

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● December 3rd, 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!



Let's Bring Thanksgiving Day Into Each and Every Day!

By Tim E. Renzelmann



I hope all of you had a safe and enjoyable Thanksgiving weekend! As expected, my Thanksgiving weekend was different than any in the past... but the words of Irene Peter that I previously wrote about rang true - "Just because everything is different doesn't mean anything has changed!"

I had a personal experience which I will probably expound upon at some point in the near future that offered some insights of gratitude and appreciation. In the meantime, since you last heard from me (November 24th) several pieces came to my attention from some of my cherished sources:

November 25th: From **The Greater Good Science Center** comes this piece by clinical psychologist Nathan Greene who lost his mother when he was a teen, which inspired him to research the connection between grief and gratitude.

"Gratitude can come in the experience of NOT having, too, in reflecting on what we did have in the past and what we hope to have in the future." – Nathan Greene

https://greatergood.berkeley.edu/article/item/how_to_find_some_gratitude_during_the_pandemic_holidays

November 25th – One of my favorite authors, eco-psychologist **Philip Chard** reminded us in this piece in **The Shephard** what "should" perhaps be our greatest gratitude... and what we "should" do to show that gratitude:

"When we sit for our Thanksgiving meal, bow our heads and speak our gratitude, there will be an invisible presence at the table – the life force. If we pause quietly, we can feel it coursing through our veins, in the rhythmic beating of our hearts and the cadence of our breathing. Looking at loved ones, we see it sparkle in their eyes, hear its energy in their laughter. This mysterious whatever-it-is that innervates our physical forms is, at the most essential level, the same power coursing through the planet, maintaining, via a vast and intricate web, the circle of life. We are embedded in and utterly dependent on this force." – Philip Chard

<https://shepherdexpress.com/advice/out-of-my-mind/learning-from-the-wisdom-of-nature/>

November 26th – In this day's **TED Talks Daily** e-mail, Sri Lankan monk JayaShri Maathaa was featured and she offered an eloquently simple talk (that is just four-minutes long) that describes two magical words of gratitude that invite bliss, joy and harmony between us and all that surrounds us!

"When you say, "thank you," it creates a harmony between you and the external condition under observation. It helps you to bring attention inwards. It may be initially just a word running in your head without a true feeling of gratitude in your heart. A word is a sound, and a sound is a vibration, and a vibration creates energy. So, when you keep thinking, "Thank you," after a while, that energy starts penetrating your heart center and the rest of your body." – JayaShri Maathaa.

https://www.ted.com/talks/jayashri_maathaa_a_magic_al_mantra_for_nurturing_a_blissful_life

As I, personally, reflect over much of 2021, I realize that I missed out on many opportunities to really appreciate what I have now or what I once had, I have often failed to recognize that “mysterious whatever it is” life force of nature that permeates our planet and our very being, and I have missed out on countless opportunities to simply say THANK YOU! I pledge to try to do better!

TLC “Survivorship Can Be Fun” Wonderful Winter Spinner Workshop with *Bob the Builder*!

Following the recent “Desk Caddy” project, “Bob the Builder” Hartig is offering a follow-up **TLC Survivorship Can Be Fun** seasonally appropriate “Wonderful Winter Spinner” project (see photo below)!



You are invited to join this VIRTUAL workshop on Tuesday, December 15th at 630P (following the ST&BF Gentle Yoga for Cancer Survivors session) or Wednesday, December 16th at 1100A!

This fun and decorative spinner will be easy to build and a great addition to your Holiday decorations or a special handmade and decorated gift to that special someone! Once assembled, simply wind up the snowflake base that holds a snowman, a gingerbread boy and a Christmas tree... and let it spin... and spin... and spin!!!

Completing this project involves minimal cutting. Bob will provide pre-cut pieces that remain attached by a small tab (small saws are available), sanding and assembly involving glue and string. Participants can finish and decorate their piece however they wish!

Desk Caddy Update: It was great fun! Some folks cut out and sanded the individual pieces in advance of our group virtual session. I, being the poor student that I

am, did nothing to prepare! So, Bob worked with the others while I sawed and sanded! So, by the time they had their pieces assembled I was ready for the next



step! I was able to cut, rough sand and assemble the project in less than an hour! And the great thing with the *wedged mortise and tenon* method used to assemble this project is that I can easily take it apart, do more sanding, finishing work, decorating... and then put it back together again! No nails, no screws, no glue!!!

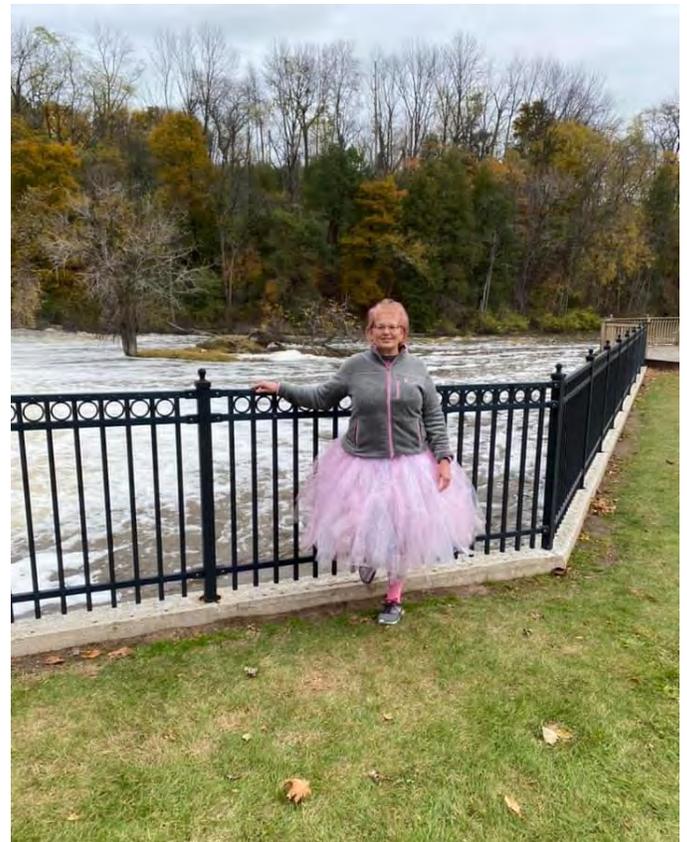
These projects are oh-so-easy (if I can do it, anyone can), fun (I especially enjoy the group virtual activity) and end in your own little masterpiece!

Bob is already planning a third project: a *wedged mortise & tenon* treasure box! Watch for details!

Every time you complete one of “Bob the Builder’s” projects AND attend one of his virtual workshops... we’ll put your name in a drawing for a few treasures to put in your treasure box!!!

My Name is Sherry and Here is My Cancer Story!

By Sherry Prinsen



I was diagnosed with breast cancer on March 26, 2020 at 9:36 am. It was a Thursday. I can’t remember what I ate for breakfast some days, but I remember that

morning vividly. I had an abnormal mammogram in January, and repeat scans showed a mass on the left. A follow up ultrasound did not show any mass. I was somewhat reassured, and the radiologist said I should get a repeat mammo in 6 months. But something about his response made me uneasy and being a nurse, I wondered what other options were available. The next step was an MRI, and I scheduled the test after a planned trip to Mexico. There is a history of breast cancer in my family, I wasn't able to feel a lump, and I felt well. I looked at the MRI as a good baseline screen for further comparisons. I wasn't worried....well maybe a little anxious.

I had an MRI on Friday March 13th. Never been superstitious (I am now). Not a horrible procedure, I had to lay face down on a hard table for about 30 minutes. Finished my day at work, never gave it another thought. Until Monday, when my OB called me to tell me I needed a biopsy. I was in the parking lot at Meier, getting the news sitting in my vehicle. The next few days are a blur.

Biopsy scheduled on March 24th-not pleasant-and although I was hopeful I had a sense it wasn't good just by the way the radiologist spoke to me after the procedure. I've been a nurse for 36 years and have a pretty keen sense of intuition. I can usually read people pretty well. But I still hoped the mass was benign. Unfortunately, it was not. I had a 3.2 cm lobular cancerous mass in my left breast. A mammo 13 months prior was normal (or was it?). Lobular cancer accounts for only about 20% of breast cancers, is harder to find and doesn't present as a well-defined mass as ductal carcinomas generally do. Since the mass was so large, and we were in the middle of the COVID pandemic, both my medical oncologist and breast cancer surgeon decided to start medication to shrink the tumor and delay surgery for a few months.

In August I had a partial mastectomy, and the initial pathology on several lymph nodes was negative. Final pathology unfortunately showed micro-metastasis to 2 out of 3 lymph nodes. I had a second surgery 16 days later to remove all the lymph nodes under my arm. All 12 were thankfully negative, further testing shows I don't need chemotherapy, but 6 weeks of radiation and medication for at least 5 years.

As all cancer patients know, exercise is a good way to minimize recurrence. October is breast cancer awareness month, and my daughter signed up for a "virtual" challenge to walk 35 miles in a month and raise money for breast cancer. I was restricted from many activities, including yoga and other exercise due to my surgery, so I decided to participate in the walk too. I've

always been a big supporter of cancer, contributing to fundraisers, donating to raffles, walking etc. But now that I was a cancer patient it took on a whole new meaning. All the traditional fundraising walks were now virtual because of COVID, and one night I had an idea – why couldn't I do my own fundraising walk? I asked my 2 daughters what they thought, and they were all for it. We picked October 25th, and at first, I didn't think anyone would be interested – but I was so wrong. On that beautiful fall Sunday morning, 21 friends and family joined me on a hike at Settler's Park in Sheboygan Falls. Even my 2 grand-dogs joined us!



Photos above – Top: Sherry's family & friends gather for a hike starting at Settler's Park in Sheboygan Falls. Bottom-Left: Sherry with her husband Skinny. Bottom right: Sherry's daughters Amanda & Katie with grand dogs Kota & Lily.

I work in Grafton where I am also getting my care and treatment, but I live in Sheboygan County. I wanted to do something positive during a very negative time in my life and give back not only to the wonderful center providing my care, but also to the community in which I live. My generous family and friends donated \$1330 for breast cancer in honor of the walk!

- \$650 will be donated to Grafton Cancer Care for alternative services such as massage and acupuncture, therapies that can be very beneficial during cancer treatment and recovery. These services are usually not covered by insurance.
- \$680 will go to the Sheboygan County Cancer Care Fund, and my hope is it will help patients pay for medical insurance if they are unable to work during cancer treatment and avoid lapse in necessary services.

I hope to be done with my 6-week radiation treatment on December 18th, right before the holidays. Cancer is ugly and an emotional roller coaster ride – and I HATE roller coasters. I'm looking forward the end of this journey, and as hard as it is, I try to be as positive as I can. Prayers for all who travel this journey, thanks for letting me share mine. Prayers for all the cancer warriors out there! Stay strong and keep fighting!

INVITATION: Share Your “Holiday Traditions” (and Stories) with Us!



You are invited to share a few photos and descriptions of your Holiday traditions (past or present) with others via the SCCCF website PHOTO page! Just go to www.scccf.org, click on the PHOTO tab, then to the “Holiday Traditions” Photo Book, and download your photo along with a description. Entries must be approved prior to appearing on the website... so you will not see your entries populate on the site immediately.

And while you are on the SCCCF website, be sure to check out the other PHOTO BOOKS and the blog page!

www.scccf.org Offers Ways to Connect in the Local Cancer Community Amidst COVID-19!



Visit www.scccf.org for a variety of ways in which you can connect with fellow cancer patients/survivors and co-survivors!

PHOTO Page: Area cancer patients/survivors can share photos and comments based on varying themes throughout the year! I invite you to take part in the 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 with 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!

Remember When...???



It’s hard to believe that the above photo of a room packed with Survive, Thrive & Be Fit survivor-athletes and co-survivors was taken just ten months ago (February 1st, 2020)!

How things have changed! It may be quite some time before we can enjoy such a carefree indoor gathering again... but if we are patient... and responsible... and follow the advice of the experts... we’ll get there! And just think of the added enjoyment that will come with greater appreciation for something that, at the time, I suspect we ALL took for granted! Until then, I do hope you will consider connecting with fellow cancer patients and survivors and co-survivors through any of the many

virtual offerings and make sure you are signed up for our POP UP e-mail list to be informed of any last-minute OUTDOOR “POP UP” Survive, Thrive & Be Fit activities (Steps to Survivorship, Hiking Along the Cancer Journey and Survivors on Snowshoes, etc.)!

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=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

ST&BF VIRTUAL Indoor Row Group!

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=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

ST&BF VIRTUAL Introductory Tai Chi for Cancer Survivors!

Mondays, December 7th & 21st ● 530P

Facilitated by Michael Finney

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

TLC VIRTUAL Local Cancer Community Update!

Monday, December 7th ● 630P

Topic: Survivor “Show & Tell”

Tuesday, December 15th ● 9A

Topic: Reflections of 2020!

Wednesday, December 29th ● 630P

Topic: Reflections of 2020!

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=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

ST&BF VIRTUAL Gentle Yoga for Cancer Survivors Sessions!

Tuesdays, 15th & 29th ● 530P

Facilitated by Stacy Harriott, CYT

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wbpMiGj2pjO-07KSMT-CmXU0Zxo18QrxPCSbyhEaO6yNfTrlSIlfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1lV8r0yhusm176mAlwQpC_0qamGjYzGWifXDOWekq_ZPQUT-9dgdFdTlJgCJtg3G.Vxi39wNezjysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDScZ7tSiSyEmt5o6xkYlZgaDatv.PjEn77uculbeZeZ_?startTime=1601332457000

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

Tuesday, December 15th ● 630P

Wednesday, December 16th ● 1100A

Choose from either session!

Wonderful Winter Spinner: “Bob the Builder” Hartig will lead us as we build a Wonderful Winter Spinner! Advance registration and material pick-up required!

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

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

Filling the Empty Space with Humor: COVID Comedy

After years of wanting to thoroughly clean my house but lacking the time, this week I discovered that wasn't the reason.

My mom always told me I wouldn't accomplish anything by lying in bed all day. But look at me now, ma! I'm saving the world!

Day 121 at home and the dog is looking at me like, “See? This is why I chew the furniture!”



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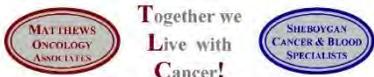
TLC is a "Supportive Community" that provides cancer survivors, their families, friends and caregivers with health and wellness opportunities for the body, mind, heart and spirit.

November, 2020



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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December, 2020



Events & Activities of the Local Cancer Community!

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 630P-VSCBF	16 1100A-VSCBF	17 530P-VIRG	18	19
20	21 530P-VTaiChi	22	23	24	25 Happy Holidays!	26
27	28	29 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.

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!



**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

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:

Tuesdays, December 1st, 15th & 29th!

5:30P ● with Stacy Harriott, CYT

Tai Chi for Cancer Survivors:

Mondays, December 7th & 21st!

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.



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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!

Wednesday, December 2nd at 9A

TOPIC: Survivor "Show & Tell"!

Monday, December 7th at 630P

TOPIC: Survivor "Show & Tell"!

Tuesday, December 15th at 9A

TOPIC: Reflections of 2020! Share a meaningful story or photo, a lesson learned, a goal achieved, a dream realized! Just share!

Wednesday, December 29th at 630P

TOPIC: Reflections of 2020! Share a meaningful story or photo, a lesson learned, a goal achieved, a dream realized! Just share!

Have a beverage of choice handy and we'll have a Farewell Toast to 2020 and a Welcome toast to 2021!

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! •**



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TLC Survivorship Can Be Fun

VIRTUAL WORKSHOP

With “Bob the Builder”

Participate in Either Session:

- Tuesday, December 15th at 630P!
- Wednesday, December 16th at 1100A!



*Join “Bob the Builder”
Hartig as he instructs
us to build this
Wonderful Winter
Spinner that requires
NO NAILS, NO SCREWS
and NO GLUE!!!*

PRE-REGISTRATION REQUIRED 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 ●