

The Local Cancer Community Update



Together we
Live with
Cancer!



Submitted by Tim E. Renzelmann ● April 29th, 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!



“Bob the Builder” Hartig: Designing & Creating Ways for a Better Cancer Experience (Including the TCAB)!

Over the last several months, “Bob the Builder” Hartig has been graciously facilitating monthly TLC Survivorship Can Be Fun woodworking projects that have been conducted virtually! It all started with a simple Desk Caddy, followed by a Wonderful Winter Spinner, a Treasure Box, a Bird Feeder and a Birdhouse. You can view finished pieces of these projects here: <https://scccf.org/contest?c=survivorship-can-be-fun-bob-the-builder-hartig-workshops>

The current “Bob the Builder” project is a Wooden Planter Box that will eventually be filled with plants or flowers compliments of the Christopher Farm & Gardens that will be available at our May visit to the property! To learn more, contact Tim.

That’s not the only way that “Bob the Builder” has been using his talents, skills and enthusiasm to help his fellow survivors! Last year, when MOA/SCBS purchased new treatment chairs for the treatment room, Bob offered to design and build Treatment Chair Accessory Bars (or TCABs – because, like most things in oncology, it needs an acronym or initialization)! 😊 These TCABs, or Treatment Chair Accessory Bars, can be used by patients while undergoing treatment (some for many hours a day) for a variety of activities!

Bob (pictured below during a recent infusion) brought his creative nature and his many years of woodworking and design experience to this project along with his



personal experience as someone who spends plenty of time in the treatment room... but wants to use that that time well while having fun and being comfortable!



In this close-up you can see the small table accessory (sandwich not included) along with a device holder that can be used to hold cell phones and e-readers. Notice the elastic band used to hold the device in place! Bob thinks things through! It also shows the craftsmanship and decorative design!



If you are in need of a larger surface to hold your laptop, or to write a letter, or to hold a book, or to work on a crossword puzzle, or draw, or color... just slide on the large table accessory.



Ready for some fun? Bob as well as his wife Ruth and daughter Alissa are huge Farkle dice game enthusiasts! Bob and Alissa teamed up to create

a two-player Farkle board and dice tray attachment!

So... if you find yourself spending some time in the MOA/SCBS treatment room... and find yourself looking for a place to set your sandwich... or device... or book... or want to play a game of Farkle... ask your treatment nurse for a TCAB (Treatment Chair Accessory Bar) and see if she knows what that is! 😊

ST&BF at the Christopher Farm & Gardens: Earth Day Habitat Restoration!

About twenty cancer patients/survivors and co-survivors commemorated this year's "Earth Day" on Thursday, April 22nd by helping out with some habitat restoration at the Christopher Farm & Gardens!



Rob from CF&G offers some instruction to an eager group of volunteers!



Shovels in hand, folks head out to plant some trees!



Providing a little TLC for Mother Earth!



Planting perennials on a cool but sunny day!



Planting trees under the watchful eye of Cole (CF&G arborist – far left in dark green).



Participants showing some pride in their hard work... and anxious to watch things take root!



A perfect spot to enjoy a well-earned lunch!



Another perfect spot... because there are many here!

Be sure to check out more photos at www.scccf.org/contests and watch for details of our next visit to the CF&G scheduled for May 18th!

ST&BF POP UP Activities: A Good Time for Some Serious Fun!

The day was a little chilly... nevertheless, we had a nice group of cancer patients/survivors attend our most recent ST&BF POP UP “Great Heights with Delightful Kites” and “Steps to Survivorship” session on Monday, April 26th at Deland Park in Sheboygan!

In the photos below (taken from video), “Bob the Builder” Hartig tries out a kite trolley/drop. In the top left photo, you can see Bert attached to the sail that carried him up the kite line. In the top right photo, Bert reaches the release point. The bottom photo shows Bert falling gently to the ground (red circle) after he was released, and his parachute deployed!



Moral of the Story: You never know quite what to expect when you gather with a group of cancer patients/survivors who are eager to have fun and willing to let the child inside them out to play!

ST&BF Indoor Row Group Completes Concept2 World Erg Challenge!

Congratulations to twelve ST&BF Indoor Row Group team members who completed the the 2021 Concept2 World Erg Challenge with a total of 1,502,512 meters, finishing 129th out of 623 teams and first out of five in the Medical Facility division!

The Indoor Row Group will conclude the 2020/21 season on April 30th and look forward to the 2021/2022 season (November 1st, 2021 to April 30th, 2022)!

Survive, Thrive & Be Fit - Sheboygan, WI

The Sheboygan County Cancer Care Fund's (www.scccf.org) "Survive, Thrive & Be Fit" Indoor Rowing Group is comprised of area cancer survivor-athletes.

World Erg Challenge Participants

Pos.	Athlete	Age	Location	Country	Challenge
1	John Seaman	71	Sheboygan Falls, WI	USA	363,513m
2	Michael Brachmann	58	Sheboygan, WI	USA	263,708m
3	Dennis Sundell	77	Plymouth, WI	USA	150,000m
4	Tim E Renzelmann	58	Sheboygan, WI	USA	131,500m
5	Linda Ansey	56	Sheboygan Falls, WI	USA	101,883m
6	Jennifer King	43	WI	USA	100,002m
7	Maryellen Kloiber	68	Sheboygan, WI	USA	100,000m
8	Bob Hartig	71	Sheboygan, WI	USA	91,178m
9	Sue Zalewski	63	Sheboygan, WI	USA	74,377m
10	Leah Heusterberg	62	Sheboygan, WI	USA	66,000m
11	Lise Glendier	56	Port Washington, WI	USA	46,000m
12	Judith Wellner	68	SHEBOYGAN FLS, WI	USA	14,351m

ST&BF Introductory Tai Chi and QiGong for Cancer Survivors!

Join ST&BF as we explore the practice of QiGong in a couple of ways throughout May.

As I understand it, QiGong (which is about 3,000 to 5,000 years old) is the parent practice of Tai Chi (which is about 800 years old). Both modern practices consist of slow, flowing movements that focus on the breath and are used to promote health and well-being.

QiGong consists of simple, repeating movements that can be learned quickly, making it a good practice on its own as well as a good introduction to Tai Chi which consists of varied and more complex movements that can take more time and a greater commitment to learn. As a result, the benefits of QiGong may be experienced more quickly while some would suggest that the benefits of Tai Chi can be deeper.

You are encouraged to join us during the ST&BF Tai Chi for Cancer Survivors sessions on May 6th & 20th from 530P to 630P during which our instructor, Michael

Finney, will begin each session with an introduction to the “Five Practices” of QiGong (created by the National QiGong Association) before proceeding to Tai Chi. You may end your practice after the QiGong portion or remain for the duration of the one-hour Tai Chi session.

Additionally, we will practice the “Five Treasures” QiGong routine using the National QiGong Association’s 30-minute video prior to our ST&BF Virtual Gentle Yoga for Cancer Survivors sessions (5:00P to 5:30P) on May 3rd, 10th & 17th! Give QiGong a try!

To view the “Five Treasures” practice:
<https://www.nqa.org/five-treasures>

ST&BF Hiking Along the Cancer Journey & Navigating Along the Cancer Journey Outing!

Friday & Saturday, May 14th & 15th ● Times TBD
Kettle Moraine State Forest – Northern Unit (near Greenbush)



Join us for some “Hiking Along the Cancer Journey” day hikes and/or learn or practice your orienteering skills with some casual/group “Navigating Along the Cancer Journey” on Friday & Saturday, May 14th & 15th!

Orienteering is an activity in which participants travel, typically by foot (hiking or running) from point-to-point in search of “controls” placed over varying terrain and distances using a highly detailed topographical map and often a compass. It can be a very grueling and competitive sport or, as in our case, a fun leisure activity that requires little more than a basic understanding of orienteering, a map, and a compass.

The area of the Kettle Moraine State Forest – Northern Unit that includes the Greenbush Hiking/Skiing Trails and surrounding forest area offers some of the best orienteering terrain in the country and is known worldwide. Last fall the Badger Orienteering Club installed the “Red Oaks” permanent orienteering courses (short, medium and long). We will primarily use the short course (1.7k with 9 controls) which can be completed while staying primarily on established trails with or without a compass.

Compass (limited supply) & maps will be provided for this fun and healthy outdoor activity that can be enjoyed individually or in small groups!

For more details about the “Red Oaks” course, visit www.badgerorienteering.com/permanent-courses.

For a more detailed explanation of orienteering as well as some instructional videos, visit:

<https://betterorienteering.org/beginner/>

If interested and to receive further details of activities contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com.

CDC: New Recommendations for Use of Facial Coverings While Outdoors Related to COVID-19!

Throughout this pandemic (since March 16, 2020) ST&BF has relied on virtual formats and outdoor settings for all of its scheduled group activities... and that will, at least for now, continue.

As the saying goes, “Every journey begins with the first step” and I see it as a *big step* for the Centers for Disease Control and Prevention to release new recommendations on facial coverings for outdoor activities as coronavirus cases continue to drop, more citizens are vaccinated and data is being collected!

According to the CDC (from their website):

If you’ve been fully vaccinated:

- You can gather or conduct activities outdoors **without** wearing a mask except in certain crowded settings and venues.

We will certainly continue to follow precautions, even outdoors (enforcing social distancing, limiting size of gatherings, etc.) and encourage participants to wear a facial covering if they prefer.

Anyone who is active in Survive, Thrive & Be Fit is surely one who is concerned about their health and well-being. So, of course, all will be asked to be sensitive and understanding to any lingering fears or concerns fellow cancer patients/survivors may have related to COVID-19. It is, I think, a good first step for the CDC to suggest that it is safe for us to gather outdoors without a mask. Another step will be for each of us, individually, to feel safe outdoors without a mask. And some may be more comfortable taking that next step than others.

NOTE: These recommendations are intended for “fully vaccinated” individuals (see below from the CDC website):

In general, people are considered fully vaccinated: ±

- 2 weeks after their second dose in a 2-dose series, such as the Pfizer or Moderna vaccines, or
- 2 weeks after a single-dose vaccine, such as Johnson & Johnson’s Janssen vaccine

If you don't meet these requirements, you are NOT fully vaccinated. Keep taking all precautions until you are fully vaccinated.

For details on updated CDC recommendations:

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

WANTED: Volunteers & Recipes! Creating a Cookbook to Raise Funds for the Cancer Care Fund!



Recently Meghan Boll, RN (left), a cancer care nurse at Matthews Oncology Associates and Sheboygan Cancer & Blood Specialists, suggested, "We should make a cookbook to raise some money for SCCCF!" Meghan explained that she had been involved in a

similar project as a student and board member of the UW-Eau Claire Student Nurses Association in 2015 with proceeds used to purchase gas cards for Eau Claire Mayo Clinic Cancer Center patients where, at the time, she was a volunteer.

"I have always felt that recipes are deeply personal," Meghan explains. "Many of us can recall our favorite family recipes growing up and that we continue to make to this day, although probably not as well as our moms or dads prepared them! Especially in this patient population, diet and food intake is so important! What better way to support and inspire each other than sharing our favorite family recipes!"

If you are interested in helping with this fundraising effort, please contact Tim today! We are looking for volunteers with creative ideas to contribute as well as those who can help design and format this cookbook.

Otherwise, start thinking about your favorite recipes (especially those that may have been particularly beneficial during a cancer experience) that you may want to share and watch for further details!

ST&BF: Active Survivors of Sheboygan (Update/Correction)!

In the last issue I listed our current list of Active Survivors of Sheboygan (A.S.S.) team participants... but I erroneously omitted one of our A.S.S. team members (Sue Zalewski) and received an activity log from another (Althea Smith) prior to our April 15th deadline! I have included those corrections and added how many years

these survivor-athlete have qualified for the A.S.S. team (see highlighted updates):

Olympian (4.0 to 5.0 avg. over most recent 3 mos)				
Survivor-Athlete	A.S.S. Years	2021 Logs	2021 Tot	Current Avg
Dan Kunda	8	3	15	5.0
Diane Micolyczik	8	3	15	5.0
Tim Renzelmann	8	3	15	5.0
Kathy Burch	7	3	15	5.0
Leah Heusterberg	7	3	15	5.0
Bev Leonhard	5	3	15	5.0
Bob Hartig	4	3	15	5.0
<u>Sue Zalewski</u>	3	3	15	5.0
Deb Borucki	1	3	15	5.0
Sharon Pentek	1	3	15	5.0
Rae-Ellen Weber	1	3	15	5.0
John Seaman	0	3	15	5.0
Judy Wallner	0	3	15	5.0
Cindy Walvoord	0	3	15	5.0
Cindy Becker	8	3	13	4.3
Candy Meyer	8	3	13	4.3
Linda Ansay	1	3	12	4.0
Varsity (3.0 to 3.9 avg. over most recent 3 mos)				
Survivor-Athlete	A.S.S. Years	2021 Logs	2021 Total	Current Avg
Barb Bogenschutz	3	3	10	3.3
Junior Varsity (2.0 to 2.9 over most recent 3 mos)				
Survivor-Athlete	A.S.S. Years	2021 Logs	2021 Total	Current Avg
NONE				
Participant (1.0 to 1.9 over most recent 3 mos.)				
Survivor-Athlete	A.S.S. Years	2021 Logs	2021 Total	Current Avg
Judy Kleijunas	6	3	5	1.7
LEVEL: Training (less than 3 mos participation)				
Survivor-Athlete	A.S.S. Years	2021 Logs	2021 Total	Current Avg
Chris Meyer	0	1	5	n/a
<u>Althea Smith</u>	0	1	3	n/a

EXPLANATION OF TABLE: A.S.S. Years = How many years prior to 2021 as an A.S.S. team member. 2021 Logs = how many months in 2021 a participant has submitted a log. 2021 Tot = how many total points have been earned in 2021. Current Avg = average points earned over the last three months (which determines a survivor-athletes current status on the A.S.S. Team)!

See attached to learn how you can become an A.S.S.!

Upcoming Opportunities in the Local Cancer Community:

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

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

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

TLC **VIRTUAL** Local Cancer Community Update!

Thursday, May 6th ● 900A

Monday, May 10th ● 630P

Topic: It's Another Cancer-versary – Let's Get Personal!

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** QiGong “Five Treasures” Practice!

Mondays, May 3rd, 10th & 17th ● 500P to 530P

Using the “Five Treasures” practice video created by the National QiGong Association.

Meeting ID: 833 9821 3314, Password: 892356

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

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

Mondays, May 3rd, 10th & 17th ● 530P-630P

Facilitated by Kaitlynn Kiela, CYT

Meeting ID: 833 9821 3314, Password: 892356

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

PRE-RECORDED Yoga Session – February 16, 2021

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/8p-g4x1LJSYnybnxHkDx4qFnlCOG0jvbcxW8HO-9vO0xjglPzcOWx2XPrAoUsu.QJvZytaB14POJWaX>

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/Pm6wpmMiGj2pjO-O7KSMTCmXU0Zxo18QRxPCSbyhEaO6yNFTriSllfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1lV8r0yhusm176mAlwQpC_0qamGiYzGwifXDOWeq_ZPQUt-9dgdFdtIjGCltg3G.Vxi39wNeziysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDSc27tSiSyEmt5o6xkYlZgaDatv.PjEn77ucujbeZeZ_?startTime=1601332457000

ADDITIONAL FREE SESSIONS compliments of Plymouth Yoga

Facilitated by Kaitlynn Kiela, CYT

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

ST&BF **VIRTUAL** Tai Chi (& QiGong) for Cancer Survivors Sessions!

Thursdays, May 6th & 20th ● 530P-630P

Facilitated by Michael Finney, CYT

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

ST&BF Hiking Along the Cancer Journey & Navigating Along the Cancer Journey!

Friday/Saturday, May 14th/15th ● Contact Tim

Kettle Moraine State Forest – Northern Unit

Contact Tim for Details!

SCCCF “Flowers for the Fund” Spring Flower Sale Pick-Up!

Wednesday, May 12th ● 10A to 6P

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Pick up your pre-ordered flowers! A limited supply of extra flowers will be available (while supplies last)!

ST&BF at the Christopher Farm & Gardens: Filling those Wooden Planter Boxes & Touring Erika's Favorite Spring Spots at CF&G!

Tuesday, May 18th ● Watch for Details

Christopher Farm & Gardens, W580 Garton Rd

Mark your calendars and watch for details!

ST&BF “POP UP” Activities!

Activities, Locations, Dates and Times TBD!

Watch for additional ST&BF “POP UP” outdoor activities to be 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!



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.

April, 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	3
4	5 530P-VTaiChi 630P-VLCCU	6 530P-VYoga	7 PU-GHwDK/ Steps	8	9	10
11	12	13 530P-VYoga	14 PU-GHwDK/ Steps	15 900A-VLCCU	16	17
18	19 530P-VTaiChi 630P-VSCBFBB	20 930A-VSCBFBB 530P-VYoga 630P-VLCCU	21	22 ST&BF@CF&G	23	24
25	26	27	28 900A-VLCCU	29 IRG-CH	30 IRG-CH	



Together we
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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.

May, 2021



Making Sheboygan County
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Events & Activities of the Local Cancer Community!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 PU-GHDK
2	3 500P- VQG5T 530P-VYoga	4	5	6 900A-VLCCU 530P-VTaiChi	7	8
9	10 500P- VQG5T 530P-VYoga 630P-VLCCU	11 POP UP? Watch for details!	12 Fundraiser: 10A-6P: FftF	13	14 HAtCJ & NATCJ	15 HAtCJ & NATCJ
16	17 500P- VQG5T 530P-VYoga	18 ST&BF@CF&G	19	20 530P-VTaiChi	21	22
23	24	25	26	27	28	29
30	31 Memorial Day					

NOTE: WATCH FOR UPDATES TO THIS CALENDAR. PU (POP UP) Activities are tentative, details will be communicated via e-mail using the POP UP e-mail list! – Contact Tim for Info!

KEY: VLCCU = Virtual Local Cancer Community Update
 VTaiChi = Virtual Tai Chi for Cancer Survivors
 VYoga = Virtual Gentle Yoga for Cancer Survivors
 HAtCJ = Hiking Along the Cancer Journey
 NATCJ = Navigating Along the Cancer Journey (orienteer)
 ST&BF@CF&G = ST&BF @ Christopher Farm & Gardens
 VSCBFBB = Virtual Survivorship Can Be Fun w/Builder Bob
 VQG5T = Virtual QiGong "Five Treasures"
 FftF = Fundraiser: Flowers for the Fund Flower Pick Up
 IRG-CH = Indoor Row Group Challenge
 PU-GHDK = POP UP Great Heights w/Delightful Kites

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

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



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VIRTUAL Local Cancer Community Updates (Via Zoom)

Purpose: These casual virtual updates offer area cancer patients/survivors the opportunity to connect with one another and offer a bit of virtual support and encouragement. Sessions may involve a specific topic, general discussion and/or personal sharing.

Thursday, May 6th at 900A!

TOPIC: Another Cancer-versary – “Let’s Get Personal”!

I invite you to join me as I reflect on some of my personal experiences, lessons, understandings and philosophies after 29 years of cancer survivorship!

Monday, May 10th at 630P!

TOPIC: Another Cancer-versary – “Let’s Get Personal”!

I invite you to join me as I reflect on some of my personal experiences, lessons, understandings and philosophies after 29 years of cancer survivorship!

Zoom Meeting ID: 833 9821 3314

PASSWORD: 892356

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

**LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room
● Call 920-458-7433 (Ask for Tim) for more information! ●**

“Survive, Thrive & Be Fit!”



Gentle

Yoga

Introductory

Tai Chi/QiGong



for Cancer Survivors!

VIRTUAL Sessions (via Zoom)!

In many ways Yoga and Tai Chi/QiGong 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/QiGong 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 which to practice!

**Gentle Yoga
for Cancer Survivors:**

Mondays, May 3rd, 10th & 17th!

5:30P ● with Kaitlynn Kiela, CYT

**Introductory Tai Chi/QiGong
for Cancer Survivors:**

Thursdays, May 6th & 20th!

5:30P ● with Michael Finney, CYT

MEETING ID: 833 9821 3314

PASSWORD: 892356

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

**QiGong “Five Treasures”
for Cancer Survivors:**

Mondays, May 3rd, 10th & 17th

5:00P to 5:30P ● Five Treasures Video

For more details about these sessions and access to recorded online sessions contact Tim at 920.457.2223 or email trenzelmann@physhealthnet.com.



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**



The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members! To learn more:

visit www.scccf.org or call 920.457.2223

“Survive, Thrive & Be Fit!”

Hiking Along the Cancer Journey & Navigating Along the Cancer Journey



Including: Day Hikes and Group Orienteering

Friday & Saturday, May 14th & 15th!

Join us for a Day Hike through the nearby Kettle Moraine State Forest using the Ice Age Trail near Greenbush. Navigate the newly installed Red Oaks permanent orienteering course as a group (or venture out on your own).

Friday – May 14th:

3PM: Navigating Along the Cancer Journey Group Orienteering Experience (Red Oaks).

5PM: Hiking Along the Cancer Journey Day Hike – to Shelter #5 (Ice Age Trail)

Day Hikers will complete a short hike to the Shelter #5. Once at Shelter #5 and have the option of continuing hike or building/enjoying an evening campfire. Day hikers will be escorted back to lot before sunset or may opt to return earlier/later on their own (bring a headlamp/flashlight).

Saturday – May 15th

8AM: Hiking Along the Cancer Journey Day Hike – to Shelter #5 (Ice Age Trail)

Day Hikers will complete a short hike to the Shelter #5. Once at Shelter #5 they will have the option of continuing hike or building/enjoying a morning campfire. Day hikers may return to the Greenbush Lot on their own or at 10A with the group.

11AM: Navigating Along the Cancer Journey Group Orienteering Experience (Red Oaks)

Contact Tim (920.457.2223 or trenzelmann@physhealthnet.com)

Space Is Limited! Registration **REQUIRED (contact Tim for details)!**

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



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**

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.

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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.

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

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