

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● March 25th, 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!



ST&BF Membership: “First... You Have to Survive Cancer!”

By Tim E. Renzelmann

Several years ago as a group of Survive, Thrive & Be Fit Indoor Row Group members were rowing together in a common area on the second floor of the MOA/SCBS cancer clinic, an interested passerby inquired, “What do I have to do to join this group?” With an understandable hint of pride, one of our survivor-athletes rather matter-of-factly pointed out, “First... you have to survive cancer!” The passerby walked away, with an expression that appeared to be a mix of disappointment (that he couldn’t join) and gratitude (that he hadn’t had to experience cancer)!

It has become a rather common response when ST&BF survivor-athletes are out in public doing the things we do while “wearin’ the blue” (of ST&BF)!

“We are a group of cancer survivors who... walk/jog/run together... do yoga together... row across Lake Michigan together... backpack 36-miles on the Ice Age Trail together... fly kites together... “ I could go on!

Please understand, I don’t mean to in any way minimize the seriousness of the cancer experience for any of us. If given the choice... none of us would choose to be here. And yet, here we are! But we are not only trying to make the best of it, but we are trying to make it the best that it can be. In doing so... many of us have found some unique opportunities (dare I say “benefits” or “privileges” or even “gifts”?) of the cancer experience!

REQUEST FROM TIM: If you would like to share any of the “benefits” or “privileges” or “gifts” of the cancer experience that you have experienced in our Local Cancer Community... send me your comments/photos and I will collect these to share with our readers in future issues of this Local Cancer Community Update!

Just Another AMAZING Visit at the Christopher Farm & Gardens!

One of those “privileges” in recent years has been the many visits to the Christopher Farm & Gardens thanks

to the amazing generosity and hospitality of Mr. Jay Christopher!

I’m not sure exactly how to describe the Christopher Farm & Gardens! Quite simply, it is one of the most uniquely amazing places in Sheboygan County!

We enjoyed our most recent visit yesterday afternoon and evening. I’m not sure exactly how many times we have been invited to enjoy this space (maybe I’ll do some research and look that up), but each visit has been unique. We have spent hours just exploring and admiring the beautifully and creatively designed and landscaped gardens located along Lake Michigan... and yet each visit brings new discoveries.

We have also enjoyed a variety of activities. The CF&G has become home to regular “Survivorship Through the Lens” photo taking opportunities (as well as our annual “People’s Choice Photo Contest). We have done yoga, tai chi, hiked, walked or ran, snowshoed, enjoyed scavenger hunts, carved pumpkins, played disc golf, launched stomp rockets, flown kites, enjoyed campfires, backpacked and camped atop of the bluff along the Lake Michigan Shoreline... and just sat and relaxed and enjoyed the beautiful surroundings. I’m probably missing a few activities.

This most recent visit, partially due to the cool and wet weather, allowed us a whole new experience as we were invited to visit the Jay W. Christopher Transportation Museum on the property that houses one of the finest Railroad China collections in the world!



Prior to this visit I had watched a recent program hosted by the Center for Railroad Photography & Art based in Madison, WI that featured Jay Christopher along with Anne Lapinski, museum curator. A combination of Jay's wonderful storytelling of childhood experiences and memories of railroading in the 40s, 50s and 60s and his passion for preserving these stories and the historical significance that they represent along with the photos of some incredibly unique and interesting pieces certainly captured my interest!

You can find details of this program along with a link to a YouTube video of the presentation here: <https://railphoto-art.org/events/>



Of course... actually visiting the museum (photo above)... viewing the extensive collection... and hearing Mr. Christopher (pictured below right) share his stories first-hand... was an immensely more enjoyable and interesting experience!



There is so much I'd like to share with you about this visit... but I want to get this Update out yet today... so watch the next issue of this Local Cancer Community Update for additional comments and photos and watch our Photo Page (www.scccf.org/contests) as photos and comments from this visit will be added by those who attended!

The World According to Tim: The Answer to Stress May Be More Stress!

By Tim E. Renzelmann

One morning recently, as I headed out the door for a hike on the nearby Ice Age Trail, Shel (my wife) said to me, "Have fun!" As strange as this may sound... on this particular occasion I wasn't quite sure how to respond to this will-intended wish. I simply said, "Thanks!" But, once I got out on the trail, my mind returned to that moment.

Sure, I enjoy many of the ways I choose live, to move my body and to experience the outdoors. And, quite often, I have a lot of fun! But there is so much to it than that. On this particular day, it was less about doing something for the sake of fun and more about doing something that, deep down, I felt that I *needed* to do.

I had been feeling stressed!

Stress. Sometimes it just hits us. Our heart begins to pound, breaths become quick and shallow, the stomach begins to churn, perspiration rolls down the brow, sweat fills the palms and we experience an agitation that makes it difficult to concentrate or relax. We all know the symptoms.

I needed this hike to deal with that stress!

At the beginning of the year I set a personal goal of traversing the 36-mile section of the Ice Age Trail between Hwy P (near Glenbeulah) and Ridge Road (near Kewaskum) in multiple short, out and back segments (thereby doubling the distance) at least once during each season of the year (winter, spring, summer and fall). This hike was one of nine hikes since January 4th that was part of my winter traverse (which I completed on March 19th - just one day before the spring deadline)! 😊

I've hiked this entire section of trail many times before. On a few occasions, I have covered the distance in this same manner (multiple short out and back segments over several months). I have also completed the route (out and back) on several multi-day backpack outings and I have even covered the full distance (one way) in a single day on a couple of occasions.

Fun is typically a part of these experiences. But there is also a bit of stress involved. There is the stress related to the commitment of time (when there may be other things that could be done). There is the stress of the uncertainty (you never know what's going to happen out there) along with the physical stress of the hilly and rugged terrain (when I could be relaxing at home) and the risk of injury or mishap (especially in icy and/or dark conditions).

Should I avoid all of this stress? Should I abandon the goal and just sit on the couch and relax? I don't think so.

Granted, some relaxation is necessary and good... but, as they say, even too much of a good thing is seldom a good thing! If we spend too much time "relaxing" we are apt to create even more stress... whether it be from the inability to accomplish whatever it is we want to accomplish or because we may find ourselves dealing with physical and mental health issues related to inactivity

The generic term “stress” often gets a bad wrap! When most of us speak of stress, we refer to the bad kind of stress... the negative stress that causes distress in our lives. But there is a good kind of stress... a positive stress called eustress. Eustress is the kind of stress that can motivate us to work hard, improve our performance and reach for and accomplish our goals, even in the face of challenges.

It is important and beneficial to differentiate between the distress and the eustress in our lives instead of thinking that all stress is the same. Doing so (as illustrated in the below table) can help us better understand the different ways that “distress” and “eustress” can impact our perceptions, emotions, productivity and performance.

DISTRESS	Impact On	EUSTRESS
Negative Threat	Perception	Positive Challenge
Anxiety	Emotions	Excitement
Procrastination	Productivity	Motivation
Diminution	Performance	Enhancement

According to health psychologist Kelly McGonigal, “How you think and how you act can transform your experience of stress.”

Remember those symptoms of bad distress? The pounding heart, the rapid breathing, the funny feeling in your stomach, sweaty brow and palms, restlessness. She points out that those are the similar symptoms to a positive emotion very closely related to distress – excitement!

“That pounding heart,” McGonigal proposes, may be something we should welcome as it “is preparing you for action. If you're breathing faster, it's no problem. It's getting more oxygen to your brain.”

Too often, we automatically judge something as good or bad. My sister Valerie gave me a birthday card a few years back that was a reminder that there are more options than to simply look at that glass as half-full or half-empty. It read: “Some say this water glass is half empty... some say it is half full... some say let’s pour out the water and fill it with beer!” 😊 In other words, there is usually a plethora of different perspective that one can take regarding almost any situation.

I am not suggesting that you should consider yourself fortunate or get excited about being diagnosed with cancer... but I do challenge you to consider the best (or at least a better) perspective of whatever circumstances may be causing you any distress.

I also challenge you to consider that an effective way to cope with bad stress or distress in your life may not be

to relax more... but to counter it with more stress... good stress... eustress. Fully expecting at least some of the stress of COVID-19 to continue through much of 2021, I am choosing to try and offset the “distress” of this pandemic with some helpful “eustress” of those seasonal hiking challenges. On that morning that I headed out on the trail... I wasn’t necessarily looking for fun... I was seeking stress... good stress... eustress.

After Shel reads this... the next time I’m heading out the door... she may say, “Have stress!” 😊

NOTE FROM TIM: I invite you to join us on Monday, March 29th at 630P for a VIRTUAL Local Cancer Community Update in which I will share “My Two CENTS Worth” as I share a few CENT-iments (and find an excuse to talk about my pennies) regarding some of the stresses of these past 12-months (and counting) of COVID-19! Afterwards, anyone who is interested may view health psychologist Kelly McGonigal’s paradigm-shifting 14-minute TED Talk titled “How to Make Stress Your Friend.” Here is the link in case you aren’t able to join us or want to view it beforehand: https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

Sheboygan Area Bowling Association Supports the Sheboygan County Cancer Care Fund!

The Sheboygan Area Bowling Association, a local non-profit organization, realizes the importance of community and its board of directors (pictured below) has decided to “give back” to the community. Each year during its annual SABA Tournament, money is raised through raffle baskets with proceeds benefitting local organizations. Thank you to the Sheboygan Area Bowling Association for their continued support!



Men Back Row: Jacob Neidert, Kevin Gmach, Tom Schuette, Verne Heidenreiter, Jeff Shircel, Jay Larson, Dave Paasch

Women Middle Row Standing: Debbie Meyer, Kim Neidert, Debbie Felsing

Women Front Row Sitting: Denise Schroeder, Karen Walczak

Featured ST&BF Activities for April: “Steps to Survivorship” & “Great Heights with Delightful Kites”!

According to the CDC (www.cdc.gov):

If you want to spend time with people who don't live with you, outdoors is the safer choice! You are less likely to be exposed to COVID-19 during outdoor activities, even without the use of masks, when you

- *Stay at least 6 feet apart from people who don't live with you*
- *Limit your time around others*

REMEMBER

- *Bring a mask with you to put on when you encounter people who may get closer than 6 feet*
- *Follow local mask mandates*

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/participate-in-activities.html>

If you've been following along with us through these early months of 2021 you know we have featured different Survive, Thrive & Be Fit activities each month: Active Survivors of Sheboygan activity logs (January), Gentle Yoga for Cancer Survivors and Survivors on Snowshoes (February), Indoor Row Group and Introductory Tai Chi for Cancer Survivors (March).

In April we will feature two outdoor “COVID-safer” ST&BF activities. Granted, we need to continue to follow the CDC's guidance (above) to protect ourselves and one another from COVID-19. One way of providing such protection is to be vaccinated!

According to the CDC:

When You've Been Fully Vaccinated

COVID-19 vaccines are effective at protecting you from getting sick. Based on what we know about COVID-19 vaccines, people who have been fully vaccinated can start to do some things that they had stopped doing because of the pandemic.

We're still learning how vaccines will affect the spread of COVID-19. After you've been fully vaccinated against COVID-19, you should keep taking precautions in public places like wearing a mask, staying 6 feet apart from others, and avoiding crowds and poorly ventilated spaces until we know more.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>

Being vaccinated may not reduce the need for practicing what have become basic public health precautions (wearing a face covering, staying six-feet apart, washing hands, limiting time with others) but it

can help reduce fears and incidences of hospitalization and death! And that is no small matter!

Because these outdoor activities are often weather-dependent, they will most often be scheduled as a “POP UP” activity (scheduled last-minute based on weather/conditions and announced via the ST&BF POP UP e-mail list)! Contact Tim for details or to be added to the POP UP e-mail list.

Steps to Survivorship: These casual walk, jog or run opportunities also offer measured (and marked) courses located throughout the community. As part of this, you



may want to consider participating in the current ST&BF “Cumulative Half Marathon/Marathon Walk/Run”! Information (including area course maps) can be found at www.scccf.org/events. And, while you're at it, why not consider becoming an “Active Survivor of Sheboygan”? Info is also available at www.scccf.org or by contacting Tim.

Photo Above: John Seaman enjoys some “Steps to Survivorship” during a visit to the Christopher Farm & Gardens (June, 2020).

Great Heights with Delightful Kites: April is National Kite Month... so, what better month than this to feature “Great Heights with Delightful Kites”! We offered our first “Great Heights with Delightful Kites” last September, in the midst of a pandemic! By nature, kite flying is an outdoor activity (however, there is such a



thing as indoor/windless kiting) that requires social distancing (to avoid getting lines crossed). We held our last “POP UP” kite flying session on November 8th that attracted more than 20 cancer patients/survivors and co-survivors and saw about 20 different kites take to the sky (at one point we had eleven different kites in the air)!

Photo above: Amy Clarke pilots a two-line kite at a POP UP Great Heights with Delightful Kites (November, 2020).

Watch for a POTENTIAL POP UP ST&BF “Great Heights with Delightful Kites” on Thursday, April 1st (to kick off National Kite Month)! Confirmation and further details will be communicated through the ST&BF “POP UP” e-mail list (contact Tim for details)! Bring your own kite or choose from the limited supply of kites that will be available and feel free to bring a lawn chair and some

snacks to relax! Contact Tim for details or to be sure you are on the ST&BF "POP UP" e-mail list!

TLC Survivorship Can Be Fun VIRTUAL World Series of Blackjack!

Wednesday, March 31st ● 530P to ???



This year's event will be a bit different than past years... as it will be offered in a one-night VIRTUAL setting! To reserve your seat (space is limited), contact Tim by Friday, March 26th!

Upcoming Opportunities in the Local Cancer Community:

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

FUNDRAISER: 12th Annual "Flowers for the Fund" Spring Flower Sale!

Taking Orders Now Through April 26th ● See Attached!

This annual fundraising event features outdoor flowers from Caan's Floral with product voucher and gift card options! Flowers may be picked up on May 12th!

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 Tia Chi & Gentle Yoga for Cancer Survivors Sessions!

Monday, March 29th ● 530P

Tai Chi & Yoga - Facilitated by Michael Finney, CYT

Mondays, April 5th & 19th ● 530P

Tai Chi - Facilitated by Michael Finney, CYT

Tuesdays, April 6th, 13th & 20th ● 530P

Yoga - Facilitated by Stacy Harriott, CYT

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

PRE-RECORDED Tai Chi Instructional Videos

8 Brocades – by Michael Finney

https://youtu.be/T_jifFiZjds

Grasp Sparrow's Tail – by Michael Finney

https://youtu.be/w9uz_oPXU8

PRE-RECORDED Yoga Session – February 16, 2021

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/8p-g4x1LJSYNYbnxHkDx4gFnICOG0jybcxW8HQ-9vO0xigIpczOWxX2XPrAoUso.QJvztaB14P0JWaX>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPkbs8vtxBVxFS194v2ZliBqk_KVWP4YmECFsWHOQ.y4uUtQpX2hMOPmRS?startTime=1610407916000

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGj2pJO-O7KSMT-CmXU0Zxo18QrxPCSbyhEaO6yNFTriSIlfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/11V8r0yhusm176mAlwQpC_0qamGjYzGwifXDOWekq_ZPQUT-9dgdDfDtJgCJtg3G.Vxi39wNezjysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDScZ7tSiSsyEmt5o6xkYlZgaDatv.PiEn77uculbeZeZ_?startTime=1601332457000

ADDITIONAL FREE SESSIONS compliments of Plymouth Yoga

Facilitated by Kaitlynn Kiela, CYT (and Sue & Jenny)

<https://www.plymouthyoga.com/gentle-classes.html>

TLC VIRTUAL Local Cancer Community Update!

Monday, March 29th ● 630P

Monday, April 5th ● 630P

Thursday, April 15th ● 900A

Tuesday, April 20th ● 630P

Wednesday, April 28th ● 900A

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=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

TLC VIRTUAL Survivorship Can Be Fun: World Series of Blackjack!

Wednesday, March 31st ● 530P to ???

Space is limited, Call Tim to Reserve Your Spot!

Meeting ID: 833 9821 3314, Password: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

ST&BF "POP UP" Activities!

Activities, Locations, Dates and Times TBD!

As the weather warms up, watch for additional ST&BF "POP UP" outdoor activities scheduled and announced via the ST&BF "POP UP" e-mail list! Contact Tim for details and to be added to this "POP UP" e-mail list!

ST&BF Cumulative Walk/Run and/or Bike Ride – Spring Edition!

March 20th through June 19th ● See attached flyer

Walk/Jog/Run a cumulative Half Marathon and/or Marathon and/or Ride a Metric Century and/or Century in shorter segments between March 20th and June 19th! See attached or contact Tim for details!

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!



March, 2021



Making Sheboygan County
The Healthiest Place
To Survive 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.

Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 530P-VTC/Yog 630P-VLCCU	2	3 530P-VIRG	4	5	6
7	8	9	10 530P-VIRG 630-VLMXmtg	11 900A-VLCCU	12	13 VIRGLMX
14	15 530P-VTC/Yog 630P-VHAtCJR	16 900A-VLCCU	17 530P-VIRG	18	19	20 Steps (Start)
21	22 530P-VSCBFBB	23 930A-VSCBFBB	24 PU-CF&G	25	26	27
28	29 530P-VTC/Yog 630P-VLCCU	30	31 530P-VSCBFBJ			



Together we
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Cancer!



April, 2021



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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.

Events & Activities of the Local Cancer Community!

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

NOTE: APRIL'S CALENDAR IS STILL BEING DEVELOPED! WATCH FOR UPDATES, ADDITIONS & CHANGES!

KEY: VHAtCJR = Virtual Hiking Along the Cancer Journey Reunion (All Are Welcome)

VIRG = Virtual Indoor Row Group

VIRGLMX = Virtual IRG Lake Michigan Crossing

VIRGLMXmtg = Virtual IRG Lake Michigan Crossing Meeting

VLCCU = Virtual Local Cancer Community Update

VSCBFBJ = Virtual Survivorship Can Be Fun Blackjack

VSCBFBJ = Virtual Survivorship Can Be Fun Builder Bob

VTC/Yog = Virtual Tai Chi/Yoga

VTaiChi = Virtual Tai Chi

VYoga = Virtual Yoga

PU-CF&G = POP UP at the Christopher Farm & Gardens

PPU-GHwDK = Potential POP UP Great Heights with Delightful Kites

Steps = Spring Cumulative Walk/Run/Bike (thru 6/20)

Watch for "POP UP" Sessions (announced via e-mail to those on the "POP UP" e-mail list – contact Tim for details)!

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!”



Introductory

Tai Chi

Gentle

Yoga



for Cancer Survivors!

VIRTUAL Sessions (via Zoom)!

In many ways yoga and tai chi are similar and in many ways they are very different! Tai chi consists of slow relaxed movements with no pauses from one posture to the next. In yoga, each posture is held for a period of time (depending on the style of yoga). 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.

This month we are combining BOTH practices in three one-hour sessions!

Tai Chi & Gentle Yoga for Cancer Survivors

Mondays, March 1st, 15th & 29th!

5:30P ● with Michael Finney, CYT

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
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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
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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!

Monday, March 1st at 630P!

TOPIC: Cheers! Find a reason... and celebrate with us!

Thursday, March 11th at 900A!

TOPIC: Cheers! Find a reason... and celebrate with us!

Tuesday, March 16th at 900A!

TOPIC: "My Two Cents Worth" with Tim Renzelmann – Trying to Make CENTS of COVID-19 (EXACTLY one year after all indoor activities have been suspended)!

Monday, March 29th at 630P!

TOPIC: "My Two Cents Worth" with Tim Renzelmann – Trying to Make CENTS of COVID-19 (about one year after all indoor activities have been suspended)!

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! ●**



**Together we
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TLC Survivorship Can Be Fun VIRTUAL GAME Night!



World Series of Blackjack!

Wednesday, March 31st ● 530P to ???

**Join us for this simplified VIRTUAL edition of
the TLC World Series of Blackjack!**

**Early games will consist of fewer hands per game,
fewer players per table and simplified betting options to
adjust to a virtual setting. Top chip stack(s) will qualify
for the FINAL TABLE at the end of the evening!**

Final Table scheduled to begin around 7:30P!

Space is limited! Contact Tim to reserve your spot!

***We don't stop playing because we grow old, we grow old
because we stop playing." – George Bernard Shaw***

***Due to the condensed nature of this year's WSoBJ, participation priority will be given
to cancer patients/survivors! Only available seats will be offered to co-survivors.***

**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 ●**

“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, April 6th, 13th & 20th!

5:30P ● with Stacy Harriott, CYT

Tai Chi for Cancer Survivors:

Mondays, April 5th & 19th!

5:30P ● with Michael Finney, CYT

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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!

Monday, April 5th at 630P!

TOPIC: Welcome to SPRING! Let your thoughts bloom (what's on your mind)!

Tuesday, April 13th at 900A!

TOPIC: Welcome to SPRING! Let your thoughts bloom (what's on your mind)!

Tuesday, April 20th at 630P!

TOPIC: Enhancing Well-Being Through Mindfulness - Excerpts from a Talk by Philip Chard (w/discussion)

Wednesday, April 28th at 900A!

TOPIC: Enhancing Well-Being Through Mindfulness - Excerpts from a Talk by Philip Chard (w/discussion)

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!

Steps to Survivorship

2021 ST&BF SPRING
Cumulative Half Marathon,
Marathon Walk/Run and/or
Cumulative Century, Metric
Century Bike Ride!



What is a *Cumulative* Walk/Run? No need to walk/run the entire distance at one time! Complete shorter segments as you work to complete either a Half Marathon (13.1 mi) or Marathon (26.2 mi) distance!

What is a *Cumulative* Bike Ride? Total your rides to complete one or more century(s) (100 miles) and/or metric century(s) (100 kilometers)!

Participation Dates: Saturday, March 20th through Saturday, June 19th (to be followed by Summer and Fall Cumulative Opportunities!)

Eligible Participants: Area cancer patients/survivors, co-survivors & professional caregivers.

“Casual Participation” Category is non-competitive (no times required). Just complete and record your distance on the ENTRY/LOG and submit when you have completed one or more of the listed distances.

“Friendly Competition” Category is for Walk/Run only (Bike Rides are limited to Casual Participation) and requires recording of time(s) on measured courses (contact Tim for maps).

Guest Co-Survivors: Co-survivors must be the guest of a participating cancer patient/survivor.

Medical Oncology Caregivers: Local oncology doctors, nurses and support staff.

Updates/Results: Updates along with more information are available at www.scccf.org/events.

For more Information: Contact Tim at trenzelmann@physhealthnet.com or 920.457.2223.

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





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

MARCH 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
29	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
30	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
31	We			<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.

APRIL 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	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
2	Fr				
3	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
4	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
5	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
6	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
7	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
8	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
9	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
10	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
11	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
12	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
13	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
14	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
15	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
16	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
17	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
18	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
19	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
20	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
21	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
22	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
23	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
24	Sa			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
25	Su			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
26	Mo			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
27	Tu			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
28	We			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
29	Th			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
30	Fr			<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input type="checkbox"/> No
Total "Yes" Checks for the Month:					

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 At the end of the month (and before the last day of the next month) submit this form to Tim.

Flowers for the Fund!

2021 Spring Flower Sale!

**Pre-Paid Orders Due by
Monday, April 26th!**

YOUR CHOICE:

- **Pick Up Your Pre-Paid Order on Wednesday, May 12th!**
MOA/SCBS Parking Lot
1621 N. Taylor Drive, Sheboygan
Between 10AM and 6PM
- **Purchase a Voucher to be redeemed at Caan's
between April 22nd and May 31st!**

Beautiful Hanging Flower Baskets and Planters from **Caan Floral & Greenhouses** in a variety of types, colors and sizes are available to order with proceeds benefitting **SCCCF!** All orders must be pre-paid!

For Details on How to Place Your Order, Contact Tim at 920.457.2223!



10" Hanging Baskets - \$27.00

8" Watering Can (mixed) Planters - \$23.00

10" Combo (mixed) Planters - \$20.00

12" Combo (mixed) Baskets - \$37.00

Caan's Gift Certificates - \$25.00



4422 South 12th Street □ Sheboygan, WI 53081
 Phone (920)452-4111 □ Toll Free 1-800-952-7686

Spring 2021 HANGING FLOWER BASKET SALE

Proceeds to benefit **THE SHEBOYGAN COUNTY CANCER CARE FUND**

ORDER DEADLINE: Monday, April 26th!

ORDER PICKUP: Wednesday, May 12th from 10AM to 6PM, 1621 N. Taylor Drive, Sheboygan

SELLER'S NAME: _____ **SELLER'S PHONE:** _____

***Checks payable to SCCCCF or Sheboygan County Cancer Care Fund (Donations Accepted)**

THIS ORDER FORM MUST BE RETURNED BY MONDAY, APRIL 26th – All Orders MUST be PREPAID!

Neatly and accurately PRINT name, address and phone. Please note color choices and price differences.

INFO & Questions: Tim E. Renzelmann – SCCCCF, 1621 N. Taylor Drive, Sheboygan, WI 53081 (920) 457-2223



	Hanging Ivy Geranium			New Guinea Impatiens				Fuchsia		8" Watering Can Planter	10" Prem. Combo Planter	12" Prem. Combo Basket	\$25 Gift Certificate	
	 \$27.00 Sunny			 \$27.00 Morn/Eve Sun, Mid-day Shade				 \$27.00 Mostly Shade		 \$23.00	 \$20.00	 \$37.00	\$25	
Customer Information:	Red	Pink	White	Red	Pink	White	Orange	Red/Pur	Red/White	Varied	Varied	Varied		TOTAL\$
Name: _____ Address: _____ _____ Phone: _____														
	<input type="checkbox"/> DELIVERY: Deliver my flowers to MOA/SCBS and I will pick them up on Wednesday, May 12 th between 10A and 6P! <input type="checkbox"/> VOUCHER: I would like to purchase a voucher to be redeemed at Caan's between April 22 nd and May 31 st (Choose One): <input type="checkbox"/> I will pick up voucher(s) on Wednesday, May 12 th between 10A and 6P. <input type="checkbox"/> I will contact SCCCCF (457-2223) to arrange to pick up my voucher(s) at MOA/SCBS prior to May 12 th . <input type="checkbox"/> Please send my voucher(s) to the address at left as soon as voucher(s) are available.													
Name: _____ Address: _____ _____ Phone: _____														
	<input type="checkbox"/> DELIVERY: Deliver my flowers to MOA/SCBS and I will pick them up on Wednesday, May 12 th between 10A and 6P! <input type="checkbox"/> VOUCHER: I would like to purchase a voucher to be redeemed at Caan's between April 22 nd and May 31 st (Choose One): <input type="checkbox"/> I will pick up voucher(s) on Wednesday, May 12 th between 10A and 6P. <input type="checkbox"/> I will contact SCCCCF (457-2223) to arrange to pick up my voucher(s) at MOA/SCBS prior to May 12 th . <input type="checkbox"/> Please send my voucher(s) to the address at left as soon as voucher(s) are available.													
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INSPIRING THE CONVERSATION: THINK, TALK, ACT!

PRESENTED BY:

Sharon S. Richardson
COMMUNITY HOSPICE
CARING FOR OUR COMMUNITY

embrace
case management & managed home care



A TWO-PART SERIES TO INSPIRE THE CONVERSATION

Sharon S. Richardson Community Hospice, along with community partners, bring you a two-part series to inspire honest and meaningful conversations about end-of-life with practical steps you can take today to be conversation ready and highlight ways to flourish in times of uncertainty by better understanding how to tune your body and engage in practices to nourish your nervous system.

All are welcome to participate in these FREE events. Presentations will be hosted virtually via Zoom. Please register at ssrhospicehome.org/events.

If you have any questions, please contact SSRCH at 920-467-1800 or community@ssrhospicehome.org.

FLOURISHING: OPTIMAL LIVING IN UNCERTAIN TIMES

Date: April 6, 2021 Time: 7:30 - 8:30 p.m. Location: Zoom Registration Link: ssrhospicehome.org/events



Elizabeth DenDekker



Alex Liosatos

The times we are living in have shown the resiliency of the human spirit. It has been a trying time for many, and our nervous system may need a little extra TLC after living through such a turbulent year. Through all of it, though, we continue to look for ways to flourish in the face of uncertainty.

Alex Liosatos, LPC, Director of Counseling Services for Lakeland University and Elizabeth DenDekker, LCSW, Spiritual Care Coordinator for Sharon S. Richardson Community Hospice, will guide you on a brief journey towards a better understanding of how to tune into your bodies and engage in practices to help you nourish your nervous system. Attendees will leave feeling restored and renewed, with a handful of tools that you can take with you to maintain a more relaxed you.

TALKING ABOUT WHAT MATTERS THE MOST- IT IS AN ACT OF CARING!

Taking time to pause, think and talk about what matters most to each other can help us live our best lives - now and through the end of our lives.

Date: April 14, 2021 Time: 7:30 - 8:30 p.m. Location: Zoom Registration Link: ssrhospicehome.org/events



Patty Webster

So much has been happening in our worlds lately - externally across our communities and internally in our personal lives. The uncertainty, suffering, grief, stress, chaos, fear, and angst often making us feel a lack of control. Yet, there are some things we can do to help prepare ourselves and our loved ones. We can't plan for everything but, we can talk about what is most important in our lives and in our health care with those who matter most. Taking time to pause, think and talk about what matters most is an act of caring because it will help us live our best lives - now and through the end of our lives.

The series welcomes Patty Webster, Community Engagement Leader from The Conversation Project, a national campaign dedicated to helping people talk about their end-of-life wishes and what matters most. Since 2007, she has served as Faculty and Improvement Advisor at the Institute for Healthcare Improvement (IHI), supporting community-based and health system improvement efforts in the United States and Africa. Patty has a master's degree in public health and 20 years of experience in health care including work with the Institute for Patient and Family-Centered Care and the Advisory Board Company, helping health care organizations worldwide to improve performance.

Generously Sponsored By:



Joseph & Evelyn Richardson
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