

The Local Cancer Community Update

June 8, 2021 ● Submitted by Tim E. Renzelmann

News, Events and Activities in the Local Cancer Community including the TLC (Together we Live with Cancer) Supportive Community, The Sheboygan County Cancer Care Fund, the Survive, Thrive & Be Fit program and more!



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



ST&BF at the Christopher Farm & Gardens: Commemorating National Cancer Survivors Day!

Sunday, June 6th ● Christopher Farm & Gardens

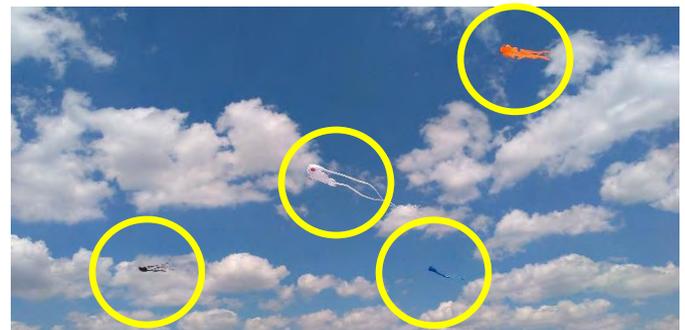


at the Christopher Farm & Gardens!

At least fifty-five cancer patients/survivors and co-survivors gathered on Sunday, June 6th to enjoy a warm, sunny, fun and relaxing day at the Christopher Farm & Gardens to commemorate this year's National Cancer Survivors Day - A Celebration of Life!

Originally, I planned to quickly tell the story of the day through photos... but, frankly, I was too busy throughout the day and didn't take many photos. I suspect in the days ahead many of the participating survivors and co-survivors will be sharing photos from the day via SCCC's "Survivorship Through the Lens" at www.sccc.org (so you might want to check that out). In the meantime, allow me to tell a few stories with words!

I arrived early to set a few things up and to get a few kites in the air for ST&BF "Great Heights with Delightful Kits" and to greet participants as they arrived at noon. About a half-hour before the gates were to open, I had four kites in the air in what were almost-perfect kite-flying wind conditions! I took the opportunity to find a shaded spot along the edge of the alfalfa field to relax a bit and enjoy a PB&J before the day's activities got under way and I snapped this photo of the four kites in the air:



I had just taken the last bite of my PB&J when the almost perfect southwest wind... just shut down... and I watched each of the four kites slowly fall from the sky... just minutes before folks would begin to arrive!

There's not much you can do when you want to fly a kite and there is no wind. But I had to try. So I ran back out on the field... hoping the wind would pick up and, gradually, it did. Although its direction had shifted to more of a southeasterly direction, which I wasn't expecting, and my ideal kiting spot was no longer ideal!

As I was running back and forth between the kites, trying to adjust them to the new wind direction, I couldn't help but reflect on how apropos this is on National Cancer Survivors Day! When the wind switches in the lives of cancer patients and survivors, they don't just give up and walk away. They do what needs to be done. They do what they can. They make adjustments. Sometimes the right kind of wind picks up again... sometimes it doesn't. There are no guarantees. But there is always a chance as long as they keep trying... as long as they focus on what they can do and not what they can't... as long as they don't give up!

Following that slight shift in winds on that day, kiting conditions were never as good as they were early in the morning... but we made it work and we made it fun!

We had a few prizes to give away to attending survivors. Sure, we could put names of attending survivors in a hat and pull out some winning names... but what fun is

that? So instead, “Bob the Builder” Hartig did a “Kite Drop.” For those not familiar with a kite drop, it consists of a mechanism that includes a sail and a release. The wind carries the mechanism along with a load (in this case, a stuffed “Bert” of “Bert & Ernie” fame with a parachute) up a kite line to a release point where the load is released and, as long as his chute deployed, Bert parachuted gracefully down to the ground.

After a demo, participating survivors marked a spot on the field that they predicted Bert would land... and whoever came closest would win!

After four kite drops, the best guess went to Sue Zalewski at 11 feet and nine inches. Other winners included Christina Newton-Ray (17 feet and eight), Linda Ansay (25 feet and 2 inches) and Cindy Becker (31 feet and 11 inches) and Amy Clarke (35 feet and 1 inch)!

As Linda, one of our survivors mentioned, not only was this a fun activity... but it got people out moving in the kite field for some activity!!! 😊

Next up was a “Vegetable Garden Tour” with Rob of the Christopher Farm & Gardens! I was not able to join in on this tour as I needed to get the lunch ready... but I’ve enjoyed other tours before from Rob and the amazing CF&G staff... and they are always informative, educational, interesting and entertaining!



Next, we enjoyed a box lunch from Cousins Subs while gathering in the Conservatory (where shade was at a premium) followed by a brief program!

Photo left submitted by Cindy Becker.

I kicked off the program with a bit of local trivia by asking those in attendance, “Of all of the people here today, who do you think has attended the most National Cancer Survivors Day celebrations?”



Well... it wasn’t me, nor was it any of the attending survivors! It was Mary Schueller, RN – a longtime cancer care professional of our Local Cancer Community! As readers of this LCCU may recall, Mary retired in late 2020 but, thankfully, she has remained a member of SCCC’s board of directors and she has remained active in some of our activities!

Mary provided some background information about National Cancer Survivors Day, pointing out that this is the 34th annual event. She referenced a letter by Ned Sharpless, M.D., Director, National Cancer Institute that appears on the National Cancer Survivors Day website that points out, “Fifty years ago, advocates joined legislators to celebrate the signing of the National Cancer Act of 1971, which accelerated research by establishing key programs and increasing funding.”

“Where we are today compared to where we were fifty years ago,” Mary observes, “the establishment of the National Cancer Institute and the amount of focus that was put on cancer research has drastically changed because of this piece of legislation.”

Mary also provided a bit of local history, recalling the first National Cancer Survivors Day event that she was involved in organizing in in 1992. She recalls, “Even before Dr. Matthews began his practice in Sheboygan, while he was still completing his fellowship at University Hospital in Madison, he came and spoke at this National Cancer Survivors Day Celebration at St. Nicholas Hospital.” About a month later, he would open his private practice in Sheboygan.

To recognize Mary for her 42-years of dedicated service and her service to SCCC, she was presented with a “Beacon of Hope” award from the Sheboygan County Cancer Care Fund!



Next, cancer survivor Dan Kunda (pictured left in a photo from 2013 as one of our ST&BF survivor-athletes) stood up (to well-deserved applause). Here are a few excerpts from Dan’s comments:

I'm a nine-year cancer survivor. Next year I will hopefully have my final full-body MRI. If it is clear, my doctor said he's going to give me his blessing and send me on my way!

The words "You have cancer!" are three words you don't want to hear! I also got to hear the words, "Paralyzed for life!" on August 10th of 2019. I remember telling the doctor, "Well...that doesn't work for me!" I don't think he thought I would prove him wrong... but I'm standing! I'm a little wobbly, but I'm standing.

A lot of the things I have had to go through these past months, basically learning to walk all over again, were many of the same things I learned through cancer and from many of you cancer survivors! Some days you got to suck it up! Some days you got to cry! Some days you might feel like the bottom of a shoe and that might be a good day! I have learned that sometimes we may have to travel the journey on our own... but we are never alone. All you have to do is reach out and get some help from one another. We support and encourage one another to do the best we can, and that's all that anyone can ask of us and it's all we can ask of ourselves!



Next up, Felicia Shaw (pictured left as a model in a SCCC fundraising event in 2013) shared a Haiku that she submitted as a note of appreciation to the Christopher Farm & Gardens for recent visits:

*Nature's beauty scenes
with sound produce inner
peace
during trying times*

Here are a few excerpts from Felicia:

I really only had a 20% chance of survival and that was eleven years ago and I am cured! I am one of those people how has residual effects from my cancer and cancer-treatment and always will. Some days are good and some days are not-so-good! But I'm here and I am grateful to be alive!

It was a bit of bad luck for me and for all who had to hear those words. But the thing about bad luck is usually what follows is a bit of good luck... that's our silver lining!

So... what would be our good luck after having to go through cancer? Well... the people, like all of you; the

survivors, the co-survivors that we meet along the way and the doctors like Dr. Bettag and the nurses that treat us! The activities, like "Together we Live with Cancer" and "Survive, Thrive and Be Fit!" And the places that we meet, like CF&G! These are all part of our silver lining!

What does that bring us then? Well, we get some good luck that brings us a way to SURVIVE, a way to THRIVE and a way to BE FIT! So, we are lucky... and that's a big bit of good luck for all of us!

As I was thinking about this, I thought of another Haiku to end with. And, the hint is, there happens to be seven syllables in "Christopher Farm & Gardens!"

*Cancer is a cloud
Christopher Farm & Gardens
a silver lining*

Then we heard from Amy Clarke, pictured below with Alan, her boyfriend at the time and now her husband, during a 2013 ST&BF Hiking Along the Cancer Journey outing.



Here are a few excerpts from Amy:

I was diagnosed in 2012 with stage III rectal cancer. I was 33 years old at the time and one of the younger ones at many of the activities that I participated in, which made it a little more difficult to process everything. My treatment included chemotherapy, radiation and surgery. On the last day of chemo, Alan proposed to me right in the treatment room! That was wild!

Eventually we moved to Colorado and, more recently to northern Wisconsin, but I've always stayed in contact with Tim and the group through the newsletters where I've seen a lot of your faces and read many stories. So even though I don't know all of you and haven't met many of you, I consider you all part of my family.

2020 was bad for all of us. It was made worse for me when I found out the rectal cancer had come back and

metastasized to my lung. I come back to be treated by Dr. Matthews and I've gone through more chemo and have had the upper lobe of my lung removed.

Finding out that I have it again sucks! But I've accepted it and have continued on. I am a very happy person, and I come to events like this to see other people and live as happy as I can.

I'll be going back home to Superior where, by the way, I have 39 chickens to take care of! And I'll come back to see Dr. Matthews again in about a month. It's something now that I've accepted, but coming to events like this, seeing people I like you, I realize we can get through it. Even if I have to live with this for the rest of my life, it's a journey, and one we'll all get through, some way or another!

We concluded the program by showing our appreciation to Mr. Jay Christopher, owner of the Christopher Farm & Gardens, along with Erika and Rob and all of the wonderful staff! This marks our 25th visit to this peaceful, relaxing, healing and fun property since our first visit on May 17, 2017!

To show our appreciation, we took up a collection which will be used to provide the entire Christopher Farm & Gardens staff with a lunch!



Erika Lusthoff, CF&G Director (pictured left at a recent "Habitat Restoration Day" at the CF&G) is always eager and anxious to get to work and to advance the mission of the CF&G as she nurtures and directing the healing energy that grows throughout the Gardens!

As she accepted the "Beacon of Hope" Award, she remarked:

On a weekly basis we have a staff meeting where everyone gathers and we go through what needs to get done in the week. My favorite part is sharing the comments and the feedback from those, like all of you, that visit. And I always share the photos. Although our staff may not typically be out here when we have events, your comments help make them aware that what they do is important, people enjoy it, and it matters! Thank you for helping us make this place special and for giving us memories!

Lastly, we presented a "Beacon of Hope" Award to Jay Christopher and the Christopher Farm & Gardens!



Jay Christopher Excerpted Comments:



The Farm & Gardens was really inspired by my father, Walter, who was an attorney by trade. But really, he was a horticulturist at heart. It was the weekend trips that we would take to Wisconsin, to Iowa,

to Indiana to find those specimen plants for his garden. I can remember as a child, we had church members that would come out and picnic in the backyard, and it was always such a treat for everybody.

He never did see his dream of owning a hobby farm.

We really are humbled by all of you coming out and visiting the gardens!. That's what they are intended for. The enjoyment that the staff gets through the feedback from you after you've visited is just overwhelming!

This is designed to be a place where people can get away, they can relax, they can think, they can self-heal. These are all important aspects of the Farm & Gardens. And we continue to grow, particularly on the educational side. To be able to put together a program with someone like Rob, who led the Vegetable Garden Tour earlier today, is an important aspect of the CF&G. We have a very accomplished and knowledgeable staff. To be able to communicate what we are doing out here and what you can be doing in your garden also, those are very rewarding moments for us.

Then it was time for a bunch of big kids to board the Dairyland Express – a 16-inch gauge amusement park train that was built in the 1950s and has been fully restored. Passengers rode the quarter-mile loop that winds its way through scenic surroundings. Highlights include a waterfall, spruce haven, train station, depot and a 92-foot tunnel, which houses the train when not in use.



Photo submitted by Erika Lusthoff (after she took this photo she wisely kicked me out of the conductor's seat and took over).



Photo submitted by Mary Schueller! Woo – woo!!!

Coming Soon: ST&BF at CF&G “POP UP” Peak Peonies Visit!



The next SCCCF **ST&BF** at the **Christopher Farm & Gardens** is planned to coincide with the peonies at their peak (probably next week or two) and details will be announced via the ST&BF “POP UP” e-mail list (contact Tim for further details)!

Above Photo: Submitted by Cindy Kuehlman during a previous visit to the CF&G when peonies were in bloom.

The World According to Tim: The TLC (Together we Live with Cancer) Supportive Community – A Bit of History As Seen Through A Logo!

A few issues ago I mentioned that I thought my position of 21-years has (if only by default) made me a bit of an historian in our Local Cancer Community (especially from the “survivor” perspective). So... allow me to take this time to share a bit of history of the TLC Supportive Community logo.

In early 2000, about the time I started this position, Dr. Matthews had commissioned an artist by the name of Robert Leland Pence to render a painting. As part of the creative process, Robert submitted this line drawing (right).



“I've always been amazed at the majesty of a large tree that stood alone (certainly not to dismiss the importance of being supported by a group),” Dr. Matthews reflects. “Several words come to mind including strength and resilience -- not just solitude but self-sufficient and self-supportive.

“An interesting aside story about the importance of 'community' which some trees need and others perhaps not,” Dr. Matthews continues. “The largest tree in my new backyard on Lake Michigan 20+ years ago had a several foot diameter trunk and the branches and leaves when present provided a 15 yard or more diameter shade circle. To build my house they had to cut down a handful of full grown white pines just to the west of this giant Poplar tree. Before house construction even started a few thunderstorms from the West rolled through one day-not much worse than the usual storms we get every summer.

“The giant Poplar blew over pulled out by the roots!”

Robert L. Pence presented Dr. Matthews with this piece, which currently hangs in his office:



“It wasn’t exactly what I had imagined,” reflects Dr. Matthews. “It was a little gloomier than I envisioned, but I like it. I think it represents what I was looking for along with the artist’s personal understanding of cancer. When I look at it, I see the looming darkness, but I also see something beyond that is much brighter.”

NOTE: Sadly, as I was putting this article together, I learned that Robert Leland Pence had passed away earlier this year. You can view his obituary here:

<https://www.legacy.com/obituaries/doorcountyadvocate/obituary.aspx?n=robert-leland-pence&pid=198399210>

The tree in this painting was then incorporated into the original TLC logo later that year.



**Together we
Live with
Cancer!**

A few years after that, when Dr. Bettag joined the clinic, I took it upon myself to create a new logo for the TLC Supportive Community and came up with this simplistic (and rather amateurish) logo that, to my surprise and delight, lasted over 15 years!



**Together we
Live with
Cancer!**



More recently, in late 2019 Matthews Oncology Associates and Sheboygan Cancer & Blood Specialists launched a new website (www.sheboygancancer.com) and, with it, a new logo.



Sheboygan Physicians Group
Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

After a few months went by, it was suggested that we update the TLC (Together we Live with Cancer) logo as well. Initially, my plan was to introduce it in May of 2020, which marked the 20-year anniversary of TLC! Then COVID hit... and I just couldn’t deal with any more change than was already occurring!

Now, as we begin to consider resuming some in-person indoor group activities of the TLC Supportive Community... and there is a sense of “newness” and anticipation in the air, I thought this might be a good time to introduce the new logo!



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

I know... it’s not a big deal... it’s only a logo! But all of it is part of a story that is meaningful to me and, I think, has been meaningful to others.

As I begin to update our flyers, you may still occasionally see the old logo - I’ll probably forget and use the old logo from time to time and I have some apparel with the old (now “vintage”) logo that I will continue to wear! 😊

As I reflect on TLC, it is similar to that original Robert L. Pence painting that was incorporated into the first TLC Supportive Community logo. Over the years people have expressed to me what they are looking for in a supportive community. I have tried to listen and understand and create what they were envisioning. But I surely have contributed my own personal understandings. In the end, together, with some shared likenesses and unique differences, TLC has become it’s own work of art. Unlike that painting in which the paint has long-since set, the paint that makes up TLC is still wet... the piece is unfinished... as, TOGETHER, we continue to work on this living and breathing piece of art. It may not be “exactly what any of us had imagined.” But maybe, just maybe, beyond the “looming darkness” of the disease that brings us together... some have been able to “see something beyond that is much brighter.”

To get more involved in the TLC Supportive Community (and to add your own brush strokes to our work of art) simply join us at any upcoming events and activities!

NOTE: I am anxious to get back to some of our traditional TLC group activities that took place indoors and in-person! At this point I don’t have anything specific scheduled but I expect to cautiously do so, while also providing hybrid (either in-person or virtual) options whenever possible. More to come!!!

FORE! Coming Soon: ST&BF “Swinging Survivors” Demonstrate Their “Drive to Survive”!

Potential “POP UP” Activity ● Details via the ST&BF “POP UP” e-mail list!



Photo Above: A group of ST&BF “Swinging Survivors” displaying their “Drive to Survive” at Sunset Hills Golf Course Driving Range!

Watch for a ST&BF “POP UP” e-mail (contact Tim for details) regarding a ST&BF “Swinging Survivors Drive to Survive” outing at Sunset Hills Golf Course in Sheboygan Falls sometime in the next couple weeks. Interested participants can share tips and suggestions on how to “Drive to Survive” (both on and off the course) and discuss future activities including additional driving range opportunities, golf instruction as well as ST&BF “Swinging Survivors Drive to Survive” Scramble Outing(s) on the nine-hole Sunset Hills Golf Course!

WANTED: Nominations for the 2nd ST&BF Survivor-Athlete “Beacon of Hope” Award!



Last summer Bob (“the Builder”) Hartig nominated fellow ST&BF survivor-athlete Jennifer King to receive the Inaugural “Survivor-Athlete” Beacon of Hope Award! I am welcoming all of our active ST&BF to consider nominees for the 2nd Survivor-Athlete “Beacon of Hope” Award by submitting your nominations to me!

Anyone cancer patient/survivor who is active in Survive, Thrive and Be Fit and is a “Beacon of Hope” for other cancer patients/survivors is eligible!

Please submit your nominations ASAP by simply identifying the nominee and why you feel they are a “Beacon of Hope” to you or others!

ST&BF Gentle Yoga, Tai Chi and QiGong for Cancer Survivors 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 17th, 2021

Facilitated by Kaitlynn Kiela, CYT

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-g4x1LJSYnybnxHkDx4qFnICOG0jybcxW8H0-9vO0xjglPzcOWxDx2XPrAoUUs.QJVzytaB14P0JWaX>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPk bs8vtxBVxF5i194v2ZlIBqk_KVWP4YmECFsWHOQ_y4uUtQpX2hMOQ_mRS?startTime=1610407916000

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGj2piO-07KSMT-CmXU0Zxo18QrxPCsbyhEaO6yNFTrlSIlfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1IV8r0yhusm176mAlwQpC_0q amGiYzGWifXDOWekq_ZPQUT-9dgdFdtJgCJtg3G.Vxi39wNezjysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDSz7tSiSsyEmt5o6kxYlZgaDatv.PjEn77ucujbeZeZ_?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

Grasp Sparrow's Tail – by Michael Finney

https://youtu.be/wn9uz_oPXU8

QiGong Instructional Video: “Five Treasures”

National QiGong Association Website Video

www.nqa.org/five-treasures

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>

ST&BF VIRTUAL or In-Person QiGong “Five Treasures” Practice!

Tuesday, June 8th ● 500P to 530P

Tuesday, June 22nd ● 500P to 530P

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=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

ST&BF VIRTUAL or In-Person Gentle Yoga for Cancer Survivors!

Tuesday, June 8th ● 530P-630P

Tuesday, June 22nd ● 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.

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

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

TLC VIRTUAL Local Cancer Community Update!

Thursday, June 10th ● 900A

Topic: Celebrate Survivorship!

Monday, June 14th ● 530P

Wednesday, June 23rd ● 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=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

ST&BF VIRTUAL or In-Person Tai Chi/QiGong for Cancer Survivors!

Wednesday, June 16th ● 530P-630P

Wednesday, June 30th ● 530P-630P

Facilitated by Michael Finney, 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.

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

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

Coming Soon: ST&BF at CF&G “POP UP” Peak Peonies Visit!

Watch for a SCCC ST&BF at the Christopher Farm & Gardens “POP UP” e-mail with details for a visit to the property coinciding with the peonies at their peak! If you aren’t on the SCCC ST&BF “POP UP” e-mail list, contact Tim for details!

Coming Soon: ST&BF “Swinging Survivors Drive to Survive” Golf Outing!

Watch for a SCCC ST&BF Swinging Survivors Show Their Drive to Survive” e-mail with details of this opportunity at Sunset Hills and discussion about future activities. If you aren’t on the SCCC ST&BF “POP UP” e-mail list, contact Tim for details!

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

SPRING: March 20th through June 19th

SUMMER: June 20th to September 21st

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!

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!

Tim E. Renzelmann – 920.458.7433, 920.457.2223
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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!

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Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

June, 2021

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 530P-VQi5T 600P-VLCCU	2	3	4	5
6 100P-CF&G	7	8 500P-L/VQi5T 530P-L/VYoga	9	10 830A-VQi5T 900A-VLCCU	11	12 Kite Festival @ Campus Life
13	14 500P-VQG5T 530P-VLCCU	15	16 530P-L/VTaiChi	17 PPU-CF&G	18	19 Cum Steps End – Spring
20 Cum Steps Start - Summer	21 International Yoga Day @ Yoga o/t Lake	22 500P- L/VQi5T 530P-L/VYoga	23 830A-VQi5T 900A-VLCCU	24	25	26
27	28	29	30 530P-L/VTaiChi			

WATCH FOR UPDATES TO THIS CALENDAR.

- KEY:** **VLCCU** = **Virtual** Local Cancer Community Update
VQG5T = **Virtual** QiGong “Five Treasures” (video)
L/VTaiChi = **Live/Virtaul** Tai Chi for Cancer Survivors (virtual or outdoor)
L/VYoga = **Live/Virtual** Gentle Yoga for Cancer Survivors (virtual or outdoor)
CF&G = **ST&BF @ Christopher Farm & Gardens**
Cum Steps = **ST&BF Cumulative Walk/Jog or Ride**
International Yoga Day @ Yoga on the Lake = <https://www.yogaonthelake.com/events>
Kite Festival at Campus Life = <https://www.qocampuslife.com/kite-festival>
PPU-CF&G = **Possible POP UP – Christopher Farm & Gardens Peak Peonies**

L/V (Live/Virtual) and **PU (POP UP)** events and activities will be based on weather/conditions with details communicated via the ST&BF POP UP e-mail list at least 24 hours prior to event/activity. Contact Tim for Details!

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

ZOOM Meeting ID: 833 9821 3314, **PASSCODE:** 892356

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

“Survive, Thrive & Be Fit!”



Gentle
Yoga

Introductory

Tai Chi/QiGong



for Cancer Survivors!

VIRTUAL & LIVE OUTDOOR Sessions!

Yoga and Tai Chi/QiGong are similar and in many ways. In Yoga, each posture is held for a period of time while 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 while promoting aerobic capacity, balance, flexibility, increased energy and stamina, calmness and relaxation while also alleviating stress.

Gentle Yoga
for Cancer Survivors:

Tuesdays, June 8th & 22nd

530P • with Stacy Harriott, CYT

Introductory Tai Chi/QiGong
for Cancer Survivors:

Wednesdays, June 16th & 30th

530P • with Michael Finney, CYT

QiGong “Five Treasures”
for Cancer Survivors:

June 1st, 8th, 10th, 14th, 22nd & 23rd

830A or 500P • Self-Directed

Meeting ID: 833 9821 3314

PASSCODE: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVVpKaXVNWjZvTjNqQ2RmUT09>

***IMPORTANT:** Participants for these sessions will be notified about 24-hours prior as to whether the session will take place VIRTUALLY (via Zoom) or LIVE OUTDOORS at one of several area parks/public spaces (unless otherwise indicated). If interested, be sure you are on the ST&BF “POP UP” e-mail list to receive these e-mail updates!



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



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

visit www.scccf.org or call 920.457.2223



Together we **Live with Cancer!**

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

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!

Tuesday, June 1st at 530P!

TOPIC: Celebrate Survivorship!

Thursday, June 10th at 900A!

TOPIC: Celebrate Survivorship!

Monday, June 14th at 530P!

TOPIC: Questions & Answers!

Wednesday, June 23rd at 900A!

TOPIC: Questions & Answers!

REMINDER: Consider joining us 30-minutes prior to these scheduled Local Cancer Community Updates as we practice QiGong using the N.Q.A.'s Five Treasures video. No experience required for this simple and relaxing form of moving meditation!

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! ●**



1st Annual Kite Festival

Come and be treated to amazing displays of beautiful kites, performing mesmerizing aerial ballet, spectacular and colorful ground displays and activities for kids and adults.



Time & Place

The 1st Annual Campus Life Kite Festival will be held at Campus Life of Sheboygan County.

- 6426 S. Business Drive, Sheboygan
- June 12, 2021
- 10am-4pm



Wisconsin Kites Club

The Wisconsin Kites Club is excited to participate in our event!
<http://wisconsinkitesclub.com/>



Activities for All

The Wisconsin Kites Club will be showing kids how to make kites with kite kits that can be purchased. Or, feel free to bring your own kites! Also, we'll be having a brat fry, and Nicky's Pizze and The Twist will be serving 11am-4pm.

Campus Life of Sheboygan County

MORE INFO AT

<https://www.gocampuslife.com/kite-festival>

Note from Tim: Although this is NOT an official SCCCF ST&BF “Great Heights with Delightful Kites” event, this is a public event and I encourage anyone interested to attend to watch, learn or fly (or eat)!

International Yoga Day

Schedule

Mon Jun 21 2021 at 10:00 am to 11:00 am
UTC-05:00

Location

The American Club Resort | Kohler, WI



Celebrate International Yoga Day, community and wellness together in a complimentary class led by Carrie Green and Ashley Kohler accompanied by live musical entertainment by August Ristow and Luke Heckle.

Please bring your own mat. Refreshments will be provided.

Where is it happening?

 The American Club Resort, 419 Highland Dr, Kohler, United States

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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To learn more: visit www.scccf.org or call 920.457.2223



Making Sheboygan County
The Healthiest Place
To Survive Cancer!



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

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:					

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
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.