

The Local Cancer Community Update



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



October 25th, 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!

The World According to Tim: Play Matters (Part 1 of 2)!

By Tim E. Renzelmann

Let me begin with a confession: The activities of recent days (October 14th to 19th) have been concentrated and intense and left me feeling a bit overwhelmed and exhausted! No worries though. Not only have I been there before, but it's not a bad place to be. You see, I wasn't overwhelmed and exhausted by work and worry... but by play and joy!

As I have written many times before, I am a strong proponent of the importance of Play! I feel quite fortunate. As I entered high school (in the late 70s), a time in many people's lives when they are often guided away from "foolish play" towards more "serious work" of preparing for adulthood, I found the words, writings and wisdom of Dr. George Sheehan.

(<https://www.georgesheehan.com/bio>).

"Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be." – George Sheehan, MD

Sheehan advocated the benefits of play through his columns, books and talks, and I tried to absorb it all! It helped that we both enjoyed a shared form of Play – running. But George admitted that running wasn't for everyone and it wasn't the only way to Play.

"Run only if you must. If running is an imperative that comes from inside you and not from your doctor. Otherwise, head the inner calling in your own Play. Listen if you can to the person you were and are and can be. Then do what you do best and feel best at. Something you would do for nothing. Something that gives you security and self-acceptance and a feeling of completion; even moments when you are fused with

your universe and your Creator. When you find it, build your life around it."

I would build my life around running for over three decades. Running (or, more accurately now, jogging) is still a part of my life. But I have also found many other forms of Play including kayaking, hiking/backpacking, snowshoeing, canoeing, disc golf, rowing, orienteering, and most recently kite flying!

I will admit, in some ways, it was simpler when all I did was run. My daily Play, my daily run, was constant and consistent. Now I have so many options and there are days when I struggle just deciding how I want to Play! But with this variety of Play comes more diverse experiences, greater enjoyment and a wider range of health benefits for mind, body, heart and spirit. As the saying goes, "Variety is the spice of life."

So get out there and Play! Follow the advice of Nike's "Play New" commercial (which I referenced in a previous piece earlier this year):

<https://scccf.org/post?s=the-world-according-to-tim-update-29-days-of-29-minutes-or-more-of-29-different-activities-2021-06-30>) that concludes:

Here's to going down way harder than you get back up.

Giving it your all even though you kind of suck.

But you know what doesn't suck? Trying to do something you've never done before.

That doesn't suck at all.

(<https://www.youtube.com/watch?v=BUvEEVq4woU>)

Part Two Preview (or Warning): There has been much written about how Play teaches valuable life lessons to kids... but we are all kids! This next piece is long enough, so in the next issue I will refer back to some of these Play experiences and explore the valuable lessons and reminders that they can offer us.

Healthy Forms of Play in the Local Cancer Community: Will You Come Out and Play with Us?

By Tim E. Renzelmann

Navigating Along the Cancer Journey (Orienteering)

Thursday, October 14th

Orienteering, although it can be a grueling activity and a competitive sport, can also be a healthy, relaxing and enjoyable form of play and a healing walk in the woods. On this day a group of cancer patients/survivors and co-survivors met at the Red Oaks permanent orienteering course. Together, using a highly-detailed topographical map, a compass and a spirit of adventure, we completed the course successfully (even though we discovered that control #4 was curiously missing). Leah, one of our ST&BF orienteers, referenced a John Muir quote to describe the experience quite fittingly: "And into the forest I go, to lose my mind and find my soul."



After completing the Red Oaks Short Course, orienteers John, Sue, Leah & Beth had one final challenge! "So... where did we park our cars?" (Just kidding, of course!)

Mark your calendar for Saturday, November 13th as the Badger Orienteering Club offers an orienteering event at the Greenbush Trails (contact Tim for details)! NOTE: Badger Orienteering maintains a handful of do-it-yourself (DIY) courses -- where you can practice orienteering on your own time. Visit <https://badgerorienteering.com/> for details!

Hiking Along the Cancer Journey (Day Hikes/Overnight Backpack Option)

Friday & Saturday, October 15th & 16th

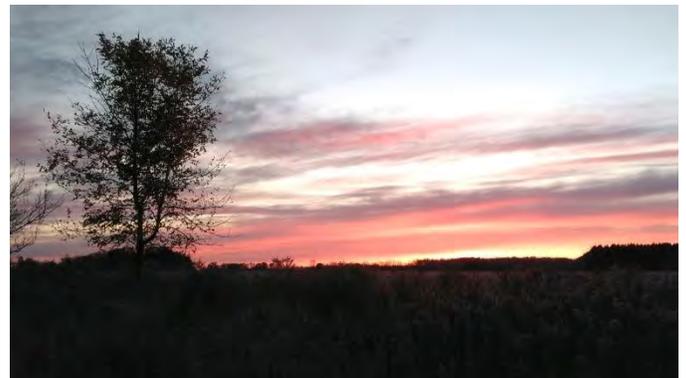
The next day (Friday) a group of cancer patients/survivors and co-survivors gathered for some Hiking Along the Cancer Journey day hikes and as well as an overnight backpack option on the property of Jay Christopher, owner of the Christopher Farm & Gardens. A few sprinkles met us at the start of our first hike but quickly dissipated and we went on to enjoy a gorgeous

evening hike that included the sound of a screeching eagle and a reported owl siting!



Bernie, Linda, Maryellen, Sharon and Beth enjoy a beautiful fall hike

Our second hike of the evening, although it started with daylight, concluded with a gorgeous sunset.



With the arrival of night, many departed except for a few more adventurous survivors who enjoyed a typical backpacker's supper followed by a late-night hike and some cribbage under a camp light with sounds of the wind and waves surrounding an idyllic spot high on the bluff along the Lake Michigan Shoreline. Eventually, the temptation of the warmth provided by our sleeping bags became difficult to resist! But we were up in plenty of time to greet the light of a new day.



NOTE: One of my favorite things to do (which I did that morning) as I watch a sunrise is listen to Dan Fogelberg's "To the Morning"! Imagine watching the sunrise as you listen to this beautiful song:

https://www.youtube.com/watch?v=RxCiQ_plnzc

Great Heights with Delightful Kites Together with “Play is Healing: Kite Flying for Mindful Joy”

Saturday, October 16th

We scheduled the overnight outing at CF&G after our ST&BF “Great Heights with Delightful Kites” kite pilots/enthusiasts were invited to be a part of a “Play is Healing: Kite Flying for Mindful Joy” event on Saturday morning at the Christopher Farm & Gardens. The “Play is Healing” initiative involves Sheboygan County Partners (Above & Beyond Children’s Museum, Mental Health America, Sheboygan County YMCA and Sheboygan Area School District Community Recreation Department and a wide variety of “playmates” from throughout the community including SCCCF) coming together to provide exceptional play opportunities for our youth to heal and reconnect from the pandemic.

<https://mhasheboygan.org/play-is-healing>

Special thanks to our kite pilots/enthusiasts/volunteers: Bob the Builder Hartig, Sue & John Zalewski, Linda & Mike Ansay, Leah Heusterberg, Kirstin Opgenorth and Beth Stockdale who came together to help the kids get some kites in the air!

Bob the Builder performed “Kite Drops” (with treats for the kids) throughout the event. Sue and John assisted kids in flying dual-line trainer kites (dual-line kites have two lines that allow the pilot to control the kite) with Leah and Kirstin assisting. “The first kite flyer I had was a young girl,” Sue reported. “Her mother told me that when she heard she could fly a kite she was so excited. The smile on her face holding onto the kite strings was priceless.” Beth noted, “The little girl with her dad flying her fish kite was precious! She would fall down and say she crashed and then her kite would crash! Then she would say, ‘CRAZY!’”



I had the opportunity to Play with this little girl (photo left) as she got her “Antsy Pantsy” kite in the air with an unmatched enthusiasm and reminded me of the pure joy of Play!



Linda and Mike got a few kites of their own in the air... and special thanks to Mike who performed some “field repair” that allowed us to fly Above & Beyond Children’s Museum’s Purple Octopus (left) kite and Whale inflatable (below)!



A “Shout Out” to Aaron Renzelmann (my nephew)! Aaron had joined me one day recently while I was flying one of my dual-line kites and his first reaction was, “I had no idea it was such a thrill.” The very next day he ordered a dual-line foil kite, which he brought out on this day to demonstrate some kite acrobatics for the visitors. At one point I was watching his kite loop through the air with a 75-foot tail attached... and as I followed the kite lines down to the ground, expecting to see Aaron on the other end, all I saw were two hands rising above overgrowth of the field as Aaron was laying on his back as he played with his kite! With his permission, here is a link to some photos and videos from the day (including some video that, I’m not sure how, he managed to take while lying on his back and flying the dual-line kite):

<https://photos.app.goo.gl/MNSCDrwusNdxgx9Y9>

Thank you to all involved in this “Play is Healing: Kite Flying for Mindful Joy” event and the “Play is Joy” initiative! It certainly brought a lot of smiles to the faces of the young kids that attended as well as us older kids that were helping out!!!

Watch for more “Great Heights with Delightful Kite” opportunities based on weather/conditions (last year we offered several kite flies in November)!

After the kites were packed up and in my trunk I headed home where I reluctantly admitted to Shel (my wife) that I was exhausted (and NOT getting any younger)! In fact, I was too tired to unload the kites from the trunk until the next day!

ST&BF at the Christopher Farm & Gardens

Tuesday, October 19th

After a few days to recover, about thirty cancer patients/survivors and co-survivors returned to the Christopher Farm & Gardens for a variety of activities including a Trick or Treat Candy Scavenger Hunt, Great Heights with Delightful Kites, Qigong for Cancer Survivors, Yoga for Cancer Survivors and a warm Bonding Bonfire as the sun set and the (almost) full moon rose! I didn't take many photos but you can check out some of the photos submitted here: www.scccf.org/contests.

Thanks to Ann from CF&G, who set up the scavenger hunt, I could head to the kite field early to get a few kites in the air before folks arrived. I was joined by "Bob the Builder" who got his kite up in the air for a scheduled "Kite Drop."



A few minutes before 3:00P, I left the kite field to welcome our guests and took the above photo with several kites in the air. About a half hour later, when the kite drop was scheduled, I returned to the kite field... only to find the kites resting lifelessly on the ground and barely a whisper of a wind! Bob and I eventually got a few kites back up in the air. Of course, I was disappointed that the wind didn't cooperate... but, honestly, I enjoy the challenge of "playing" with kites and trying to get them up in low winds (which is more challenging than flying in strong winds)!

But no worries! After all, we were at CF&G... which is host to what has become the most popular/enjoyable Survive, Thrive & Be Fit activity – "Wandering the Wonderful Gardens!" On this day, the "wandering" had more purpose for those participating in the Trick or Treat Candy Scavenger Hunt. Themed Halloween candy was appropriately placed throughout the Gardens (i.e., Gummy Bears on the Bear Path, Reese's Peanut Butter Pumpkins at the Pumpkin Patch, Fortune Cookies in the Asian Gardens, etc.), luring folks to put in some "Steps to Survivorship" in search of as many as they could find.

We also enjoyed Qigong and Yoga for Cancer Survivors on the Labyrinth, during which an eagle perched itself above us to check out all of the activity (see photo)!



Photo by Mary Schueller

We concluded the evening with a "Bonding Bonfire" as the light transitioned to dark with hot dogs roasting on an open fire of a unique firepit (this one is made of railroad rails) in a special place with amazing people and good conversation on a gorgeous night!



Funny story! I placed a "Round Tuit" as a treat near the Labyrinth. As we chatted around the fire, one person asked, "So what is a round tuit? I had assumed everyone had seen and heard of a round tuit before! For anyone not familiar, this is a "Round Tuit":



A "Round Tuit" is a valuable thing to have! Once you have a "Round Tuit" of your own you can accomplish all those things you said you would do when you got a Round Tuit! 😊

Consider joining us for our November visit to the Christopher Farm & Gardens on Wednesday, November 17th and another chance to "Wander the Wonderful Gardens" and enjoy another "Bonding Bonfire"! Watch for details or contact Tim!

ST&BF Indoor Row Group Finishes Concept2 Fall Team Challenge to Prepare for New Season!



With the 2020/21 ST&BF Indoor Row Group fast approaching (the season runs from November 1st through April 30th), eleven ST&BF survivor-athletes took part in the 2021 Concept2 Fall Team Challenge.

Congratulations to Linda Ansay, Cindy Becker, Mike Brachmann, Lisa Glander, Leah Heusterberg, Jennifer King, Tim Renzelmann, John Seaman, Beth Stockdale, Cindy Walvoord, and Sue Zalewski who teamed up to row 869,948 meters between September 15th and October 15th, placing 210th out of 843 teams and 1st of 4 teams in the Medical Facility category!

ST&BF Indoor Row Group to Kick Off 2019/20 Season on November 1st!



The Survive, Thrive & Be Fit Indoor Row Group will kick off our SEVENTH season (which will run through April 30th, 2020) and we are hoping to make it our best year ever!

Photo Above: ST&BF IRG team members following the Annual "Lake Michigan Crossing" at the Sheboygan YMCA (last year we completed the crossing virtually due to the pandemic, but are looking forward to rowing together again during the 2021/22 season)!

Consider these "Benefits of Indoor Rowing" and contact Tim to schedule an Indoor Rowing intro/demo session!

Benefits of Indoor Rowing:

- Rowing is easy to learn and can be enjoyed by all ages and abilities!
- Rowing is a low impact activity offering smooth, rhythmic and impact free motion for comfortable and injury free exercise!
- Rowing exercises all major muscle groups through a wider range of motion than most other exercises thereby promoting strength, fitness, flexibility and mobility!
- Rowing with others provides for a supportive, social and enjoyable environment!

- Rowing is a time-efficient exercise that allows for a great workout in little time!

The Indoor Row Group (IRG) typically schedules one or two row sessions per week (days and times vary) at MOA/SCBS (2nd Floor) throughout the season with additional rowing opportunities at the Sheboygan and Sheboygan Falls YMCAs.

IRG survivor-athlete/rowers can reserve 1-hour time slots during scheduled sessions and can choose the pace, the distance and the intensity of their workout. In addition, we have teamed up (virtually) with Recovery on Water, a rowing team for breast cancer survivors out of Chicago and tapped into their expertise (and a certified rowing coach)! For more details, contact Tim!

ST&BF Pre-Recorded Sessions and Instructional Videos: Gentle Yoga, Tai Chi and Qigong for Cancer Survivors

Enjoy any of these on-line opportunities anytime!

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-g4x1LJSYnybnxHkDx4qFnICOG0jybcxW8H0-9vO0xjglPzcOWxDx2XPrAoUu.QJvzytaB14P0JWaX>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPkbs8vtxBVxF5i194v2ZliBqk_KVWP4YmECfSWHOQ.y4uUtQpX2hMOPmRS?startTime=1610407916000

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGj2pjO-07KSMT-CmXU0Zxo18QrxPCSbyhEaO6yNFTrlSllfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1V8r0yhusm176mAlwQpC_OqamGjYzGWifXDOWekq_ZPQUT-9dgdFdTlJgCJtg3G.Vxi39wNezjysKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDSz7tSiSsyEmt5o6xkYlZgaDatv.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_JifZiJds

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

Qigong Instructional Video: “Five Elements”

Nick Loffree (YouTube Video)

https://www.youtube.com/watch?v=X5na_P8204I

Quick Look Calendar: Upcoming Events & Activities 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!

Tuesday, October 26th – 200P to 230P

ST&BF Qigong Practice for Cancer Survivors VIRTUAL

Join us for a short Qigong practice

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Tuesday, October 26th – 230P to 300P

TLC Local Cancer Community Update VIRTUAL

TOPIC: Q&A – Any questions about upcoming activities

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Wednesday, October 27th – 430P 6P, 630P to 8P

TLC Survivorship Can Be Fun Game Gathering

Featuring: Crokinole, Cribbage, Farkle Dice, High Five Dominoes and we're still working on that puzzle!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, October 27th – 430P to 800P

TLC Survivorship Session

Topic: Our first HYBRID (in-person/virtual) experience!

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, November 1st – 330P to 630P

ST&BF Indoor Row Group IN-PERSON & VIRTUAL

Contact Tim for details to join IRG!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Tuesday, November 2nd – 1000A to 1200P

ST&BF Indoor Row Group

Contact Tim for details to join IRG!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, November 4th – 900A

ST&BF Qigong for Cancer Survivors VIRTUAL

Join us for a short Qigong practice

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Thursday, November 4th – 930A

TLC VIRTUAL Local Cancer Community Update

TOPIC: NOVEMBER - The Month of Gratitude!

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Monday, November 8th – 330P to 630P

ST&BF Indoor Row Group

Contact Tim for details to join IRG!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, November 8th – 500P

ST&BF Qigong for Cancer Survivors VIRTUAL

Join us for a short Qigong practice

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Monday, November 8th – 530P

ST&BF Gentle Yoga for Cancer Survivors IN-PERSON & VIRTUAL

Facilitated by Kaitlynn Kiela, CYT

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Tuesday, November 9th – 1000A to 1200P

ST&BF Indoor Row Group

Contact Tim for details to join IRG!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, November 10th – 500P

ST&BF Qigong for Cancer Survivors VIRTUAL

Join us for a short Qigong practice

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Wednesday, November 10th – 530P

TLC VIRTUAL Local Cancer Community Update

TOPIC: NOVEMBER - The Month of Gratitude!

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Saturday, November 13th – Call for Time
ST&BF Qigong Practice for Cancer Survivors
Outdoors. Prior to Badger Orienteering Event. 20 mins.
Greenbush Trails, Greenbush

Saturday, November 13th – Call for Time
ST&BF Navigating Along the Cancer Journey
Badger Orienteering Event
Greenbush Trails, Greenbush

Monday, November 15th – 330P to 630P
ST&BF Indoor Row Group IN-PERSON & VIRTUAL
Contact Tim for details to join IRG!
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan
Zoom Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Tuesday, November 16th – 1000A to 1200P
ST&BF Indoor Row Group
Contact Tim for details to join IRG!
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, November 17th – 300P to 700P
ST&BF at the Christopher Farm & Gardens
Wander the Wonderful Gardens & Bonding Bonfire!
Christopher Farm & Gardens, W736 Orchard Beach Rd.

Wednesday, November 24th – 200P
ST&BF Qigong for Cancer Survivors VIRTUAL
Join us for a short Qigong practice
Zoom Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Wednesday, November 24th – 200P
TLC VIRTUAL Local Cancer Community Update
TOPIC: NOVEMBER - The Month of Gratitude!
Zoom Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Thursday, November 25th – 930A
ST&BF Steps to Survivorship
Doug Opel's Run for the Kids Thanksgiving Day Run
Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Monday, November 29th – 330P to 630P
ST&BF Indoor Row Group
Contact Tim for details to join IRG!
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, November 29th – 500P
ST&BF Qigong for Cancer Survivors IN-PERSON & VIRTUAL

Join us for a short Qigong practice
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan
Zoom Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Monday, November 29th – 530P
ST&BF Gentle Yoga for Cancer Survivors IN-PERSON & VIRTUAL
Facilitated by Kaitlynn Kiela, CYT
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan
Zoom Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>

Tuesday, November 30th – 430P 6P, 630P to 8P
TLC Survivorship Can Be Fun Game Gathering
Featuring: Dice Games (to Commemorate National Dice Day - 12/4/21): Farkle, Yahtzee, Yamslam and Toss Up
Plus the same puzzle we've been working on!
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, November 30th – 430P to 800P
TLC Survivorship Session IN-PERSON & VIRTUAL
Topic: NOVEMBER – The Month of Gratitude!
Zoom Meeting ID: 833 9821 3314, Password: 892356
<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09>
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

ST&BF “POP UP” Activities!

Activities, Locations, Dates and Times TBD!
Possible activities include: “Great Heights with Delightful Kites” (kite flying), “Swinging Survivors/Drive to Survive” (golf), “Steps to Survivorship” (walk/jog/run), “Pickleball Play” (pickleball) and more with details sent via the ST&BF POP UP e-mail list!

ST&BF Active Survivors of Sheboygan (A.S.S.) Team/Activity Logs!

Year-round! Still Time to Make the 2021 Team!!!
See attached or contact Tim for details!

ST&BF Fall Cumulative Marathon Walk/Run & 100-Mile Century Bike Ride!!!

Be a FINISHER!!!
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.org • www.scccf.org



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



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

October, 2021

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9 900A-PBP-DP 1000A-GHwDK 1200P-TC
10	11 900A-Qi5TV 930A-LCCUV 330P-SS/DS	12 PPU-TBD 500P-QGL/V 530P-YogaL/V	13	14 300-NAtCJ	15 PM-HAtCJ	16 AM-HAtCJ 930A-GHwDK
17	18	19 330P- ST&BF@CF&G 530P-Yoga	20 500P-Qi5TV 530P-LCCUV 600P-IRGmtgV	21 FUNDRAISER: Ladies Nite Out (5P to 9P)!	22	23
24	25 PPU-TBD	26 200P-Qi5TV 230P-LCCUV	27 430P- TLCSS/SCBF	28	29	30
31						

WATCH FOR UPDATES TO THIS CALENDAR.

- KEY:**
- GHwDK** = Great Heights with Delightful Kites
 - HAtCJ** = Hiking Along the Cancer Journey (Day Hikes & Overnight Backpack)
 - LCCUV** = **VIRTUAL** Local Cancer Community Update
 - NAtCJ** = Navigating Along the Cancer Journey (orienteeing)
 - PBP-DP** = Pickleball Play – Deland Park
 - PPU-TBD** = Potential “POP UP” To Be Determined
 - QG5TL/V** = QiGong “Five Treasures” (casual video/practice) **Virtual**
 - SS/DS** = Swinging Survivors/Drive to Survive – Sunset Hills Golf Course & Driving Range
 - ST&BF@CF&G** = ST&BF at Christopher Farm & Gardensai Chi for Cancer Survivors (virtual or outdoor)
 - TC** = Tai Chi for Cancer Survivors (virtual or outdoor)
 - TLCSS/SCBF** = TLC Survivorship Session/Survivorship Can Be Fun
 - YogaL/V** = Gentle Yoga for Cancer Survivors (virtual or outdoor) **Live or Virtual**

Virtual Activities (via Zoom): ZOOM Meeting ID: 833 9821 3314, PASSCODE: 892356

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

L/V (Live/Virtual) and **PPU (Potential POP UP)** 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!

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

Sign Up for the Local Cancer Community Update! see Tim



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

November, 2021

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 330P-IRG 530P-IRGIP/V	2 930A-IRG	3	4 900A-Qi5V 930A-LCCUV	5	6 9A-Qi5 9A-HAtCJ
7	8 330P-IRG 500P-Qi5IP/V 530P-YogaIP/V	9 930A-IRG	10 500P-Qi5V 530P-LCCUV	11	12	13 AM-NAtCJ
14	15 330P-IRG 530P-IRGIP/V	16 930A-IRG	17 3P-ST&BF@ CF&G	18	19	20
21	22	23	24 200P-Qi5TV 230P-LCCUV	25 930A-Steps YMCA	26	27
28	29 330P-IRG 500P-QGIP/V 530P-YogaIP/V	30 930A-IRG 430P- TLCSS/SCBF				

WATCH FOR UPDATES TO THIS CALENDAR.

- KEY:** **HAtCJ** = Hiking Along the Cancer Journey (Kohler-Andrae Ancient Shores Trail/Friends Fishing Pond)
IRG (In-Person) or **IRGV** (Virtual) or **IRGIP/V** (In-Person & Virtual) = Indoor Row Group Session
LCCUV = **VIRTUAL** Local Cancer Community Update
NAtCJ = Navigating Along the Cancer Journey (orienteering) Badger Orienteering Event (Greenbush)
Qi (In-Person) or **QiV** (Virtual) or **QiIP/V** (In-Person & Virtual) = QiGong Practice for Cancer Survivors
ST&BF@CF&G = ST&BF at Christopher Farm & Gardens
StepsYMCA = Doug Opel's Run for the Kids Thanksgiving Day Run – Sheboygan YMCA
TLCSS/SCBF = TLC Survivorship Session/Survivorship Can Be Fun
Yoga (In-Person) or **Yoga/V** (Virtual) or **YogaIP/V** (In-Person & Virtual) = Gentle Yoga for Cancer Survivors

Virtual Activities (via Zoom): ZOOM Meeting ID: 833 9821 3314, PASSCODE: 892356

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

L/V (Live/Virtual) and **PPU (Potential POP UP)** 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!

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

Sign Up for the Local Cancer Community Update! See Tim

“Survive, Thrive & Be Fit!”



Gentle
Yoga

Introductory

Tai Chi/Qigong



for Cancer Survivors!

LIVE/OUTDOORS & VIRTUAL 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
with Stacy Harriott, CYT

Tuesdays • 530P

October 12th – Firehouse Park*

October 19th – CF&G

** May be VIRTUAL if inclement weather*

Qigong Practice
for Cancer Survivors

10/9 @ Noon • Deland Park

10/11 @ 9A • Virtual

10/12 @ 5P • Firehouse Park*

10/19 @ 5P • CF&G

10/20 @ 5P • Virtual

10/26 @ 2P • Virtual

** May be VIRTUAL if inclement weather*

If Virtual (via Zoom):

Meeting ID: 833 9821 3314

PASSCODE: 892356

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

IMPORTANT: Locations and formats (LIVE OUTDOOR or VIRTUAL) may change based on weather and conditions! Changes will be communicated about 24-hours prior via the ST&BF “POP UP” e-mail list! Contact Tim for details!



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 (Via Zoom) **TLC "Quick"** Local Cancer Community Updates

Purpose: These casual sessions will begin with a simple 25-minute ST&BF Qigong for Cancer Survivors casual practice using the **National Qigong Association's "Five Treasures"** routine/video and then lead into a topic/discussion starting 30-minutes later! You are invited to join us for one or both by logging in at either the listed start times:

Monday, October 11th

9:00AM – ST&BF Qigong Practice (video)

9:30AM – TLC Virtual Local Cancer Community Update:
TOPIC: Overview of October Events & Activities

Wednesday, October 20th

5:00PM – ST&BF Qigong Practice (video)

5:30PM – TLC Virtual Local Cancer Community Update:
TOPIC: Finding Our New Normal!

6:00PM – ST&BF IRG Informational Meeting

Tuesday, October 26th

2:00PM – ST&BF Qigong Practice (video)

2:20PM – TLC Virtual Local Cancer Community Update
TOPIC: Preparing to Practice Gratitude

Zoom Meeting ID: 833 9821 3314 ● PASSWORD: 892356

<https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqO2RmUT09>

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



Together we **L**ive with **C**ancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

The TLC Supportive Community provides cancer patients/survivors and co-survivors with health and wellness opportunities for body, mind and spirit!

Wednesday, October 27th!

Survivorship Session

6:00P to 7:00P

TOPIC: *Our First Hybrid
(Virtual & In-Person)
Gathering!*

Join us for this opportunity to connect or reconnect with others in our Local Cancer Community!

Survivorship Can Be Fun

4:30P to 6P

7:00P to 8P

Join us for a “Four Corners” Game Night that will include: Crokinole, Cribbage, Farkle Dice, and Kings in the Corner plus a Puzzle (or bring a game of your own)!

Fully vaccinated individuals need not wear a facial covering!

RSVP REQUIRED!

Light snacks provided!

LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room

● For More Info and to RSVP: trenzelmann@physhealthnet.com or call 920-457-2223 ●

Survive, Thrive & Be Fit!

Indoor Row Group!

JOIN THE 2021/22 INDOOR ROW GROUP!

- The Indoor Row Group (IRG) welcomes Survivor-Athlete/Rowers of all abilities!
- IRG meets regularly at MOA/SCBS with additional indoor rowing options at the Sheboygan & Sheboygan Falls YMCAs.
- The IRG 2019/20 Season runs from November 1st through April 30th.
- The IRG season offers a variety of individual and team challenges.
- NEW Members are welcome to join us at any time throughout the season!
- Contact Tim for details or to schedule an Indoor Row Group Informational Session and Demo!



Above: Survivor-Athletes after completing the 4th Annual 2020 Lake Michigan Crossing! The 2021 Crossing was completed virtually due to the pandemic!



Benefits of Indoor Rowing:

- Rowing is easy to learn and can be enjoyed by all ages and abilities!
- Rowing is a low impact activity offering smooth, rhythmic and impact free motion for comfortable and injury free exercise!
- Rowing exercises all major muscle groups through a wider range of motion than most other exercises thereby promoting strength, fitness, flexibility and mobility!
- Rowing with others provides for a supportive, social and enjoyable environment!
- Rowing is a time-efficient exercise that allows for a great workout in little time!

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!”



Gentle
Yoga

Introductory

Tai Chi/Qigong



for Cancer Survivors!
NOVEMBER 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
with Kaitlynn Kiela, CYT

Mondays • 530P

November 8th & 29th

In Person (MOA/SCBS) & Virtual!

Qigong Practice
for Cancer Survivors

11/4 @ 9A (Virtual), 11/6@9A
(Outdoors), 11/8 @ 5P (MOA/SCBS &
Virtual), 11/10 @ 5P (Virtual), 11/24 @
2P (Virtual), 11/29 @ 5P (MOA/SCBS &
Virtual)

If Virtual (via Zoom):

Meeting ID: 833 9821 3314

PASSCODE: 892356

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

IMPORTANT: Gentle Yoga and Qigong Practice for Cancer Survivors on 11/8 and 29 can be attended in-person (MOA/SCBS) or accessed virtually. Qigong Practice for Cancer Survivors on 11/4, 11/10 & 11/29 can be access Virtually (only)!



Making Sheboygan County
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Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

VIRTUAL (Via Zoom) **TLC "Quick"** Local Cancer Community Updates

Purpose: These casual sessions will begin with a simple 25-minute ST&BF Qigong Practice for Cancer Survivors as we rotate a couple of practices including the **National Qigong Association's "Five Treasures"** and a "Five Elements" video. Afterwards, interested participants are encouraged to remain for the VIRTUAL Local Cancer Community Update topic/discussion. You are invited to join us for one or both by logging in at either start times:

Thursday, November 4th

9:00AM – ST&BF Qigong Practice (video)

9:30AM – TLC Virtual Local Cancer Community Update:

TOPIC: NOVEMBER – The Month of Gratitude (1 of 3)

Wednesday, November 10th

5:00PM – ST&BF Qigong Practice (video)

5:30PM – TLC Virtual Local Cancer Community Update:

TOPIC: NOVEMBER – The Month of Gratitude (2 of 3)

Wednesday, November 24th

2:00PM – ST&BF Qigong Practice (video)

2:20PM – TLC Virtual Local Cancer Community Update

TOPIC: NOVEMBER – The Month of Gratitude (3 of 3)

Zoom Meeting ID: 833 9821 3314 ● PASSWORD: 892356

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

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



Together we **L**ive with **C**ancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

The TLC Supportive Community provides cancer patients/survivors and co-survivors with health and wellness opportunities for body, mind and spirit!

Wednesday, November 30th!

Survivorship Session

6:00P to 7:00P

TOPIC: NOVEMBER – *The Month of Gratitude!*

Join us for this opportunity to connect or reconnect with others in our Local Cancer Community!

Survivorship Can Be Fun

4:30P to 6P

7:00P to 8P

Join us for a variety of dice games (Farkle, Yahtzee, Yamslam, Toss Up) as we commemorate National Dice Day (December 4th)!

Fully vaccinated individuals need not wear a facial covering!

RSVP REQUIRED!

Light snacks provided!

**LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room**

● For More Info and to RSVP: trenzelmann@physhealthnet.com or call 920-457-2223 ●

Survive, Thrive & Be Fit!

Steps to Survivorship

2021 ST&BF FALL

Cumulative

Marathon Walk/Run and/or
Century (100-mile) 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 a Full Marathon (26.2 mi) distance!

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

Participation Dates: Wednesday, September 22nd through Monday, December 20th!

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

This is a “**Casual/Non-Competitive**” event. Just complete and record your distance on the ENTRY/LOG and submit when you have completed the Full Marathon Walk/Run and/or the 100-mile Bike Ride and no later than December 31st!

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

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

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

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

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

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





Active Survivors of Sheboygan Activity Log

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

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

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

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

Making Sheboygan County the Healthiest Place to Survive Cancer!

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

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

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

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

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

BENEFITS of Survive, Thrive & Be Fit:

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

Active Survivors of Sheboygan Activity Log!

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

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

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

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

For More Information:

Call: 920.457.2223

E-mail: trenzelmann@physhealthnet.com

Visit: www.scccf.org

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

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

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