

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● November 19th, 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!



Two Seemingly Contradictory Stories of COVID-19!

It will be eight months ago on Monday that I issued a statement due to COVID-19 that read: “The decision has been made to temporarily suspend ALL currently scheduled TLC (Together we Live with Cancer!) and ST&BF (Survive, Thrive & Be Fit) group activities until further notice!”

At the time, I was hopeful that the upcoming spring and summer would allow us outdoor opportunities to connect with one another while giving this virus a chance to “run its course.”

But here we are! And there seem to be two very different coronavirus stories unfolding!

As the virus continues to spread more rapidly across our county, our state, our country and our world than ever before... it appears evident to me that, as a whole, we have not adjusted our behaviors in a manner that has effectively mitigated the spread of this disease!

It seems appropriate that I repeat the words of Bill Gates from our last update: “The fall is going to be worse than the summer. Until the new tools come (monoclonal antibodies and the vaccine) which they won’t come at scale until the first half of next year... all we have is our behavior.”

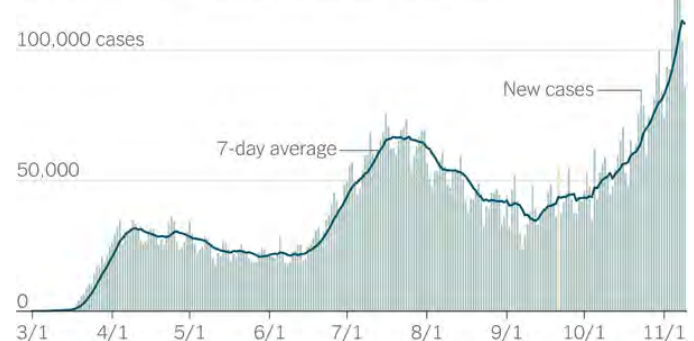
Behaviors such as those that the CDC recently encouraged in a scientific briefing: “Adopting universal masking policies can help avert future lockdowns, especially if combined with other non-pharmaceutical interventions such as social distancing, hand hygiene, and adequate ventilation.”

The second story is much more encouraging! It involves the simultaneous progress in the development of a potential vaccine by several pharmaceuticals offering hope. Additionally, steadily improving quality of therapeutic treatments for the many varying symptoms

of the virus can be seen in the decreasing death rate related to COVID-19 infections!

As the two graphs from The New York Times (below) suggest, even though the numbers of infections have risen substantially, deaths due to COVID-19 have not increased at nearly the same rate.

New reported cases by day in the United States



New reported deaths by day in the United States



The seven-day average is the average of a day and the previous six days of data. Bars in yellow show anomalies in reported data.

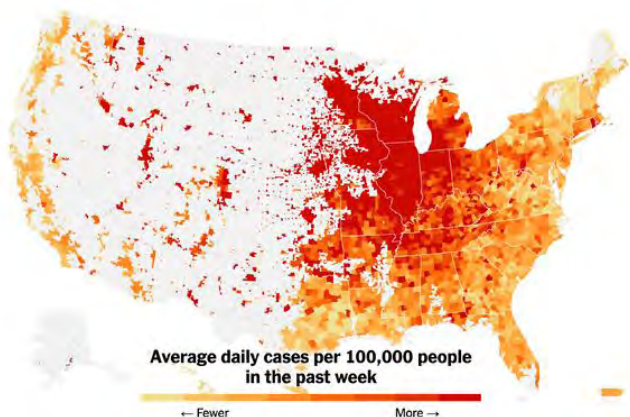
Above graphs by *The New York Times* – Sources: State and local health agencies and hospitals

The New York Times reported that “Wisconsin’s outbreak has escalated more rapidly than those in other states” and is characterized as “the state that has unraveled the fastest.”

“At the beginning of September,” the New York Times reports, “Wisconsin was averaging about 700 cases a day. By this week, it was averaging more than 6,000. Hospitals are packed and more than 300 deaths were reported in the state over the last week, a record.”

Governor Tony Evers stated in a news conference on Tuesday evening, after issuing an executive order advising residents to stay at home, "It took us seven and a half months to get to 100,000 cases. But it only took 36 days to add another 100,000. The way things are going, it will take us only 20 days to reach another 100,000."

This is serious stuff! And this map from the New York Times clearly illustrates the "hot spot" we are in!



Despite the good news of a potentially-effective vaccine and more effective therapeutics, now is clearly not the time to let our guard down. Instead, especially in Wisconsin, now is the time to double-down on our efforts to stop the spread of this virus!



The Wisconsin Department of Health Services reminds us that "You Stop the Spread" by following these simple steps to protect the people in your life:



Wear a mask in public

Wear a cloth face covering in public settings, especially when it is difficult to practice physical distancing.



Keep 6 feet apart

Stay at least 6 feet away from other people when possible when you leave your home.



Wash your hands

Wash your hands regularly for at least 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.



Stay home if you can

Stay at home as much as possible and especially if you are sick. Cancel events and avoid groups, gatherings, play dates, and nonessential appointments.

"Together we Live with Cancer" (TLC) and "Survive, Thrive & Be Fit" (ST&BF) Offers Ways to Connect in the Local Cancer Community Amidst COVID-19!

As we move forward amidst this on-going pandemic, we will continue to limit our activities to a variety of VIRTUAL (via Zoom), OUTDOOR "POP UP," and web-based opportunities for patients/survivors and co-survivors within our Local Cancer Community:

VIRTUAL (via Zoom) Opportunities:

TLC VIRTUAL Local Cancer community Update (via Zoom): These sessions allow cancer patients/survivors and co-survivors the opportunity to casually connect and discuss a variety of topics and upcoming events and opportunities! See attached flyer for upcoming dates, times and topics.

TLC VIRTUAL Survivorship Can Be Fun: Occasional activities offered "just for the fun of it"! Sign up NOW for the upcoming **Survivorship Can Be Fun Workshop with Bob the Builder!** See article & flyer for details!

ST&BF VIRTUAL Yoga & Tai Chi for Cancer Survivors: We are currently offering three **VIRTUAL Gentle Yoga** and two **VIRTUAL Tai Chi for Cancer Survivors** sessions per month. Additionally, some sessions are recorded and available for participants to view on the Internet at their own convenience. See attached for details!

ST&BF VIRTUAL Indoor Row Group Sessions: In addition to three **VIRTUAL Indoor Row Group** sessions with a certified Concept2 Coach from Recovery on Water per month (that will also be recorded and available to watch online), a limited number of individual row sessions in the MOA/SCBS second floor conference room are available. Contact Tim for details!

ST&BF OUTDOOR POP UP Opportunities:

In the absence of group indoor activities, watch for a variety of **ST&BF OUTDOOR "POP UP"** activities! These activities will typically be scheduled last-minute (a few days in advance), based on Wisconsin's whimsical weather, and will be announced via e-mail and, when possible, posted at www.scccf.org. Activities may include **Great Heights with Delightful Kites, Hiking Along the Cancer Journey, Survivors on Snowshoes** and more! If interested, contact Tim to be sure you are on the "OUTDOOR POP UP" e-mail list!

SCCCF.ORG Web-Based Opportunities:

Please visit www.scccf.org for a variety of ways in which you can connect with fellow cancer patients/survivors and co-survivors, including:

PHOTO Page: Many of you have already used the PHOTO page to share photos and comments! I invite you to take part in our current OPEN Photo Book titled "Pictures of Gratitude" (<https://scccf.org/contests>)!

MEMBER FORUM (NEW)!: Area cancer patients and survivors can now create an account that will allow them to communicate in new ways to other "members" (other cancer patients/survivors and co-survivors currently active in SCCCf's Survive, Thrive & Be Fit program)! If you are a current ST&BF participant, simply visit www.scccf.org and click on the "MEMBERS" tab where you will be directed to create an account for approval. Once approved, you will be able to view and comment on a variety of articles, topics and discussions! If you are not currently active in the Survive, Thrive & Be Fit program, contact Tim for details!

ST&BF OUTDOOR "POP UP" Great Heights with Delightful Kites Outing!

The most recent ST&BF OUTDOOR "POP UP" Outing attracted more than twenty area cancer patients/survivors and co-survivors who spread out and distanced themselves at Firehouse Park in the Town of Sheboygan to enjoy some "Great Heights with Delightful Kites" on Sunday, November 8th!

Kite pilots brought their own kites or tried out some of the kites that were available while others brought a chair and enjoyed the show!



Photo above: If you look closely you can see six kites filling the sky. At one point in the day we had 11 kites up in the sky at the same and throughout the day about 20 different kites took to the sky!

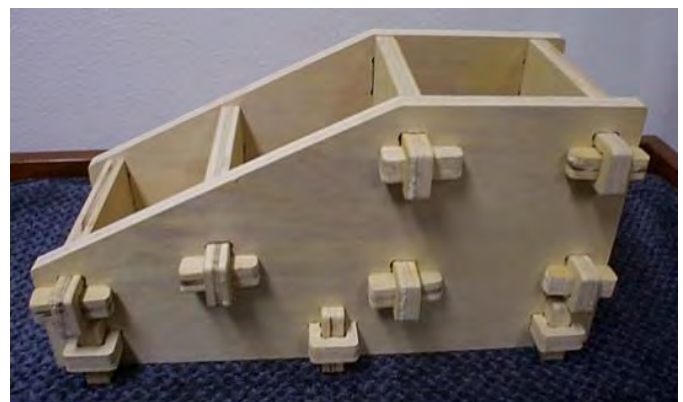


Above Photos: Left - Amy, first-time two-line kite pilot quickly got the hang of it! Upper Right - Even the kites appeared to enjoy watching the action! Lower Right - A two-line kite with a 70-foot tail dances in the sky!

We will continue to watch Wisconsin's whimsical weather and schedule additional ST&BF OUTDOOR "POP UP" activities (including Great Heights with Delightful Kites, Steps to Survivorship, Hiking Along the Cancer Journey and eventually Survivors on Snowshoes)! If you are not on the ST&BF "POP UP" e-mail, through which details of these impromptu-scheduled activities are announced, contact Tim!

TLC VIRTUAL "Survivorship Can Be Fun" Workshop with Bob the Builder!

Join "Bob the Builder" for a **Survivorship Can Be Fun Workshop** on Tuesday, December 1st at 630P or Wednesday, December 2nd at 930A as we build a Desk Caddy that requires NO NAILS, NO SCREWS and NO GLUE (see photo below)!!!



If you are interested (space is limited) please call or e-mail Tim to sign up no later than Thursday, November 19th! In the meantime, "Bob the Builder" is busy preparing the required materials required to assemble



this 12"x6"x6" desk caddy that you will need to pick up prior to the workshop (see photo below)!



For more info contact Tim or join **TLC VIRTUAL Local Cancer Community Updates!**

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1V8r0yhusm176mAlwQpC_OqamGjYzGWifXDOWekq_ZPQUT-9dgdDtIjgCJtg3G.Vxi39wNezjysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDScZ7tSiSsyEmt5o6xkYlZgaDatv.PjEn77uculbeZeZ_?startTime=1601332457000

Local Cancer Community Opportunities:

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

All **VIRTUAL** sessions are **via Zoom** and require the same sign-in link and meeting credentials!

Meeting ID: 833 9821 3314, Password: 892356

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

TLC **VIRTUAL** Local Cancer Community Update!

Monday, November 16th ● 9A

Topic: GRATITUDE in this Month of Thanksgiving!

Tuesday, November 24th ● 630P

Topic: GRATITUDE in this Month of Thanksgiving!

Wednesday, December 2nd ● 9A

Topic: TBD

Monday, December 7th ● 630P

Topic: TBD

Tuesday, December 15th ● 9A

Topic: TBD

Wednesday, December 29th ● 630P

Topic: TBD

Purpose: Virtual opportunities to casually “check-in” 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>

ST&BF **VIRTUAL** Gentle Yoga for Cancer Survivors Sessions!

Mondays, November 16th & 30th ● 530P

Facilitated by Kaitlynn Kiela, CYT

Tuesdays, December 1st, 15th & 29th ● 530P

Facilitated by Stacy Harriott, CYT

Meeting ID: 833 9821 3314, Password: 892356

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

ST&BF **VIRTUAL** Indoor Row Group!

Wednesdays, November 18th ● 530P

Thursdays, December 3rd, 10th & 17th ● 530P

Facilitated by Kym Reynolds, Certified Coach

Meeting ID: 833 9821 3314, Password: 892356

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

ST&BF **VIRTUAL** Introductory Tai Chi for Cancer Survivors!

Tuesdays, November 24th ● 530P

Mondays, December 7th & 21st ● 530P

Facilitated by Michael Finney

Meeting ID: 833 9821 3314, Password: 892356

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

TLC **VIRTUAL** Survivorship Can Be Fun Workshop w/Bob the Builder!

Tuesday, December 1st ● 630P

Wednesday, December 2nd ● 930A

Choose from either session!

Desk Caddy: “Bob the Builder” Hartig will lead us as we build a Desk Caddy that requires **NO NAILS, NO SCREWS** and **NO GLUE!** Must register in advance and pick up materials prior to session!

Meeting ID: 833 9821 3314, Password: 892356

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

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

These impromptu/last-minute events will be announced via e-mail. Possible activities include Great Heights with Delightful Kites, Hiking Along the Cancer Journey and Survivors on Snowshoes. Contact Tim for details and 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



Together we
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Cancer!



TLC is a "Supportive Community" that provides cancer survivors, their families, friends and caregivers with health and wellness opportunities for the body, mind, heart and spirit.

November, 2020



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 530P-VYoga	3	4 530P-VIRG	5 900A-VLCCU	6	7
8 1200P-PGHDK	9	10 530P-VTaiChi	11 530P-VIRG 630P-VLCCU	12 330P-PHAtCJ	13	14
15	16 900A-VLCCU 530P-VYoga	17	18 530P-VIRG	19	20	21
22	23	24 530P-VTaiChi 630P-VLCCU	25	26 Happy Thanksgiving!	27	28
29	30 530P-VYoga					



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 530P-VYoga 630P-VSCBF	2 900A-VLCCU 930A-VSCBF	3 530P-VIRG	4	5
6	7 530P-VTaiChi 630P-VLCCU	8	9	10 530P-VIRG	11	12
13	14	15 900A-VLCCU 530P-VYoga	16	17 530P-VIRG	18	19
20	21 530P-VTaiChi 630P-VLCCU	22	23	24	25 Happy Holidays!	26
27	28	29 900A-VLCCU 530P-Vyoga 530P-VLCCU	30	31 Happy New Year's Eve!		

KEY: **VLCCU** = Virtual Local Cancer Community Update

VYoga = Virtual Gentle Yoga for Cancer Survivors

VIRG = Virtual Indoor Row Group

PHAtCJ = POP UP Hiking Along the Cancer Journey*

VSCBF = Virtual Survivorship Can Be Fun

VTaiChi = Virtual Tai Chi for Cancer Survivors

PGHDK = POP UP Great Heights with Delightful Kites*

*Details will be sent to those on the "POP UP" email list!

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

Meeting ID: 833 9821 3314, PASSCODE: 892356

For details, see the most recent issue of the Local Cancer Community Update, visit www.scccf.org or call 920.457.2223.



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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 virtual support and encouragement!

Thursday, November 5th at 9A

TOPIC: CH-CH-CH-CHANGES... in the Local Cancer Community!

Wednesday, November 11th at 630P

TOPIC: CH-CH-CH-CHANGES... in the Local Cancer Community!

Wednesday, November 18th at 9A

TOPIC: GRATITUDE in this month of Thanksgiving!

Tuesday, November 24th at 630P!

TOPIC: GRATITUDE in this month of Thanksgiving!

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

Introductory
Tai Chi



for Cancer Survivors!

VIRTUAL Sessions (via Zoom)!

In many ways yoga and tai chi are similar and in many ways they are very different! In yoga, each posture is held for a period of time (depending on the style of yoga). Tai chi consists of slow relaxed movements with no pauses from one posture to the next. Both practices heavily focus on using the breath to find inner stillness. Both practices promote many of the same health benefits including improved aerobic capacity, balance and flexibility as well as increased energy and stamina. Both practices are useful for alleviating stress, improving attention and concentration while promoting calmness and relaxation. It is likely either exercise will make you feel healthier, mind and body, you just have to decide to practice one or both!

Gentle Yoga for Cancer Survivors:

Mondays, November 2nd , 16th & 30th!

5:30P ● with Kaitlynn Kiela, CYT

Tai Chi for Cancer Survivors:

Tuesdays, November 10th & 24th!

5:30P ● with Michael Finney

MEETING ID: 833 9821 3314 ● PASSWORD: 892356

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

For more details about these sessions and access to recorded online 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

Survive, Thrive & Be Fit!

Indoor Row Group!

DUE TO COVID-19, THE 2020/21 INDOOR ROW GROUP IS OFFERING VIRTUAL ROWING SESSIONS!

- Now in its sixth year, the Indoor Row Group is responding to the current pandemic with VIRTUAL and ONLINE rowing sessions and opportunities with a limited number of individual rowing sessions for those who do not have access to a rowing machine/ergometer!
- LIVE VIRTUAL rowing sessions will be facilitated by a Concept2 Certified rowing coach from Recovery on Water of Chicago. These sessions will be recorded and made available to IRG members.

LIVE Virtual Rowing Sessions (via Zoom)

NOVEMBER:

Wednesdays, November 4th, 11th & 18th ● 530P to 630P!

DECEMBER:

Thursdays, December 3rd, 10th & 17th ● 530P to 630P!

MEETING ID: 833 9821 3314 ● PASSWORD: 892356

**LIVE Virtual Rowing Sessions and Individual Rowing Opportunities are
Open Only to Current ST&BF Indoor Row Group Team Members!**

For more information, contact Tim at 920.457.2223!



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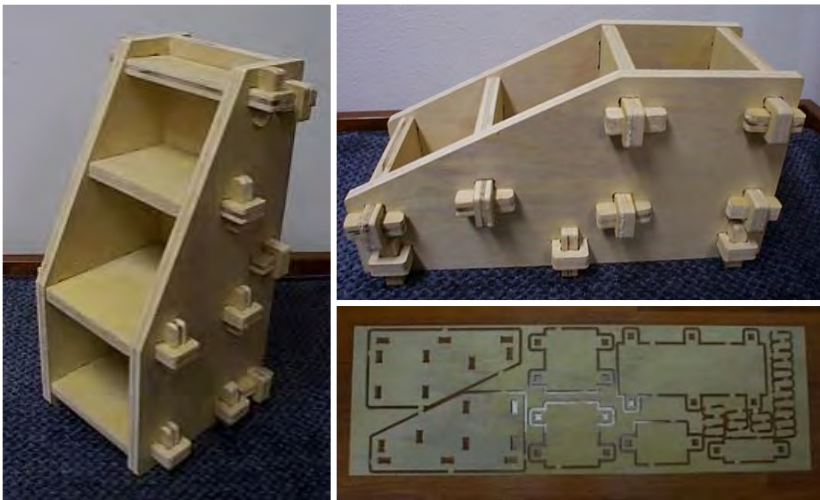
TLC Survivorship Can Be Fun

VIRTUAL WORKSHOP

With **“Bob the Builder”**

Participate in Either Session:

- Tuesday, December 1st at 630P!
- Wednesday, December 2nd at 930A!



Join “Bob the Builder” Hartig as he instructs us to build this Desk Caddy that requires NO NAILS, NO SCREWS and NO GLUE!!!

REGISTRATION REQUIRED by 11/19 by calling 920.457.2223!
Participants will need to pick up materials at the clinic prior to workshop session!

LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room
● **TO RSVP:** Call Tim at 920-458-7433 or trenzelmann@physhealthnet.com ●

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