

# The Local Cancer Community Update



Together we  
Live with  
Cancer!



Submitted by Tim E. Renzelmann ● May 20, 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!



## Matthews Oncology Associates and Sheboygan Cancer & Blood Specialists Providing Expert Individualized Care for Their Patients!

Matthews Oncology Associates and Sheboygan Cancer & Blood Specialists recognize the future arrival of Green Bay Oncology to the HSHS St. Nicholas Hospital Campus.

This obviously represents a change in the landscape of oncology care in Sheboygan County. Change as always creates speculation and is the fuel for rumors. I am hopeful to provide some clarity to any questions or concerns about the status of Matthews Oncology Associates and Sheboygan Cancer & Blood Specialists.

Dr. Matthews and Dr. Bettag are committed to remaining independent practitioners dedicated to providing expert individualized cancer care for their patients. Both Dr. Matthews and Dr. Bettag continue to maintain full time practices with the willingness and availability to see new patients at any time. They remain dedicated to the many patients whose care they have already gratefully been involved with. As independent practitioners, they maintain the ability to refer patients to preferred specialists based on the specific needs of the patient for the most successful outcome.

Dr. Matthews began providing cancer care in Sheboygan in 1992 and Dr. Bettag in 1995. They have a combined total of about 55 years of cancer care in Sheboygan County that includes almost 20 years of a successful and strong partnership to which they remain dedicated for years to come!

Thank you!

Kelley Renzelmann  
CEO/Administrator

Sheboygan Physicians Group for Matthews Oncology Associates and for Sheboygan Cancer & Blood Specialists

[www.sheboygancancer.com](http://www.sheboygancancer.com)

## Dr. H. Marshall Matthews



Dr. Matthews is board-certified in Medical Oncology, Internal Medicine, Hospice, and Palliative Care Medicine. He has practiced in Sheboygan since 1992. Patients and their families have known him to provide the perfect mix of expertise, commitment, and compassion. Dr. Matthews completed an internship, residency, and fellowship in Hematology/Oncology at the University of Wisconsin Hospitals and Clinics in Madison, Wisconsin.

Dr. Matthews is a member of The American Society of Clinical Oncology, Wisconsin Association of Hematology and Oncology, American Academy of Hospice and Palliative Medicine, and the American College of Physicians.

## Dr. S. Mark Bettag



Dr. Mark Bettag is board-certified in Hematology/Medical Oncology, Internal Medicine, Hospice, and Palliative Care Medicine. He began practicing in Sheboygan County in 1995. In 2004, Dr. Bettag opened Sheboygan Cancer & Blood Specialists. Patients appreciate his dedication, expertise, and deep

concern for their special needs.

Dr. Bettag completed an Internal Medicine residency at Loyola University Medical Center in Maywood, Illinois, and a Hematology/Oncology fellowship at the University of Colorado Health Sciences Center in Denver.

Dr. Bettag is a member of The American College of Physicians.



Sheboygan Physicians Group

Matthews Oncology Associates  
Sheboygan Cancer & Blood Specialists

## In Memory of Mark TeGrotenhuis: Still “Fixing Things” with Memorial Donations to the Sheboygan County Cancer Care Fund!

So much of this work... so much of this life... can be so bittersweet – a blend of emotions that are sweet but also tinged with sadness.

When Pam TeGrotenhuis handed me an envelope of donations for the Sheboygan County Cancer Care Fund from her late husband Mark’s memorial... it was oh so bittersweet (as it is whenever I accept a memorial donation on behalf of SCCCf)!

Of course, I am thrilled at every act of generosity, kindness and compassion that allows SCCCf to continue to do it’s simple but important work, but I am saddened when such acts are in any way related to the loss of life. And yet I realize it may have been quite meaningful for Mark as it may be for those who knew and loved him!



Pam would explain, “Mark worked as a maintenance man for the Oostburg School District and could fix almost anything. I like to think that his wish to give money to SCCCf received in his memory would maybe “fix” or help someone with financial needs during their battle with cancer!

“He always felt he was getting the best care with

Dr. Bettag and his entire staff. My thanks to everyone who took such compassionate care of Mark throughout the last year!”

Thank you Mark! And thank you Pam and all who donated in Mark’s memory!

Here is a link to Mark’s obituary:

<https://www.legacy.com/obituaries/sheboyganpress/obituary.aspx?n=mark-tegrotenhuis&pid=198290012&fhid=26187>

## Survive, Thrive & Be Fit at the Christopher Farm & Gardens: A Special Space for Enjoyment!

**Tuesday, May 18<sup>th</sup> ● Christopher Farm & Gardens**

We enjoyed yet another lovely visit to the Christopher Farm & Gardens! I won’t waste too much time trying to find the words to describe this most recent visit... but will share a few photos (as they say, a picture is worth a thousand words) and encourage you to join us next time so you can experience it for yourself!

*“You are as welcome as the flowers in May.” – Charles Makin*

Perhaps the only thing matching the beauty of this incredible space is the beauty in the hearts of those who have opened the space up to us: Jay Christopher (Owner), Erika (Director) along with Rob and the many CF&G staff that we have met and come to know!



Every visit offers a variety of activities. The highlight of this visit included a tour by Erika (pictured in shorts/navy top) as she pointed out some of her favorite spring flowers and locations on the property!



*The mission of The Christopher Farm & Gardens is to bring together horticulture, landscape design, education and the arts to inspire and enlighten guests.*

*CF&G is dedicated to providing a space for enjoyment, understanding, and conservation of native Wisconsin plants, trees, animals and the Lake Michigan shoreline.*

*The vision of The Christopher Farm & Gardens is to continually grow with a focus on education and preservation of God’s earthly creations.*

***"I can do things you cannot, you can do things I cannot, together we can do great things." – Mother Teresa***

The above quote accurately reflects the combined efforts of "Bob the Builder" Hartig and the wonderful staff at the CF&G! The sixth and most recent TLC Survivorship Can Be Fun "Bob the Builder" project involved the making of a wooden planter box. Past projects were done virtually, via Zoom and Bob was available in person to guide others interested in building their own wooden planter box.



Then, CF&G offered a wide selection of plants and flowers to fill the wooden planter boxes and provided knowledgeable staff, including Amanda (Greenhouse Manager), to offer instruction and answer questions!



***"So plant your own gardens and decorate your own soul, instead of waiting for someone to bring you flowers." – Jorge Luis Borges***

As a result, many left with their own little piece of the CF&G to take home with them to beautify their homes and soothe their souls!



*Photos: Previous column – Maryellen & Tom K, Above Left – John S, Above Right – Rae-Ellen W, Above Bottom – Nate & Rachel*

***"Give me odorous at sunrise a garden of beautiful flowers where I can walk undisturbed." – Walt Whitman***

Over the years we have enjoyed so many activities at the CF&G including the following "Survive, Thrive & Be Fit" activities: Survivorship Through the Lens outdoor photography, Gentle Yoga for Cancer Survivors, Steps to Survivorship, Survivors on Snowshoes, DISC-over DISC Golf, Tai Chi for Cancer Survivors, Great Heights with Delightful Kites and even a few Hiking Along the Cancer Journey overnight backpacking outings. We've also enjoyed a few bonfires on warm summer evenings and even cold winter days, completed scavenger hunts, carved pumpkins, shot off "Stomp Rockets", enjoyed train rides, visited the on-site Train/Transportation Museum as well as the Nature Center, assisted with a Habitat Restoration Project, and were guided on a variety of tours by the amazing CF&G staff!

But, of all of the activities that we have enjoyed... based on the many the comments I have received (along with my own experiences), the most popular activity is simply what I refer to as "Wandering the Wonderful Property"!



***There is that in the glance of a flower which may at times control the greatest of creation's braggart lords.*** – John Muir

Personally, I have trouble distinguishing a weed from a plant or a flower. In fact, I consider many “weeds” (i.e., dandelions) to be quite beautiful. Thankfully, there are those at the CF&G with a far greater knowledge and intellect than I who understand how the horticultural-related aspects of nature work. And they have used that knowledge to create a beautiful, sustainable, healing space. Similarly, there are the great minds of our doctors and nurses who understand the biological process of cancer and have a deep understanding on how to best treat this disease.

When in the presence of such great minds, I realize that NOT all men are created equally! 😊 I am certainly grateful for these great and beautiful minds that allow many of us to live great and beautiful lives!

Mark your calendars for our next visit to the CF&G on Sunday, June 6<sup>th</sup> as we gather to commemorate National Cancer Survivors Day! To sign up (and eventually receive details via e-mail), contact Tim by e-mail ([trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)) or phone (920.459.8378)!

## **ST&BF Offers First-Ever Navigating Along the Cancer Journey Orienteering Outing!**

**Friday, May 14<sup>th</sup> ● Red Oaks Orienteering Course**

An adventurous group of survivors and co-survivors, most who had never orienteered before, were the first to participate in our inaugural “Navigating Along the Cancer Journey” orienteer outing at Red Oaks orienteering course in the Kettle Moraine State Forest last weekend as we successfully completing the course by locating all nine controls together!

Following this fun orienteering experience, we enjoyed some “Hiking Along the Cancer Journey” Day Hikes along the nearby Ice Age Trail and several spent the night at Backpack Shelter #5 that included another

night-time hike, a campfire (and the always interesting “campfire talk”) followed by a pre-sunrise hike and a morning hike the next day!



*Photo Above: First-time successful orienteers (L-R) John & Sue Zalewski, Maryellen Kloiber, Linda & Mike Ansay.*

With the summer growth along with the upcoming arrival of a seasonal population of bugs and insects, orienteering is best suited as a spring and fall activity. But watch for some orienteering “exercises” in the months ahead that may prepare you for our some fall “Navigating Along the Cancer Journey” outings at Red Oaks as well as upcoming “Hiking Along the Cancer Journey” day hikes or backpack outings.

## **ST&BF Great Heights with Delightful Kites Fun Photo from May 1<sup>st</sup> Outing!**

**Saturday, May 1<sup>st</sup> ● Firehouse Park, Town of Sheboygan**



I’ve shared photos of single-line kites, two-line kites and large foil kites. Take a look at this small, colorful and uniquely

designed Prism “Flip Kite” piloted by co-survivor Ruth Hartig at a ST&BF POP UP “Great Heights with Delightful Kites” outing at Firehouse Park in the Town of Sheboygan earlier this month!

Click [HERE](#) for a video of this kite in flight!

Click [HERE](#) for a video of this kite in slow motion!

Consider joining us at our next “Great Heights with Delightful Kites”! Don’t have a kite? There are plenty of extra kites available. Or just bring a chair and enjoy watching the fun!

## The World According to Tim: What It Means to Me to “Survive, Thrive & Be Fit” on My 29<sup>th</sup> Cancer-versary!

I first heard those life-altering words “You have cancer!” on May 11<sup>th</sup>, 1992. Although it was 29 years ago this month, the day remains about as fresh in my mind as if it was just 29 days ago.

I was alone when I heard those words. But I was used to being alone. I was a single, 29-year-old distance runner who represented the epitome of “the loneliness of the long-distance runner.”

I had been training to qualify for the U.S. Olympic Trials in the marathon. A few months earlier I crossed the finish line at the Las Vegas Marathon in 2:20:39, just missing the 2:20:00 qualifying time. A swollen lymph node in my neck sent me to my primary care physician. A failed dose of antibiotics sent me for a biopsy. But I wasn’t worried... I was in the best shape of my life!

I drove straight home after hearing those words and laced up my running shoes and headed out for a run. It was the only thing I could think of to do! I would run past my mom and dad’s house, where I would stop to tell them the news, and then continue my run.

I would meet with Dr. Matthews at what is now known as the Carbone Cancer Center at UW-Madison where I would receive my first couple rounds of chemo. A few months later (July, 1992), he would open his private oncology practice here in Sheboygan. I like to think he came to Sheboygan to treat me. He’ll probably tell you otherwise! 😊

Honestly, cancer treatment that included chemotherapy and radiation was not as bad as I thought it would be. Being young, healthy and fit certainly had a lot to do



with that. In fact, I continued to train and even compete throughout treatment and would win several local road races that summer and fall while undergoing treatment including the 1992 Hollandfest Run (photo left), albeit with a slower-than-usual time. Three months later, after more than four-months of treatment, I would win the 1992 Road America 4-mile run.

Please understand, I share that not to brag or boast but to praise and tout the benefits of exercise and activity! I am no longer the dedicated (or obsessed) runner that I once was and no longer have the same level of fitness of my younger days. But I have discovered a wide variety of other ways to move and exercise my body

and I continue to experience the profound benefits of exercise and living an active lifestyle.

Interestingly, it was about the time that I began to look for different physical activities other than running that we began “Survive, Thrive & Be Fit.” In fact, in fall of 2009, I wrote a piece for the TLC Supportive Newsletter on that topic (I’ll repost that piece along with this piece at [www.scccf.org/blog](http://www.scccf.org/blog)). A few months later (February of 2010) we offered the first SCCCF “Survive, Thrive & Be Fit” activity – a Gentle Yoga for Cancer Survivors session! I’m not saying the two are connected, but it seems that as ST&BF began adding different activities to its schedule, I found myself adding different activities to my exercise routine and my life! 😊

Every year on May 11<sup>th</sup> (my “cancer-versary”) for the past 29 years I have commemorated the occasion with some type of physical activity (running, kayaking, hiking, backpacking, etc.!) This year, to commemorate 29-years of survivorship, I initially planned to mark the occasion by exercising 29-minutes or more a day at least 29 days of the month of May. But almost immediately, I realized that was too easy. So, I made the challenge a bit more interesting: 29-minutes or more of exercise... 29 or more days of the month... and 29 DIFFERENT activities!

As I write this, I’m over halfway through the month and haven’t missed a day with a different activity! I have put a few creative twists on the dozen or so activities that I regularly engage in and have tried some new activities and I’ve been having a lot of fun!

I began thinking back on all of the many activities that we have offered through Survive, Thrive & Be Fit! I could just list them... but let’s make it a little more interesting.

In the chart that follows you will see three columns. The first column is blank for you to place your answer or guess. The second column lists (alphabetically) most of the ST&BF activities we have offered since 2010. The third column lists (chronologically) dates that we offered an activity for the first time. Your challenge is to match the activity with the date that it was first offered. I have provided the answers for the first activity and the most recent activity (as an example)!

Whoever gets the most correct (I’ll pull names out of a hat in the event of a tie) will receive a prize (I have a few vouchers leftover from the recent flower sale)!!!

Send in your answer by Wednesday, June 2<sup>nd</sup> and we’ll announce the winner at our June 6<sup>th</sup> visit to the Christopher Farm & Gardens where several of these activities will be offered!

Ans	ST&BF Activity	Start Date
	<b>Disc Golf:</b> DISC-over DISC Golf	A) <del>2/1/2010</del>
	<b>Exercise Log:</b> Active Survivors of Sheboygan	B) 8/28/2010
	<b>Golf:</b> Swinging Survivors	C) 8/17/2011
	<b>Hiking/Backpacking:</b> Hiking Along the Cancer Journey	D) 2/3/2012
	<b>Hoola Hoop:</b> Hoop Dance	E) 5/7/2012
	<b>Indoor Rowing:</b> Indoor Row Group	F) 10/12/2012
	<b>Kayaking/Canoeing:</b> Up the River WITH a Paddle	G) 3/11/2013
	<b>Kite Flying:</b> Great Heights with Delightful Kites	H) 6/12/2014
	<b>Multiple Activities:</b> Adventure Weekend	I) 7/21/2014
	<b>Multiple Activities:</b> Survive, Thrive & Be Fit at the Christopher Farm & Gardens	J) 8/4/2014
<b>Q</b>	<b>Orienteering:</b> Navigating the Cancer Journey	K) 11/9/2014
	<b>Outdoor Photography:</b> Survivorship Through the Lens	L) 3/12/2016
	<b>Pickleball:</b> Pickleball Play	M) 9/8/2016
	<b>Tai Chi:</b> Tai Chi (QiGong) for Cancer Survivors	N) 5/17/2017
	<b>Snowshoeing:</b> Survivors on Snowshoes	O) 7/27/2018
	<b>Walk/Jog/Run:</b> Steps to Survivorship	P) 9/20/20
<b>A</b>	<b>Yoga:</b> Gentle Yoga for Cancer Survivors	Q) <del>5/14/21</del>

Print this page, place your answers in column 1, scan or photograph and send to [renzelmann@physhealthnet.com](mailto:renzelmann@physhealthnet.com) by June 2<sup>nd</sup> to be eligible for a prize!

I will plan to follow up next month with an update on what I hope will be 29 different activities throughout the month of May... but, in the meantime, I encourage you to consider what it means to you to “Survive, Thrive & Be Fit” and to join us in any of our scheduled activities

while also finding ways to “Survive, Thrive & Be Fit” on your own!

## The World According to Tim: To Mask or not to Mask – Continued COVID Precautions at ST&BF Activities!

It felt strange to be without a facial covering at the last couple outdoor ST&BF activities! Oddly, I am finding NOT wearing a mask to be just as difficult to get used to as it was to start wearing a mask!

I am certainly not qualified to offer an expert opinion. But, as I see it, there are two considerations to the facial covering issue. The first consideration is when the experts tell us it is safe to go without. And, for those fully vaccinated, that appears to be the case (in most situations). The other consideration is when we and those around us FEEL safe to be without a facial covering.

That being said, I will continue to encourage everyone to have a facial covering with them at all ST&BF activities, and to wear one if they (or those around us) don't feel comfortable going without. I, for one, will gladly don a facial covering if doing so offers a bit of comfort or reduces worry for another!

Additionally, I will continue to encourage and practice social distancing at all outdoor activities and, at this point, there are no indoor activities planned.

## ST&BF Gentle Yoga for Cancer Survivors, Tai Chi for Cancer Survivors and QiGong Pre-Recorded Sessions & Instructional Videos!

One advantage of the virtual Gentle Yoga for Cancer Survivors Sessions as well as the Tai Chi for Cancer Survivors Sessions is that we have accumulated some online videos that you can access anytime! If you haven't check them out... I encourage you to do so!

### NEW - PRE-RECORDED Yoga Session – May 17<sup>th</sup>, 2021

Facilitated by Kaitlynn Kiela, CYT

[https://us02web.zoom.us/rec/share/hQbfUosbxa06ofAirURM\\_inoK\\_MwZTaSGCcByEuzy57DRME3KHj3rt94bWHD\\_36AR.LUNqoJ7ITqmHS\\_QZ?startTime=1621290742000](https://us02web.zoom.us/rec/share/hQbfUosbxa06ofAirURM_inoK_MwZTaSGCcByEuzy57DRME3KHj3rt94bWHD_36AR.LUNqoJ7ITqmHS_QZ?startTime=1621290742000)

### PRE-RECORDED Yoga Session – February 16, 2021

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/8p-g4x1LJSYNYbnxHkDx4qFnICOGOjybcxW8H0-9vO0xjglPzcOWxDx2XPrAoUUsu.QJVztaB14P0JWaX>

### PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

[https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPkbs8vtxBVxF5i194v2ZliBqk\\_KVWP4YmECFsWHOQ.y4uUtQpX2hMOPmRS?startTime=1610407916000](https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPkbs8vtxBVxF5i194v2ZliBqk_KVWP4YmECFsWHOQ.y4uUtQpX2hMOPmRS?startTime=1610407916000)

### PRE-RECORDED Yoga Session – November 16<sup>th</sup>, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wbpMiGj2piO-07KSMTCmXU0Zxo18QrxPCSbyhEaO6yNFTrlSIIfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

### PRE-RECORDED Yoga Session – October 20<sup>th</sup>, 2020

Facilitated by Stacy Harriott, CYT

[https://us02web.zoom.us/rec/share/1IV8r0yhusm176mAlwQpC\\_QoamGjYzGWifXDOwekq\\_ZPQUT-9dgdDfDtJgCJtg3G.Vxi39wNezijsKezp?startTime=1601332457000](https://us02web.zoom.us/rec/share/1IV8r0yhusm176mAlwQpC_QoamGjYzGWifXDOwekq_ZPQUT-9dgdDfDtJgCJtg3G.Vxi39wNezijsKezp?startTime=1601332457000)

### PRE-RECORDED Yoga Session – September 28<sup>th</sup>, 2020

Facilitated by Kaitlynn Kiela, CYT

[https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW\\_nGDScZ7tSiSsyEmt5o6xkYlZgaDatv.PjEn77uculbeZeZ\\_?startTime=1601332457000](https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDScZ7tSiSsyEmt5o6xkYlZgaDatv.PjEn77uculbeZeZ_?startTime=1601332457000)

### ADDITIONAL FREE SESSIONS compliments of Plymouth Yoga

Facilitated by Kaitlynn Kiela, CYT

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

### PRE-RECORDED Tai Chi Instructional Videos

8 Brocades – by Michael Finney

[https://youtu.be/T\\_JifFiZjDs](https://youtu.be/T_JifFiZjDs)

Grasp Sparrow's Tail – by Michael Finney

[https://youtu.be/wn9uz\\_oPXU8](https://youtu.be/wn9uz_oPXU8)

### QiGong Instructional Video: “Five Treasures”

National QiGong Association Website Video

[www.nqa.org/five-treasures](http://www.nqa.org/five-treasures)

## Upcoming Opportunities in the Local Cancer Community:

See attached calendar and flyers for details, visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223

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

Meeting ID: 833 9821 3314, Password: 892356

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

## TLC **VIRTUAL** Local Cancer Community Update!

Tuesday, June 1<sup>st</sup> ● 600P

Monday, June 7<sup>th</sup> ● 900A

Topic: Celebrate Survivorship!

**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>

## ST&BF at the Christopher Farm & Gardens: Celebrate Survivorship on National Cancer Survivors Day!

Sunday, June 6<sup>th</sup> ● Sign up for more details!

Christopher Farm & Gardens, W580 Garton Rd

Contact Tim ([trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com) or 920.457.2223) to sign up and to receive further details!

## ST&BF **VIRTUAL** QiGong “Five Treasures” Practice!

Tuesday, June 8<sup>th</sup> ● 500P to 530P

Tuesday, June 22<sup>nd</sup> ● 500P to 530P

Join us for these self-directed/self-taught sessions using the “Five Treasures” routine that can be viewed and practiced here: <https://www.nqa.org/five-treasures> If weather/conditions allow, the session will be held outdoors at a location to be determined about 24-hours in advance and communicated via the ST&BF POP UP e-mail list (contact Tim to insure you are on that list). Otherwise, session will be held virtually via Zoom.

Meeting ID: 833 9821 3314, Password: 892356

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

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

Tuesday, June 8<sup>th</sup> ● 530P-630P

Tuesday, June 22<sup>nd</sup> ● 530P-630P

Facilitated by Stacy Harriott, CYT

If weather/conditions allow, the session will be held outdoors at a location to be determined about 24-hours in advance and communicated via the ST&BF POP UP e-mail list (contact Tim to insure you are on that list). Otherwise, session will be held virtually via Zoom.

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

See listing elsewhere in this update for PRE-RECORDED Yoga Session options!

## 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 20<sup>th</sup> through June 19<sup>th</sup> ● 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 20<sup>th</sup> and June 19<sup>th</sup>! See attached or contact Tim for details!

Tim E. Renzelmann – 920.458.7433, 920.457.2223

[trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

MOA/SCBS Cancer Coach (920.458.7433)

SCCCF Vice President (920.457.2223 – 920.45-SCCCF)

[www.sheboygancancer.com](http://www.sheboygancancer.com) ● [www.scccf.org](http://www.scccf.org)

**Got a story or information to share with our readers? Just let me know!!!**



Together we  
Live with  
Cancer!



# May, 2021



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!

Making Sheboygan County  
The Healthiest Place  
To Survive Cancer!

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 PU-GHDK, Steps, QG	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					



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# June, 2021



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!

Making Sheboygan County  
The Healthiest Place  
To Survive Cancer!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 530P- VQG5T 600P-VLCCU	2 PossiblePU	3	4	5
6 ST&BF@CF&G	7 900A-VLCCU	8 500P- VQG5T 530P-VYoga	9	10	11	12
13	14	15	16	17	18	19
20	21	22 500P- VQG5T 530P-VYoga	23	24	25	26
27	28	29	30			

**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  
 VQG5T = Virtual QiGong "Five Treasures"      VYoga = Virtual Gentle Yoga for Cancer Survivors  
 FftF = Fundraiser: Flowers for the Fund Flower Pick Up      HAtCJ = Hiking Along the Cancer Journey  
 NATCJ = Navigating Along the Cancer Journey (orienteer)      PossiblePU = Possible POP UP – Watch for details  
 ST&BF@CF&G = ST&BF @ Christopher Farm & Gardens

**ZOOM Link:** <https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpkKXVNVWjZvTjNqQ2RmUT09>  
 Meeting ID: 833 9821 3314, PASSCODE: 892356

For details, see the most recent issue of the Local Cancer Community Update, visit [www.scccf.org](http://www.scccf.org) or call 920.457.2223.

# 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 20<sup>th</sup> through Saturday, June 19<sup>th</sup> (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](http://www.scccf.org/events).

**For more Information:** Contact Tim at [trenzelmann@physhealthnet.com](mailto: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](http://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.scccfc.org/news](http://www.scccfc.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 15<sup>th</sup> 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](mailto:trenzelmann@physhealthnet.com)

### For More Information:

Call: 920.457.2223

E-mail: [trenzelmann@physhealthnet.com](mailto:trenzelmann@physhealthnet.com)

Visit: [www.scccfc.org](http://www.scccfc.org)

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
<b>Total "Yes" Checks for the Month:</b>					

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.

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
<b>Total "Yes" Checks for the Month:</b>					

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.