she turns 26 years old on October 26th) by participating in this VIRTUAL fundraising event with proceeds benefitting SCCC!

It's simple. You choose a physical activity and commit to doing it in the 26 days leading up to Emily's 26th birthday (October 26th)! Do 26 push-ups. Walk 26 minutes. Jog 26 kilometers. Bike 26 miles. Dance to 26 songs. Do 26 yoga poses. You pick the activity and the duration (even if it has nothing to do with the number 26)! Do it in one day or spread it out over those 26 days! Do it alone or team up with others (while following COVID-19 precautions).

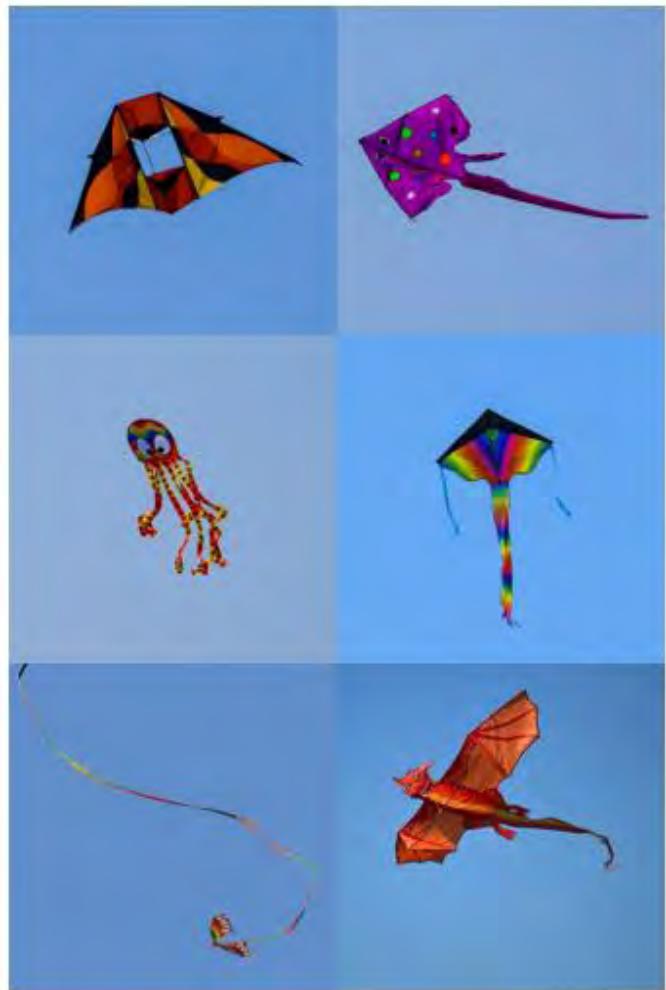
After you've made the commitment, set the goal or have completed the effort, just register for "Emily's Golden Birthday" (forms coming soon) and make a donation to SCCC!

Emily, Mike, Nala & Odin thank you for participating!

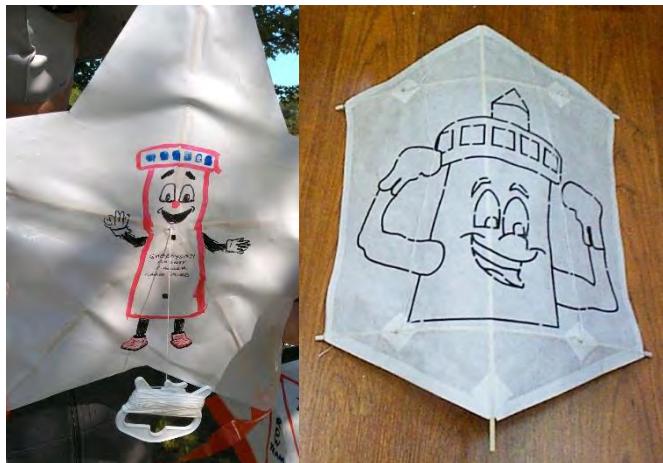
See attached flyer for details or contact Tim!

Survive, Thrive & Be Fit at the Christopher Farm & Gardens Including "Great Heights with Delightful Kites" & More!

About forty cancer patients/survivors and co-survivors enjoyed a gorgeous Sunday afternoon (September 20th) at the Christopher Farm & Gardens! Special Thanks to Mr. Jay Christopher (owner of the Christopher Farm & Gardens) for, of course, allowing us to visit this beautiful and healing space... but also for suggesting that we "go fly a kite!" I'm thinking this might become a regular ST&BF activity during future visits to the CF&G and other times as well (watch for details)!



In addition to the many colorful kites (I counted 31 different kites flown by 24 kite pilots), many participants built and decorated their own kites with available kite kits. Here are a couple of my favorite designs!



Bruce Becker built and decorated the star kite on the left and Bob Hartig built and decorated the Rokkaku kite on the right. Regretfully, Bob's kite line crossed that of a bigger/stronger kite on Sunday which severed its line and it was last seen resting about fifty feet up in an evergreen tree!

If you are interested in building and decorating your own kite before our next kite-flying opportunity at the Christopher Farm & Gardens, just let me know!

It was a day of simple fun with additional activities including an OUTDOOR Gentle Yoga for Cancer Survivors session at an ideal location (see photo below), a chance to DISC-over DISC Golf on a three-hole course and a chance to simply wander this incredible property!



Mark your calendars and watch for details for the next opportunity to "Survive, Thrive & Be Fit" at the Christopher Farm & Gardens" on Sunday October 25th at which time we will be offering a variety of activities including another chance to reach "Great Heights with Delightful Kites!"

Special thanks to Chow at Unique Flying Objects (www.uniqueflyingobjects.com) in Two Rivers for providing some guidance and a few kites for this event! If any of you have any kite flying (or kite buying) questions... Chow is the one to ask!

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



Starting May 11th 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 25th. 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 30th and we will publish the results accordingly!

As the "Cumulative" event comes to an end... I hope you will consider participating in "Emily's Golden Birthday" event that runs from October 1st to 26th!

ST&BF OUTDOOR "POP UP" Gentle Yoga for Cancer Survivors Sessions Continue! Watch for "POP UP" Tai Chi, Day Hikes & Kite Flying!

The days are getting shorter... and cooler! We will continue to offer ST&BF OUTDOOR "POP UP" Gentle Yoga for Cancer Survivors Sessions as weather allows! These sessions are typically scheduled last-minute (based on the weather forecast) and announced via e-mail. If you are not already on the ST&BF OUTDOOR "POP UP" e-mail list, contact Tim!



Photo Above: A recent ST&BF OUTDOOR "POP UP" Gentle Yoga for Cancer Survivors session at Taylor Park. If you look closely, you will see another group of yogis in the background who seemed to have the same idea!

As the weather continues to cool while the seasons change (as do the color of the leaves as seen in the photo) watch for other activities that may be better suited for outdoor participation in cooler weather.

I am working on scheduling a few OUTDOOR "POP UP" Introductory Tai Chi sessions with Michael Finney who also offers a FREE community Tai Chi class every Monday in Kohler. Also, as some of you may recall, in years past we have offered a variety of "Hiking Along the Cancer Journey" day hikes throughout the fall months and even into early snowfalls (see photo below)... before transitioning to "Survivors on Snowshoes." Watch for those as well!



Photo Left: A "Hiking Along the Cancer Journey" day hike on the Black River Trails of Kohler-Andre State Park in January, 2015!

Oh... and don't be surprised to see a few more "Great Heights with Delightful Kite" kite-flying opportunities bundled in as well! 😊

"Cancer Succs" Last Hurrah Plant Sale (benefitting SCCCf)!

Many of you know and have met Jane Berg or have seen her "award-winning" photographs from past "Survivorship Through the Lens" People's Choice Photo Contests. A couple years ago Jane and her friend Sandy began selling succulents that were planted in a wide variety of unique containers (too cute to be called "pots").



Photo above: Jane (left) and Sandy (right) selling their "Cancer Succs" plants at the "K-9z for a Cause" event in September, 2019.

Well, Jane is selling out the remainder of her live succulents for "Cancer Succs"!

Additionally, Jane has dried artificial floral arrangements for sale ranging from \$10 to \$25! As always, a portion of all sales is donated to SCCCf!

See attached informational sheet for details if interested!

TLC VIRTUAL Local Cancer Community Update (via Zoom)!

We began offering the TLC VIRTUAL Local Cancer Community Update (via Zoom) over five months ago (our first session took place on Monday, April 13th)!

Granted, it is not ideal! Ideal would be if we could come together in person in the MOA/SCBS 2nd Floor Conference Room, able to greet one another with handshakes and hugs, offer a congratulatory pat on the back when we deserve it or an encouraging embrace when we need it. Despite all that we are going through, I have not forgotten those days and I do hope to someday be able to return to them! But, for now, we must do what is best, not only for ourselves but for one another and the common good!

I had never done Zoom prior to all of this and, despite its shortcomings, it also has many benefits and offers

some unique opportunities! So I would encourage you to just give it a try! If you are interested joining us for any of our activities, here is a link to a wide selection of "how to" videos related to Zoom:

https://www.youtube.com/playlist?list=PLKpRxBfeD1kEM_I1ld3N_XI77fKDzSXe&app=desktop

Local Cancer Community Opportunities:

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

RSVP REQUIRED FOR ALL IN-PERSON ACTIVITIES!

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

Monday, September 28th ● 530P

Facilitated by Kaitlynn Kiela, CYT

Meeting ID: 833 9821 3314, Password: 892356

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

TLC VIRTUAL Local Cancer Community Update (via Zoom)!

Tuesday, September 29th ● 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!

Emily's Golden Birthday: A Birthday and Survivorship Celebration Benefiting SCCCf!

October 1st to 26th ● **VIRTUAL** Fundraising Event

More details coming soon!

SCCCf Survive, Thrive & Be Fit OUTDOOR "POP UP" Gentle Yoga for Cancer Survivors, Introductory Tai Chi and Great Heights with Delightful Kites Sessions to be Offered!

Dates and times to be determined! Schedule announced via e-mail! Contact Tim to be added to this "POP UP" e-mail list!

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.sheboygancancer.com • www.scccf.org



October 1st
to 26th!

Join Emily King and her family and friends to celebrate her “Golden Birthday” (she turns 26 years old on October 26th) by participating in this VIRTUAL fundraising event benefitting SCCCf!

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Register for “**Emily's Golden Birthday**” by completing this form. With a minimum donation of \$6.76 (26 x 26) you will be eligible for a drawing (a list of gift cards and other prizes will be available on October 1st) and you may also submit a photo and comments (birthday wishes to Emily and/or words of support for area cancer patients/survivors) via “Emily's Golden Birthday” page in the PHOTO section of our website (www.scccf.org/contests)! Anyone making a \$26 donation will also receive their choice of a SCCCf-logoed knit hat, beanie, baseball cap or lunch cooler (quantities of each item are limited)!

For details, updates and to make online donations: www.scccf.org/events and www.scccf.org/contests.

Emily's Golden Birthday – Participation/Donation Form					
Name		E-mail			
Donation Enclosed:	<input type="checkbox"/> \$6.76 to \$25.99	<input type="checkbox"/> \$26.00 or more	Select One:	<input type="checkbox"/> Knit Hat	<input type="checkbox"/> Cap
Describe <input type="checkbox"/> Pledged or <input type="checkbox"/> Completed Activity (by Monday, October 26 th):					

“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 14th & 28th

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 20th • 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.



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



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!

Tuesday, September 1st at 9A & 530P

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

Wednesday, September 9th 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 20th)!

Tuesday, September 15th 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 20th)!

Wednesday, September 23rd at 9A & 530P

TOPIC: Reflections from the Christopher Farm & Gardens!

Tuesday, September 29th 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! •

LAST HURRAH CANCER SUCCS

PLANT SALE

I AM SELLING OUT ON THE REMAINDER OF MY LIVE SUCCULENTS FOR CANCER SUCCS.

PLANT PRICING:

\$5 FOR UNMARKED PLANTS

\$10 EACH OR 2 FOR \$15

\$12 EACH OR 2 FOR \$20

\$15 EACH OR 2 FOR \$25

ADDRESS: 1919 CARDINAL PARKWAY. TAKE HWY LS TO PLAYBIRD ROAD. GO EAST TO CARDINAL PARKWAY. TURN RIGHT. I AM THE SECOND HOUSE ON THE RIGHT, A RED RANCH. ALL PLANTS ARE IN THE GARAGE.

YOU CAN CONTACT ME BY PRIVATE MESSAGE ON FACEBOOK OR YOU CAN TEXT ME AT 920-627-3832. PLEASE GIVE YOUR NAME AND A MESSAGE AND I WILL GET BACK TO YOU TO SET UP A TIME.

IN ADDITION, I ALSO HAVE DRIED AND ARTIFICIAL FLORAL ARRANGEMENTS FOR SALE RANGING FROM \$10 TO \$25.

AS ALWAYS A PORTION OF ALL SALES IS DONATED TO SHEBOYGAN COUNTY CANCER CARE FUND.