

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● January 21st, 2021

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!



COVID-19: It's Not An Excuse for "Survivors on Snowshoes" or for "Hunting for a Cure"!

Saturday, January 16th

As I made the drive to Walla Hi County Park on Saturday, January 16th for a ST&BF "Survivors on Snowshoes" outing I was less-than-enthused. We didn't get as much overnight snow as I had hoped for and I feared it may discourage others from participating. But even if no one showed up, the beautiful views of snow-covered trees along the way made the trip worthwhile!

You'd think I would have learned by now! Cancer survivors don't let less-than-ideal conditions keep them from living life fully! Over a dozen cancer patients, survivors and co-survivors chose to enjoy whatever the day would bring! And we were NOT disappointed!



While keeping our distance (for the group photo and while snowshoeing), flurries fell from the sky as we started out. And long after the snow stopped falling from the sky, it continued to fall from the tree branches along this densely-wooded trail.

Dust of Snow, by Robert Frost

*The way a crow
Shook down on me
The dust of snow
From a hemlock tree*

*Has given my heart
A change of mood
And saved some part
Of a day I had rued.*

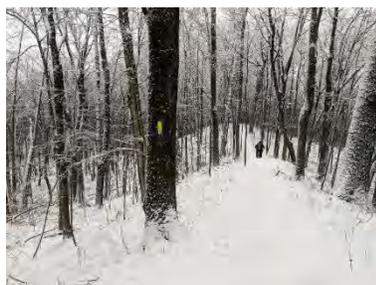


Photo by John Seaman

I have a good friend and avid outdoor enthusiast who has often reminded me that the best way to experience the many wonders of nature is to simply put yourself "out there" in nature and pay attention to whatever happens! Days like this cannot be planned and they are never guaranteed. Those of us who put ourselves "out there" on this occasion were abundantly rewarded!

Our only disappointment was that, unlike past years, we weren't able to enjoy the fun, festivities and fundraising efforts of the Hunting for a Cure event at Laack's Hall that benefits SCCCFC after our snowshoeing. We have scheduled a "Survivors on Snowshoes" outing on the third Saturday of January at this location for several years in conjunction with that event. But this year, due to COVID-19, most of the activities were cancelled. But not all! Many of the dedicated and responsible hunters that hunted together long-before the event was a fundraising event came together to hunt in a scaled-down and socially-distanced rabbit hunt. Others, dedicated to the event and the cause, found ways to raise some funds, including a virtual auction.

At last report, John Utech (founder of Hunting for a Cure) reported raising over \$5,000 for SCCCFC! "I know it isn't as much as other years," John admits, "but I figure it all helps and something is better than nothing!"

Those survivor-athletes that snowshoed as well as those hunters and supporters could have used COVID-19 as an excuse to just do nothing! Instead... they decided to do the best that they could!!! THANK YOU TO ALL!!!

"POP UP" Survivors on Snowshoes at Christopher Farm & Gardens!

Saturday, January 30th (Details will be send by e-mail)

We are planning our next ST&BF "POP UP" Survivors on Snowshoes outing at the Christopher Farm & Gardens on Saturday, January 30th. With Wisconsin's whimsical winter weather, we cannot be sure there will even be snow. It is that uncertainty that creates the excitement and wonder. If there's snow... we'll snowshoe! If not... we may hike! Join the "POP UP" e-mail list (contact Tim if you are not sure if you are on it) for details!

JANUARY'S FEATURED ST&BF ACTIVITY: Active Survivors of Sheboygan Activity Log!



I am anxious to see how many of you have kicked off 2021 by recording your exercise and activity in the January Survive, Thrive & Be Fit (ST&BF) Active Survivors of Sheboygan (A.S.S.) Activity Logs!

Because A.S.S. is this month's Featured ST&BF Activity, anyone who completes the challenge of exercising 30-minutes or more at least eight days during the month of January and submits a January Activity Log by February 15th will earn a pair of Wigwam socks and have their name entered in a drawing for one of several prizes (8-11 days earns you one chance, 12-15 days earns you two chances, 16-19 days earns you three chances and 20 or more days earns you five chances)!

See the attached Active Survivor of Sheboygan Activity Log pages attached (including the January and February activity log sheets). Any questions, contact Tim!

Congratulations to the 2020 Active Survivors of Sheboygan Survivor Athletes!

When I reported our 2020 Active Survivors of Sheboygan in the last issue of this Local Cancer Community Update I unintentionally omitted one of our dedicated fifteen survivor-athletes! Sorry Deb Borucki! I think they all deserve a little extra recognition... so here they are again:

2020 Active Survivors of Sheboygan: Linda Ansay, Cindy Becker, Deb Borucki, Kathy Burch, Bob Hartig, Leah Heusterberg, Judy Kleijunas, Dan Kunda, Bev Leonhard, Candy Meyer, Diane Micoliczky, Sharon Pentek, Tim Renzelmann, Rae-Ellen Weber and Sue Zalewski. (Don't forget to pick up your Wigwam socks!)

I hope to add the names of many more survivor-athletes to this list as the year progresses!

FEBRUARY'S FEATURED ST&BF ACTIVITY: Gentle Yoga for Cancer Survivors!!!



In February we celebrate the eleven-year anniversary of Survive, Thrive & Be Fit which kicked off on 2/1/2010 with our first-ever Gentle Yoga for Cancer Survivors Session!

To commemorate this anniversary, Gentle Yoga for Cancer Survivors will be a FEATURED ST&BF Activity for the month of February! In addition to our regular

weekday evening Gentle Yoga for Cancer Survivors sessions on Tuesdays, February 2nd, 9th and 16th we are offering a special (virtual) mini At Home Retreat on Saturday, February 6th from 1P to 4P! Included in the day will be a yoga practice along with imagery, reflection, journaling and sharing insights before closing the day with a grounding practice of relaxation and yoga nidra. Participants interested in just the yoga practice from 1P to 2P are also welcome.

To pre-register for this event (required), contact Tim!

SCCF Survive, Thrive & Be Fit: Tai Chi for Cancer Survivors!

If you're looking for a gentle way way to move your body and reduce stress, consider tai chi. Originally developed for self-defense, tai chi has evolved into a graceful form of exercise that is often described as "meditation in motion" as it promotes serenity through gentle, flowing movements.



Michael Finney (left) has been leading us in Introductory Tai Chi for Cancer Survivors sessions VIRTUALLY through these winter months as we work to develop a basic understanding of the practice with hopes that, when circumstances allow, we can come together safely for in-person/outdoor classes this summer!

Previously, Michael provided these two videos for those interested in learning more about Tai Chi:

8 Brocades: https://youtu.be/T_JifFiZJds

Grasp Sparrow's Tail: https://youtu.be/wn9uz_oPXU8

Consider joining Michael for the next ST&BF VIRTUAL Tai Chi for Cancer Survivors session (via Zoom) on Monday, February 22nd!

VIRTUAL Local Cancer Community Update: Oncology Nurse Mary Schueller, RN Reflects on 42 Years of Dedicated Service in Our Local Cancer Community!

Thursday, January 28th ● 9A



Everybody who is a part of our Local Cancer Community, whether you know it or not, has benefited from the hard work, commitment, dedication and compassion that Mary Schueller, RN has provided in our Local Cancer Community! She has filled many roles during her 42-year tenure at HSHS St.

Nicholas Hospital including Nursing Assistant, Staff RN, Cancer Care Nurse, Interim Chief Nursing Officer, Oncology Clinical Nurse Educator as well as a long-time/original board member of the Sheboygan County Cancer Care Fund (a role which she plans to continue).

Please join us (VIRTUALLY) on Thursday, January 28th at 9A as Mary reflects on 42 years of selfless service while we take the opportunity to thank her for her work and wish her well on her retirement!

VIRTUAL TLC Survivorship Can Be Fun Game Night with The GameBoard!

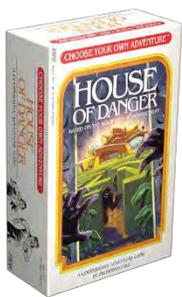
Wednesday, February 10th ● 530P



Our last TLC Survivorship Can Be Fun Game Night was held nearly a year ago, prior to

the suspension of in-person indoor activities due to COVID-19! I, like many others, look forward to the time that we can once again come together, indoors and out, in the same carefree (but never careless) manner that we did prior to this pandemic! That day will come! But, in the meantime, I hope you will consider joining us VIRTUALLY (via Zoom) for a TLC Survivorship Can Be Fun Game Night on Wednesday, February 10th at 530P!

Led by a game expert from The GameBoard in Sheboygan, we will be guided in a cooperative game titled "Choose Your Own Adventure" in which, together, we will work to solve a mystery!



Choose Your Own Adventure (description): The classic Choose Your Own Adventure series comes to life in this new narrative adventure game. Will you survive the House of Danger? Gather your friends for a perilous and laughter-filled adventure through the House of Danger itself. Make risky choices,

collect items as you explore, and face off against dire challenges. Play again and again to uncover more secrets and different endings!

We should be able to comfortably accommodate about twelve people on this night and, if there is sufficient interest, we will try to schedule a second date and time. So, if you are unable to attend this session, please let me know so I can add your name to a waiting list!

RSVP is recommended to guarantee a seat at the game table. To RSVP contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com.

Thanks for Your Continued Support of "Camp One Step" Through Your Donation of Aluminum Pop Tops!



In the November/December 2001 issue of the TLC Supportive Newsletter (the predecessor to this Local Cancer

Community Update), Kris Riley wrote an article about Camp One Step and invited readers to collect and donate aluminum pop tops to support this program. In that article she explained, "As a parent of a child with cancer, this program gave Matt back his sense of independence and normalcy during a totally chaotic time in his life. Children aren't 'different' at camp. Baldness, scars, amputations, and medical lines of all kinds are just one of those everyday things. Children can just have fun and be themselves."

For the most part, all we did, except for a few article updates over the years, is put a container in the waiting area here at Matthews Oncology Associates and Sheboygan Cancer & Blood Specialists and dropped a few tabs in it so folks knew what it was there for.



As you can see... no signage, no description (but maybe I should think about that)! And yet, for nearly twenty years now, small baggies of tabs continued to fill the container while, occasionally, larger bags and boxes show up in my office!

From the Camp One Step website: Camp One Step exists to heal these scars that no one can see. Through community, support, and shared experiences with peers, we deliver happy, pain free medicine called "camp." We empower children to find new hope and believe again in a brighter future. We empower kids who have cancer, encouraging them to take on the world!

<https://camonestep.org/>

Watch future Local Cancer Community Updates for more details about Camp One Step, keep those aluminum tabs coming (but please be careful, as we must remove any non-aluminum materials before processing – including any tin tabs, so if they are magnetic, please separate), and send me your guess as to how many pounds of aluminum pop tops we have collected for Camp One Step over the years (HINT: Think TONS)!

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>

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

Monday, January 25th ● 530P

Facilitated by Stacy Harriott, CYT

Tuesdays, February 2nd, 9th & 16th ● 530P

Facilitated by Kaitlyn Kiela, CYT

SPECIAL SESSION: Saturday, February 6th ● 1P to 4P

Facilitated by Kaitlyn Kiela, CYT

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5hUP7OWPLPkbs8vtxBVxF5i194v2ZliBqk_KVWP4YmECFsWHOQ.y4uUtQpX2hMOpmRS?startTime=1610407916000

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGj2pjO-O7KSMT-CmXU0Zxo18QrxPCSbyhEaO6yNfTrlSllfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1lV8r0yhusm176mAlwQpC_OqamGjYzGWifXDOWekq_ZPQUT-9dgdFDtIjGcJtg3G.Vxi39wNeziysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDScZ7tSiSsyEmt5o6xkYlZgaDatv.PjEn77ucuJbeZeZ_?startTime=1601332457000

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

Tuesday, January 26th ● 530P

Monday, February 22nd ● 530P

Facilitated by Michael Finney

Meeting ID: 833 9821 3314, Password: 892356

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

PRE-RECORDED Tai Chi Instructional Videos

8 Brocades – by Michael Finney

https://youtu.be/T_JifFiZlds

Grasp Sparrow's Tail – by Michael Finney

https://youtu.be/wn9uz_oPXU8

TLC **VIRTUAL** Local Cancer Community Update!

Thursday, January 28th ● 900A

Topic: Thank You & Congratulations to Oncology Nurse Mary Schueller, RN!

Tuesday, February 2nd ● 630P

TOPIC: TBD

Thursday, February 11th ● 900A

TOPIC: TBD

Thursday, February 18th ● 630P

TOPIC: TBD

Wednesday, February 24th ● 900A

TOPIC: TBD

Purpose: Virtual opportunities to casually “check-in” before moving to any scheduled topic(s).

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

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

Thursdays, February 4th & 18th ● 530P

Facilitated by Kym Reynolds, Certified Coach

Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

TLC **VIRTUAL** Survivorship Can Be Fun Game Night with Game Experts from The GameBoard!

Wednesday, February 10th ● 530P

Join us as the GameBoard of Sheboygan facilitates this VIRTUAL Game Night! RSVP is recommended to guarantee a place at the game table!

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

Watch for possible “POP UP” activities including Survivors on Snowshoes at the Christopher Farm & Gardens sometime this month! 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
Live with
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.

January, 2021



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Happy New Year IRG1DC	2
3	4 530P-VYoga	5	6 530P-VIRG 630P-VLCCU	7	8	9
10	11 530P-VYoga	12 530P-VTaiChi 630P-VSCBF	13 900A-VLCCU 930A-VSCBF	14	15	16 900A-SoSS
17	18 530P-VYoga 630P-VLCCU	19	20 530P-VIRG 630P-VUT	21	22	23
24	25 530P-VYoga	26 530P-VTaiChi	27	28 900A-VLCCU	29	30 PU-SoSS
31						



Together we
Live with
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.

February, 2021



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 630P-VLCCU	3	4 530P-VIRG	5	6 100P-VYoga IRG1DC
7	8	9 530P-VYoga IRG3DC	10 530P-VSCBF IRG3DC	11 900A-VLCCU IRG3DC	12	13
14	15	16 530P-VYoga	17	18 530P-VIRG 630P-VLCCU	19	20
21	22 530P-VTaiChi 630P-VSCBF	23	24 900A-VLCCU 930A-VSCBF	25	26	27
28						

KEY: **VLCCU** = **Virtual** Local Cancer Community Update
VYoga = **Virtual** Gentle Yoga for Cancer Survivors
VIRG = **Virtual** Indoor Row Group
SoSS = Survivors on Snowshoes
PUsoSS = "POP UP" Survivors on Snowshoes

VSCBF = **Virtual** Survivorship Can Be Fun
VTaiChi = **Virtual** Tai Chi for Cancer Survivors
IRG1DC = Indoor Row Group 1 Day Challenge
630P-VUT = **Virtual** US TOO Prostate Support Group
IRG3DC = Indoor Row Group 3 Day Challenge

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!”



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, January 4th, 11th & 18th!

5:30P ● with Stacy Harriott, CYT

Tai Chi for Cancer Survivors:

Tuesdays, January 12th & 26th!

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



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 virtual support and encouragement!

Wednesday, January 6th at 630P!

TOPIC: A Look Ahead!

Wednesday, January 13th at 900A!

TOPIC: A Look Ahead!

Monday, January 18th at 630P!

TOPIC: Guest Speaker – Mary Schueller, RN (retired). Join Mary as she reflects on 42 years of dedicated service following her recent retirement!

Thursday, January 28th at 900A!

TOPIC: Guest Speaker – Mary Schueller, RN (retired). Join Mary as she reflects on 42 years of dedicated service following her recent retirement!

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!

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)

FEBRUARY:

Thursdays, February 4th & 18th ● 530P to 630P!

MARCH:

Wednesdays, March 3rd & 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



Together we
Live with
Cancer!



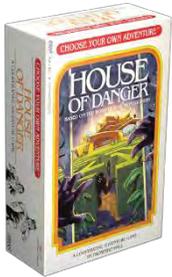
TLC Survivorship Can Be Fun (VIRTUAL) Game Night

Wednesday, February 10th

*This Game Night will be facilitated
by the game experts from:*



We will be guided in a cooperative game titled
“Choose Your Own Adventure” in which, together,
we will work to solve a mystery!



Choose Your Own Adventure (description): *The classic Choose Your Own Adventure series comes to life in this new narrative adventure game. Will you survive the House of Danger? Gather your friends for a perilous and laughter-filled adventure through the House of Danger itself. Make risky choices, collect items as you explore, and face off against dire challenges.*

Zoom Meeting ID: 833 9821 3314

PASSWORD: 892356

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

RSVP is recommended to guarantee a seat at the game table.

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** ●



Together we
Live with
Cancer!



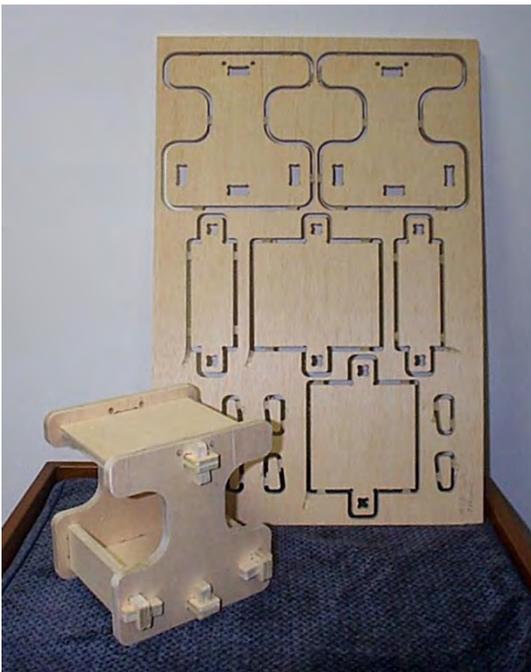
TLC Survivorship Can Be Fun

VIRTUAL WORKSHOP #4

With “Bob the Builder”

Participate in Either Session:

- Monday, February 22nd at 630P!
- Wednesday, February 24th at 930A!



Join “Bob the Builder” Hartig as he instructs us to build this Bird House that requires NO NAILS, NO SCREWS and NO GLUE using a “wedged mortise and tenon” method that is not only functional... but quite decorative!!!

All building supplies provided, except exterior latex/non-toxic paint!!!

REGISTRATION REQUIRED by Thursday, January 7th 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 ●



Active Survivors of Sheboygan Activity Log

About the Sheboygan County Cancer Care Fund & Survive, Thrive & Be Fit!

The Sheboygan County Cancer Care Fund (SCCCF), whose primary focus is to assist local cancer patients and survivors with financial “gestures” to help them cope with the financial challenges of a cancer diagnosis, has approved more than \$1.5 MILLION in financial assistance for those in our community experiencing cancer since June of 2002.

In 2010, SCCCf kicked off the Survive, Thrive & Be Fit (ST&BF) program! ST&BF consists of FREE healthy and active-living opportunities for area cancer patients and survivors including: Gentle Yoga for Cancer Survivors, Steps to Survivorship walk/runs, the Indoor Row Group, Pickleball Play, Survivorship Through the Lens outdoor photography opportunities, Hiking Along the Cancer Journey day hikes and overnight backpack outings, “Introductory Tai Chi,” “Great Heights with Delightful Kites” kite-flying outings, this “Active Survivors of Sheboygan” activity log and more.

Research shows that being active after a cancer diagnosis can reduce treatment side effects, positively impact recovery from treatment, increase the rate of survival and contribute to a greater quality of life. Additionally, ST&BF connects local cancer patients and survivors in a positive and supportive environment in which they can share personal stories, helpful information and best practices while gaining support, encouragement, inspiration and friendship.

Making Sheboygan County the Healthiest Place to Survive Cancer!

Join with other cancer patients/survivors (co-survivors are often also welcome and encouraged to participate) as we work towards Making Sheboygan County the Healthiest Place to Survive Cancer!

In addition, your participation can earn you a few perks. Exercise 30-minutes or more 8-11 days during the month and you will earn one point,

12-15 days to earn 2 pts, 16-19 days to earn 3 points, 20 or more days to earn 5 points. Earn enough points and you will also earn the right to to “wear the blue” of Survive, Thrive & Be Fit as well as other apparel and merchandise!

Plus, earn greater health and fitness and the pride that comes with it while being a part of this healthy movement!

You are encouraged to watch the “Local Cancer Community Update” (contact Tim to have this about-weekly e-mail newsletter sent to your e-mail address or view it at www.scccf.org/news) for a variety of ST&BF activities throughout the year along occasional point updates!

BENEFITS of Survive, Thrive & Be Fit:

- Live an active lifestyle during and after your cancer diagnosis!
- Connect with other area survivor-athletes committed to a healthy and active lifestyle!
- Join us in “Making Sheboygan County the Healthiest Place to Survive Cancer!”

Active Survivors of Sheboygan Activity Log!

You choose the activity you participate in, the duration and the intensity that is best for your fitness level. Then, record your activity and verify that the day has included at least thirty minutes of exercise/activity and if that exercise/activity was completed during any of our scheduled ST&BF sessions.

Submit you're A.S.S. logs (by the 15th of the end of the month):

By mail: Active Survivors of Sheboygan, 1621 N. Taylor Drive, St. 100, Sheboygan, WI 53081

By e-mail - Scanned/photographed copies or via the MS Excel spreadsheet: trenzelmann@physhealthnet.com

For More Information:

Call: 920.457.2223

E-mail: trenzelmann@physhealthnet.com

Visit: www.scccf.org

JANUARY 2021		Name: _____			
Date	Day	Activity(s)	Time or Distance	Did you exercise for 30 minutes or more?	Part of a ST&BF-scheduled event/activity?
1	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
5	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
8	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
9	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
10	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
11	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
12	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
13	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
14	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
15	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
16	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
17	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
18	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
19	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
20	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
21	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
22	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
23	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
24	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
25	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
26	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
27	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
28	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
29	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
30	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
31	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Total "Yes" Checks for the Month:					

20 or more "Yes" checks = 5 pts. 16 to 19 checks = 3 pts. 12 to 15 checks = 2 pts. 8 to 12 = 1pt.
 At the end of the month (and before the last day of the next month) submit this form to Tim.

FEBRUARY 2021		Name: _____			
Date	Day	Activity(s)	Time or Distance	Did you exercise for 30 minutes or more?	Part of a ST&BF-scheduled event/activity?
1	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
3	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
5	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
8	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
9	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
10	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
11	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
12	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
13	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
14	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
15	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
16	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
17	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
18	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
19	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
20	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
21	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
22	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
23	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
24	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
25	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
26	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
27	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
28	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Total "Yes" Checks for the Month:					

20 or more "Yes" checks = 5 pts. 16 to 19 checks = 3 pts. 12 to 15 checks = 2 pts. 8 to 12 = 1pt.
 At the end of the month (and before the last day of the next month) submit this form to Tim.