

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● October 1st, 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!



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

October 1st to October 26th!



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 SCCCF!

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" and make a donation to SCCCF!

See attached flyer or visit www.scccf.org/events.

Survive, Thrive & Be Fit: Introductory OUTDOOR Tai Chi Class & Great Heights with Delightful Kites!

Saturday, October 10th ● 11A: Tai Chi, 10A to 4P: Kites
Deland Park, Broughton Drive, Sheboygan

In response to the cooler fall temperatures and a continued effort to hold a variety of Survive, Thrive & Be Fit activities outdoors with facial coverings, physical-distancing and limited participation, consider joining us on Saturday, October 10th along Sheboygan's lakefront!

Michael Finney will lead us in an Introductory Tai Chi Session from 11A to Noon! Space is limited and registration is required by contacting Tim at 920.457.2223 or trenzelmann@physhealthnet.com.

Michael has been practicing various forms of martial arts since the age of twelve. After earning a black belt in Shitu Ryu at the age of 45 he found himself looking for a style that would create a paradigm shift.

"I was introduced to Tai Chi a year later," he recalls. "It's a world within itself and it encompasses the body, mind, and spirit. To the dedicated student, it really is a lifestyle. It goes beyond the physical to challenge you to grow on so many levels."

Michael has also been practicing yoga for ten years specializing in Vinyasa, Yin, Tao Yin and others.

Michael will also be offering an Introductory Tai Chi Class on our next visit to the Christopher Farm & Gardens on Sunday, October 25th. See attached for details!

With appreciation to the Sheboygan County YMCA, we will be holding this OUTDOOR Introductory Tai Chi Class on the YMCA's green space located on the corner of Broughton Drive and Washington Court.

Additionally, you are invited to attend the Wisconsin Kites Club "Sheboygan Fun Fly: One Sky One World Kite Fly for Peace" which takes place at Deland Park between 10A and 4P!

From the Wisconsin Kites Club website:



<http://wisconsinkitersclub.com/>

**Sheboygan Fun Fly –
One Sky One World
Kite Fly for Peace**

October 10, 2020 ● 10:00am to 4:00pm
Deland Park, Sheboygan

Join us for this Fun Fly in Sheboygan's Deland Park on Saturday, October 10. We'll have social distancing protocols in place and do not plan to have any kids kite making for this reason.

Following our recent visit to the Christopher Farm & Gardens which included our first-ever "Great Heights with Delightful Kites" kite-flying opportunity that was

enjoyed by many, this opportunity will allow you to see some amazing kites piloted by experienced kites and a chance to learn more about this lifelong activity from a knowledgeable and enthusiastic group!

You are also welcome to bring a kite of your own to join the fly or check in on the north side of the tennis/pickleball courts and look for our “Making Sheboygan the Healthiest Place to Survive Cancer” banner for details on how to connect with other ST&BF participants between 10A and 2P (a limited supply of kites available for you to fly for the day).

The World According to Tim: Reflections on COVID-19 - When the Need for Something Becomes Imperative, One is Forced to Find Ways to Achieve it!

As I see it, the experiences of COVID-19 are not entirely new to many cancer patients and survivors! Many who have experienced a cancer diagnosis (including me) suggest that experiencing cancer, despite its many challenges, can bring about positive changes in their lives! For many, a cancer diagnosis acts as a kind of “wake-up call” and can often be seen as a turning point in one’s life and an opportunity to change for the better during whatever time one has left on this earth.

Seldom, however, does such change for the better come easily and it is often accompanied by pain, suffering, setbacks, failures and grief.

My heart aches for the 210,000 U.S. citizens and more than 1,000,000 around our globe who have lost their lives to this virus. Equally if not more distressing to me is the thought that many of these dear souls died alone... without family and friends at their side. They paid the ultimate price! Those who have survived have also suffered greatly and many will continue to experience long-lasting complications of the disease.

The suffering doesn’t end there and is certainly not limited to physical suffering. The emotional suffering due to loss of life of life and severe illness as well as that brought on by the economic impact that has resulted from this pandemic is simply overwhelming.

As I said, I did not fully appreciate the seriousness of COVID-19 in its early days. Since then the loss of life and severity of illness has gained my attention and my respect. I continue to learn what I can about this disease by reading and listening to what the experts and scientists have to say about it. I have searched for what I believe are reliable sources.

I believe in the efficacy of face coverings, appropriate physical distancing, limiting exposure to others, avoiding crowds, staying outdoors, washing my hands, etc. I am confident that science supports these behaviors and precautions and I am convinced if EVERYONE would follow those simple steps it would result in a better outcome.

I understand that this approach comes at a cost. An emotional cost as we distance ourselves from one another and deny ourselves many of the things that bring us joy and an economic cost. To me... it seems like a choice of *Pay me now... or pay me more later!*

I am thankful as, to this point, I know of no one within our Local Cancer Community who has been seriously impacted by this virus... but that doesn’t mean it hasn’t taken it’s toll! In fact, there has been a real impact, especially to the nearly 100 cancer patients and survivors that were participating in the TLC Supportive Community and Survive, Thrive & Be Fit prior to COVID-19 – the loss, temporary though it may be, of what I consider to be the single most powerful force of humanity – The Power of Groups!

Dr. Irvin Yalom, in his classic work *Theory and Practice of Group Psychotherapy*, identified numerous “therapeutic factors” that are present in effective group interventions. These include:

Installation of Hope: seeing that others can and do overcome the same challenges.

Universality: realization through group interaction that a person’s problems are not unique, resulting in validation.

Imparting Information: increased understanding of the problem and reduced uncertainty.

Altruism: a sense of value and self-worth by helping others and being helped by others.

Imitative Behaviors: learning by observing and listening to others.

Group Cohesiveness: esprit de corps, resulting in solidarity and belonging.

Catharsis: expression or experience of emotion that is liberating.

Existential Factors: awareness and acceptance of limitations and inevitabilities inherent in life.

Although Yalom describes these curative therapies in the context of the field of psychotherapy, many are relevant in any effective peer support group or supportive community setting (such as the “Together we Live with Cancer” Supportive Community and “Survive, Thrive & Be Fit” Program Activities) as well!

I have learned much over the past twenty years from my work in the local cancer community. Perhaps the most basic and important of lessons has been that the benefits that cancer patients and survivors experience through these and other supportive opportunities comes from the group itself more than the activities or the moderators! So it deeply pains and frustrates me that, due to COVID-19, those very people who had created these supportive and healing environments in our Local Cancer Community (not to mention new cancer patients and survivors just beginning their journey or seeking a different path) cannot fully experience this powerful resource at this time!

In another book (*Creatures for a Day: And Other Tales of Psychotherapy*) Dr. Yalom writes, "The one thing I've come to know with certainty is that if I create a genuine and caring environment, my patients will find the help they need."

With those wise words in mind, I have tried to find new and different ways to share the "genuine and caring environment" that has been created by many of the participating cancer patients/survivors and co-survivors in our Local Cancer Community! Just because we can't gather in person... just because we can't meet in our usual location... just because we can't share the same experiences... with the same care-free practices as before... does not mean we cannot continue to find new (and perhaps better) ways to support and encourage one another through the challenges of the cancer experience, COVID-19 and life itself!

So... we've made changes... and we'll continue to make changes as circumstances continue to change!

We've moved some of our activities to a virtual format (via Zoom). Trust me... this was as big of a change and a challenge for me as for anyone! I'm very old school that way and I prefer face-to-face interactions and am not particularly tech-savvy! But as the age-old proverb states, "Necessity is the mother of invention!" In other words, when the need for something becomes imperative, one is forced to find ways to achieve it!

I will say, I was pleasantly surprised by the ease of this technology and impressed with the many security that have been created as this type of communication become more and more popular. If you are interested in joining us for any of our VIRTUAL activities (via Zoom) but unfamiliar with the format, here is a link to a wide selection of "how to" videos related to Zoom:

https://www.youtube.com/playlist?list=PLKpRxBfeD1kEM_I1ld3N_Xl77fKDzSXe&app=desktop

Like just about everything else in life, one must take the good with the bad and the bad with the good. On the

one hand, we have had to sacrifice the face-to-face connections along with the handshakes and hugs (at least for now)! But, on the other hand these VIRTUAL opportunities have allowed us unique glimpses into one another's lives! Some participants have offered tours of their homes as it has offered the opportunity to participate in the comfort and convenience of their homes and back yards. We have met family members, grandkids and even pets. And, most of us (I think) have enjoyed it more than we thought we would, despite our initial unfamiliarity with this technology!

Of course, I do hope to someday be able to return to our "in-person" gatherings that often brought a special kind of life and energy into the MOA/SCBS 2nd Floor Conference Room which now sits rather lifeless! But I suspect these VIRTUAL opportunities will continue to play a role in the future of our Local Cancer Community which may evolve into a hybrid/mixture of "in-person" and VIRTUAL connections and opportunities!

The SCCC Gentle Yoga for cancer survivors sessions made a relatively easy transition to the VIRTUAL world as evidenced by this past Monday's session that included about a dozen participating cancer patients and survivors. Our instructor for the evening, Kaitlynn Kiela, CYT, allowed us to record this session and invites you to practice along with her whenever it is convenient for you. Just click on the below link:



https://us02web.zoom.us/rec/share/soyplijZvhidpJi1qK5EXRZ7doBHAbfZff6nHcRZuIDwhuMc4eN7tVK7HP87j016.eL8Smiz_vpXTE7g4?startTime=1601332457000

In addition, we began offering OUTDOOR "POP UP" Gentle Yoga for Cancer Survivor Sessions at area parks over the summer months and into early fall which has allowed us to connect and see familiar eyeballs (behind those masks) while following COVID-19 precautions!

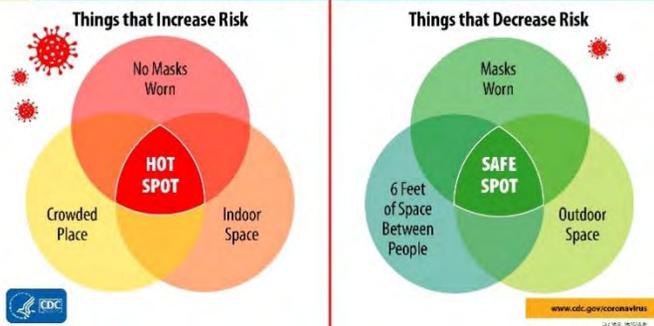
I am neither an epidemiologist nor a public health expert... but from what I've read (and what I think I know) about the transmission of this disease... outdoor activities that involve proper physical-distancing, facial coverings fewer participants offer a relatively safe environment. Consider this taken from the CDC website:

What Makes Activities Safer

Activities are safer if:

- You can maintain at least 6 feet of space between you and others. COVID-19 spreads easier between people who are within 6 feet of each other.
- They are held in outdoor spaces. Indoor spaces with less ventilation where it might be harder to keep people apart are more risky.
- People are wearing masks. Interacting without wearing masks also increases your risk.

Tips for Reducing Risk of Getting COVID-19



Of course, outdoor sessions become much more unpredictable and “weather-dependent” than our usual indoor sessions. So these OUTDOOR “POP UP” yoga sessions are scheduled “last-minute” (based on the forecast) and announced via e-mail. My intent is to offer additional “POP UP” sessions in a variety of other activities (Tai Chi sessions, Great Heights with Delightful Kites outings, Hiking Along the Cancer Journey day hikes, Survivors on Snowshoes opportunities) in the months ahead. If you are interested in participating in these last-minute “POP UP” activities be sure to contact me to assure you are on the “POP UP” e-mail list!

We have been so very fortunate to have been invited on several occasions to the Christopher Farm & Gardens this year which offered plenty of space to gather while maintaining a safe distance. It has also allowed us to introduce a couple of fun activities including “Stomp Rockets” and “Great Heights with Delightful Kites!” I hope you will consider joining us during our next visit to the Christopher Farm & Gardens on Sunday, October 25th that will include a Steps to Survivorship “Trick or Treat” Scavenger Hunt throughout the property as well as another Great Heights with Delightful Kites! See attached for details!

I suspect that as the weather continues to cool and as fall begins to transition to winter some may opt for the warmth and comfort of their homes while I am also quite confident that many of us will choose the beauty and excitement of the great outdoors and simply add another layer or two to protect us from Nature’s whimsical wonders of Wisconsin winters! 😊

I fully intend to continue to offer a variety of OUTDOOR “POP UP” activities throughout the seasons ahead! Don’t be surprised to see a “bundled” event of Survivors on Snowshoes with Great Heights with Delightful Kites! Why not? A warm coat, hat and mittens... and maybe a set of snowshoes for traction and stability... how “cool” would it be to see a winter sky filled with kites!?!

I am also working on making some minor changes to our website that I hope will make it an even more valuable resource for our Local Cancer Community! Watch for details!

Admittedly, I have been frustrated with aspects of COVID-19! But, at the same time, I have been inspired by the incredible resilience and determination of so many of the amazing cancer patients and survivors I am fortunate enough to work with! Many of whom fully understand that, as with virtually everything in life, the more you put in or give to something... the more you get out or receive!

Take Sue Zalewski, for example! Sue joined our ST&BF Indoor Row Group several years ago to regain her strength following cancer treatment. Sue, along with her husband John, are examples of those that I describe as “going beyond participation”! They choose, in many ways, to give as much and even more than they get from their involvement in this Local Cancer Community! Like many of us who are fortunate to survive cancer, eventually we are faced with other challenges. For Sue, it was hip surgery. Many might use this as an excuse to sit back and relax. Instead, Sue took part in the ST&BF CUMULATIVE Walk/Run that recently ended. She submitted her results along with these comments:

Thank you for sponsoring this activity during this COVID time. It gave me great incentive to be active before and after my hip surgery. I don't think I would have pushed myself like I did if it wasn't for writing my mileage down.

I honestly think this activity helped me prepare and recover from surgery. Now I am just SO HAPPY I can get back to doing exercise I enjoy without having pain. I just wish I could be doing them alongside my fellow survivors. I miss everyone!



Photo Left: Sue completes her FIRST Million Meters during an Indoor Row Group Session on January 21, 2020 and she is well on her way to her SECOND Million Meters!

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!

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

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

See attached for details!

SCCCF Survive, Thrive & Be Fit: Introductory Tai Chi & Great Heights with Delightful Kites at the Wisconsin Kites Club Sheboygan Fun Fly – One Sky One World Kite Fly for Peace!

Saturday, October 10th ● 1P to 5P

Christopher Farm & Gardens, W580 Garton Rd, Sheb.

See attached for details!

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

Tuesdays, October 13th, 20th & 27th ● 530P

Facilitated by Stacy Harriott, 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, October 15th ● 9A & 5:30P

Topic: 2020/2021 Indoor Row Group Informational Meeting followed by VIRTUAL Row Session!

Monday, October 19th ● 530P

Topic: Survivor Show & Tell and a Look Ahead!

Wednesday, October 28th ● 9A

Topic: Survivor Show & Tell and a Look Ahead!

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

See attached for details!

Meeting ID: 833 9821 3314, Password: 892356

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

SCCCF Survive, Thrive & Be Fit: Indoor Row Group **VIRTUAL Team Informational Meeting (via Zoom)!**

Thursday, October 15th ● 9A & 530P

Join us for this VIRTUAL meeting to discuss and plan for the 2020/21 Indoor Row Group Season which runs from November 1st through April 30th!

Meeting ID: 833 9821 3314, Password: 892356

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

SCCCF Survive, Thrive & Be Fit at the Christopher Farm & Gardens with Great Heights with Delightful Kites, Introductory Tai Chi, Steps to Survivorship “Trick or Treat” Scavenger Hunt & Wander the Wonderful Property!

Sunday, October 25th ● 1P to 5P

Christopher Farm & Gardens, W580 Garton Rd, Sheb.

See attached for details!

SCCCF Survive, Thrive & Be Fit OUTDOOR “POP UP” Sessions:

Including Gentle Yoga for Cancer Survivors, Introductory Tai Chi, Great Heights with Delightful Kites, Hiking Along the Cancer Journey Day Hikes & More!

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

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

Kaitlyn Kiela, CYT graciously allowed us to record a recent Gentle Yoga for Cancer Survivors Session and welcomes you to follow along with her at any time that is convenient for you!

Just click on the below link:

https://us02web.zoom.us/rec/share/soyplijZvhidpJi1qK5EXRZ7doBHAbfZf6nHcRZulDwhuMc4eN7tVK7HP87j016.eL8Smiz_vpXTE7g4?startTime=1601332457000

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 is Breast Cancer Awareness Month! If you are a breast cancer patient/survivor and would like to share a photo along with some words of support and encouragement to other area breast cancer survivors... go to www.scccf.org/contests!



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!

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



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
				<input type="checkbox"/> Beanie	<input type="checkbox"/> Lunch Cooler
Describe <input type="checkbox"/> Pledged or <input type="checkbox"/> Completed Activity (by Monday, October 26 th):					

Send form & donation to: SCCCf – Emily's Golden Birthday, 1621 N. Taylor Dr. Ste. 100, Sheboygan, WI 53081.

Survive, Thrive & Be Fit!

Saturday, October 10th

Area cancer patients/survivors are invited to join us for these OUTDOOR activities with PHYSICAL DISTANCING protocols!



Introductory

Tai Chi!

Join **Michael Finney**, a lifelong student of the Martial Arts, who was introduced to Tai Chi many years ago stating, *“It goes beyond the physical to challenge you on so many levels.”* Michael will lead this Introductory OUTDOOR Tai Chi class from 11AM to Noon in the green space just north of the YMCA.



Great Heights with Delightful

Kites!

Join us at the **Wisconsin Kite Club** *“Sheboygan Fun Fly: One Sky One World Kite Fly for Peace”* at Deland Park between 10A and 4P! Bring a kite of your own or reserve a kite to fly for the day.

Registration Required by calling 920.457.2223 or e-mail trenzelmann@physhealthnet.com by Thursday, October 8th!



**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

“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 is important to stay connected with each other and those we care about.

Tuesday Evenings – October 13th, 20th & 27th

5:15PM to 5:30PM – Casual Check-In

5:30PM to 6:30PM – Virtual Yoga

With Stacy Harriott, CYT

MEETING ID: 833 9821 3314 • PASSWORD: 892356

**Watch for OUTDOOR “Pop Up” Yoga or Introductory Tai Chi Sessions
(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
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To learn more:
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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!

Thursday, October 15th at 9A & 530P

TOPIC: 2020/2021 Indoor Row Group Informational Meeting (to be followed by a VIRTUAL row session immediately after for those with access to a rowing ergometer/machine)

Monday, October 19th at 530P

TOPICS: Survivor Show & Tell & A Look Ahead!

Wednesday, October 28th at 9A

TOPICS: Survivor Show & Tell & A Look Ahead!

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!



Sunday, October 25th

1PM to 5PM

At the **Christopher Farm & Gardens!**

Great Heights with Delightful Kites: Bring your own kite, contact Tim to reserve a kite or to pick up a kite kit to assemble and decorate prior to the event! Or just join us to see how many kites we can get in the air!!! We will plan on kite launch times of 1P to 2P and again from 4P to 5P (with the understanding that kite flying is weather/wind dependent)!

Introductory Tai Chi for Cancer Survivors: Join Michael Finney for an introductory Tai Chi class that will take place in this peaceful outdoor setting with safe physical distancing. Session will take place from 2P to 3P in the CF&G amphitheater.

Steps to Survivorship “Trick or Treat” Scavenger Hunt: Feel free to come in Halloween costume and take part in a “Trick or Treat” scavenger hunt! Treats will be placed at various locations throughout the property!

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). Consider bringing your camera and sharing your photos on our photo page. 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 October 23rd • To Register Call 920.457.2223!

Or send an e-mail to: trenzelmann@physhealthnet.com



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

www.christopherfarmandgardens.org

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