

The Local Cancer Community Update



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



November 4th, 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!

“Sheboygan County Cancer Care Fund. Tim Speaking. May I Help You?”

By Tim E. Renzelmann

I never quite know what I'm going to get when I answer the SCCCF phone. On the other end of the line is often a person in our community struggling with a recent cancer diagnosis or any of a myriad of on-going challenges related to cancer and its treatment. Or, as on this occasion, it is a welcome and heartwarming conversation with someone concerned enough about the struggles of area cancer patients and survivors that it has brought them to action!

This call was from Barb Gruenke, co-owner along with Tannie Holsbach of the Mustard Seed Hair Company in Sheboygan. Barb explained, “We do a fundraiser every year and pick a local charity, and this year we want to donate the proceeds to the Sheboygan County Cancer Care Fund.”



The Mustard Seed Hair Company, located at 2209 S. Memorial Place in Sheboygan, is offering three raffle baskets. Two baskets will be filled with Aveda products valued at \$275 and \$240 and a raffle tree filled with gift cards from local businesses valued at \$100 along with a bake sale for two weeks in December. You can purchase tickets at the salon during business hours until the drawing which will take place on Saturday, December 18th!

You can call the salon at 920.783.8487 for details and watch their Facebook page for updates:

<https://www.facebook.com/profile.php?id=100062782496374>

Thank you to everyone at Mustard Seed Hair Company for their support!

Website: <https://www.mustardseedhairco.com/>

As much as I hate cancer... I do enjoy talking about the Sheboygan County Cancer Care Fund! I explained to Barb that our primary focus is to provide financial “gestures” (assistance) to area cancer patients/survivors. But when I explained our “Survive, Thrive & Be Fit”, she admitted, “I didn’t know that!” She asked that I write something up so I figured why not do a quick summary of SCCCF that Barb may be able to share during their fundraising event and that I could share with our readers. I realize many of you are intimately familiar with SCCCF but there may be some who are less familiar. I’ll try to keep this brief (but feel free to contact me if you want to hear more details... because, as I said, I love to talk about SCCCF)! 😊

“Let Me Tell You a Little Bit About SCCCF...”

By Tim E. Renzelmann



SCCCF is the brainchild of Dr. H. Marshall Matthews. Shortly after Dr. Matthews invited me to join his staff in March of 2000, he charged

me with helping him turn his vision into a reality. We gathered a group of concerned community members to comprise our original Board of Directors, many of whom remain on our Board today. We drew up Articles of Incorporation and By-Laws. SCCCF was designated by the IRS as a 501(c)(3) charitable organization in November of 2001 and we began accepting donations before approving our first “gesture” in June of 2002.

SCCCF can assist area cancer patients/survivors with many cancer- and treatment-related expenses that are not covered by insurance (medications, transportation, durable medical goods, wigs and much more). Additionally, we can assist with daily living expenses (rent, utilities, insurance premiums) to assist those on a limited income or experiencing financial hardship.

With the intention of being able to help as many cancer patients and survivors in our community as possible, we have guideline limits as to how much any individual can receive from the Fund over a designated period of time. These guideline limits have fluctuated based on current funding available (100% of SCCCf funding comes from donations) and the number of requests that are received.

To date, SCCCf has approved more than \$1.5 million in financial “gestures” to help area cancer patients and survivors cope with the financial challenges of a cancer diagnosis. But that’s not all we do.

As a cancer survivor myself and a lifelong fitness enthusiast, I experienced first-hand the many benefits that an active lifestyle can offer cancer patients and survivors as they are undergoing treatment and as they recover from the often debilitating and deconditioning effects of cancer treatment.

Although my belief that *exercise is medicine* (especially when it comes to cancer) is based on personal experience, observation, and reason... there is abundant scientific evidence to support this conclusion. The American College of Sports Medicine might be a good place to start if you’re interested in some science-based evidence: <https://www.exerciseismedicine.org/>

So, in late 2009, I approached our board with the suggestion that we begin offering FREE active/healthy living opportunities for cancer patients and survivors and in February of 2010 we began our “Survive, Thrive & Be Fit” program with our first “Gentle Yoga for Cancer Survivors” session! I am thrilled to report that several attendees from that very first session, more than eleven years ago, continue to attend today!

Survive, Thrive & Be Fit offers cancer patients and survivors opportunities to come together and support one another while engaging in a variety of fun and healthy activities.



We offer some more traditional activities, such as Gentle Yoga for Cancer Survivors and Steps to Survivorship walk/runs. A look at some of our more recent opportunities demonstrates some less traditional options as, which I think is fitting for this unique group of *survivor-athletes*! Activities such as Hiking Along the

Cancer Journey (day hikes and overnight backpack outings), Navigating Along the Cancer Journey (orienting), and Great Heights with Delightful Kites (kite flying). We just started our 7th season of our Indoor Row Group (IRG). And, with winter approaching, watch for Survivors on Snowshoes outings!

And then, of course, we have what has become probably our most popular (and rather exclusive) activity – Survive, Thrive & Be Fit / Survivorship Through the Lens (outdoor digital photography) at the Christopher Farm & Gardens!!! I’ll let these photos speak for themselves: www.sccc.org/contests.

If you or someone you know is a cancer patient/survivor who is either in need of financial assistance or looking for a supportive (as well as unique and fun) group of cancer patients, survivors, and co-survivors to help navigate the cancer journey, please consider joining us!

Interesting story! One evening, when we had a Gentle Yoga for Cancer Survivors session taking place in the MOA/SCBS 2nd Floor Conference Room and an Indoor Row Group session in the 2nd Floor Common Area, someone walked by and asked, “How can I join this club?” One of the rowers quickly replied, “First you have to survive cancer!”

Stunned, he stopped with a curious expression on his face. After we explained ST&BF, he admitted he was no longer interested in joining... but wished us well! 😊

Thanks to ALL of our SCCCf Supporters!

It is November... the month of Thanksgiving and gratitude! On behalf of SCCCf (and all who benefit from it, through approved “gestures” and/or our Survive, Thrive & Be Fit opportunities) I want to express my sincere gratitude! Watch the next couple issues for news of additional SCCCf fundraising efforts of the Unity Music Festival (Jon Bolker), Daane Hardware Store (Todd Daane), Plymouth Rock Campground (Glenroy Franzen), Yoga on the Lake (Carrie Green), Culvers of Sheboygan (Donna Kaat), Johnsonville Foods (Monica Wind) and a Penny Drive (Vince Lombardi Cancer Clinic staff)!

Thanksgiving Day: Cancer Patients & Survivors Walk or Run to Exercise Their Gratitude for Survivorship!!!

Speaking of Thanksgiving, it’s time again for the annual Sheboygan YMCA “Doug Opel Run for the Kids” on Thanksgiving Day! Join us for some “Steps to Survivorship” and a chance to *exercise your gratitude* with a walk (2-mile) or run (2-mile/10K) along Sheboygan’s lakefront! See attached flyer for details!

Over the years, a number of area cancer patients/survivors and co-survivors involved in “Survive, Thrive & Be Fit” and the “LIVESTRONG at the YMCA” program have made this walk/run a tradition!

Cancer patients/survivors and co-survivors are invited to gather under the “Making Sheboygan County the Healthiest Place to Survive Cancer!” banner (located on the tennis/pickleball court fence near the start) between 9:00A and 9:15A to connect with other cancer patients/survivors and co-survivors before we take a quick group photo at 9:15AM prior to the 9:30A start!



LIVESTRONG at the YMCA: In addition to SCCCF’s Survive, Thrive & Be Fit, area cancer patients/survivors interested in living a healthy/active lifestyle during or following a cancer diagnosis will want to check out the Sheboygan County YMCA’s LIVESTRONG program! This FREE 12-week class includes a six-month YMCA membership and classes tailored to the needs of cancer patients/survivors and taught by specially trained instructors! For more info, call 920.451.8004, ext. 130.

<https://sheboygancountyyymca.org/livestrong-at-the-ymca.html>

World According to Tim: Play Matters! “It” Matters! (Part 2 of 2)!

By Tim E. Renzelmann

As promised (warned) in the previous “Local Cancer Community Update”, here is Part 2 of 2 of the “Play Matters” article (read Part 1 here):

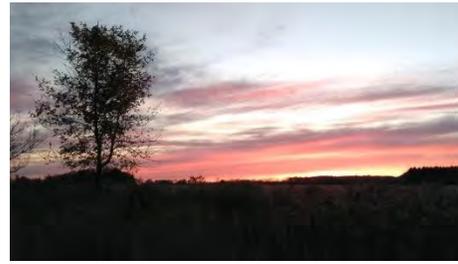
<https://scccf.org/post?s=the-world-according-to-tim-play-matters-part-1-of-2-2021-11-03>

As I was chronicling some recent Survive, Thrive & Be Fit” activities in the previous issue of this update... several “lie lessons” came to mind:



Leah’s reference of the John Muir quote while “Navigating Along the Cancer Journey”

orienteering outing (“*And into the forest I go, to lose my mind and find my soul.*”) reminded me that time in nature is good for not just the body... but the mind and heart and spirit as well!



The clouds and drizzle at the start of our “Hiking Along the Cancer Journey” hike that, shortly after, turned to

clear skies and a beautiful sunset, reminded me of Wisconsin’s whimsical weather (and the foolishness of letting a forecast disrupt plans)!



The “Hiking Along the Cancer Journey” overnight backpack outing reminded me

of the beauty of the outdoors, even in the darkness! Spend a night in the woods and see how illuminating the experience can be! And let’s never forget the beauty that comes before (sunset) and after (sunrise) every dark night!



The “Play is Healing” event reminded me of the power of play (especially outdoor play) and the importance of tapping into the child inside us. And there is no better way to do that than to spend time with children and do what children do!

But, as I reflect back, it was that eagle that perched itself above us and watched down on us as we practiced “Qigong for Cancer Survivors” then flew past during the “Gentle Yoga for Cancer Survivors” session that pretty much summed up all of these lessons!



I am very much a “city boy”! Other than some car camping experiences in my younger days (and by younger, I am referring to anything prior to about the age of 47), the bulk of my time outdoors was very urban and revolved around running, mostly on city streets.

That changed in 2009 when I rather unexpectedly discovered kayaking which, in the years that followed, opened me up to a variety of other activities including hiking/backpacking, snowshoeing and canoeing that all involved multi-day outings and adventures. I had discovered the thrill of outdoor adventures and I was like a kid in a candy store as I immersed myself in my new-found playground that is the Great Outdoors!

I’m certainly not claiming to be a seasoned outdoorsman or adventurer, but I have had some amazing and awe-filled experiences that have allowed me to better appreciate at least some of what the Great Outdoors has to offer! And it has changed me!

Perhaps one of the most adventurous outdoorsmen that I know, and who has guided me over the years, is my friend and fellow cancer survivor Tom Friedrichs (whom some of you have met). When I asked Tom if it would be okay to mention him in this article, he responded, “As long as it’s for effect/affect so to speak, rather than a main focus overstuffed with gratuitous accolades... Then I’m good with it.” So, I won’t even attempt to describe some of his incredible and amazing adventures or his deep respect and keen understanding of nature and the outdoors.

Suffice it to say, he is someone who enjoys not only the beauty but also the challenge of spending time outdoors, and he makes it a priority.

“I’m not sure I am a shining example to follow,” Tom confessed, “shirking duties so I can go out and play. Meanwhile, the grass (and weeds) are long, laundry is piling up, and friends and family are wondering where I have gotten off to the last month, or months.”

The reason I mention Tom is because, as I started spending time in the Great Outdoors, he provided much guidance and useful advice and he stressed what I have come to find as one of the greatest lessons, not just for spending time outdoors, but also for how to live my life!

Anyone who has spent time outdoors has probably realized that along with the incredible beauty of nature comes looming challenges and risks. A calm day can turn windy, clear skies can turn stormy, warm days can turn cold, dry days can turn wet, flat waters can turn angry... and sometimes a calm, clear, dry, warm, day on flat waters can turn into a windy, stormy, wet, cold day on angry waters (especially on Lake Michigan)... all at

once... all in an instant. That is the nature of the Great Outdoors. That is the nature of nature.

But if you spend enough time out there, facing whatever Mother Nature may want to throw at you, “it” will happen. You never know when “it” will happen! You never know what “it” will be!

“It” could be a sight, a sound, a smell even. “It” could be a feeling or an experience. Whatever “it” is, you will know when “it” happens! And “it” can touch you somewhere deep down inside – so deep it reaches a space within you that you never even knew existed. “It” can, and “it” probably will change you!

And once you experience “it”, you will want to find “it” and experience “it” again... and again... and again!

“You just gotta put yourself out there!” Tom would often encourage and advise!

Of course, “it” won’t happen every time. And you can’t plan for “it” to happen. “You just gotta put yourself out there” while being open, alert and aware for “it” to happen!

“It” can be big and majestic and spectacular. Or “it” can be quiet and soft and subtle. And what is probably most interesting of all... after you experience “it” and begin to recognize “it”, “it” seems to happen more and more and more. You begin to understand what Thoreau meant when he wrote, “It’s not what you look at that matters, it’s what you see.”

Suddenly, the windiest days aren’t as windy, the stormiest days aren’t as stormy, the coldest days aren’t as cold, and the worst of days aren’t so bad anymore! Even though there is never a guarantee that “it” will happen... there is always the chance and the hope that “it” will happen!

And so it is with life! Whether you are indoors or out! “You just gotta put yourself out there!”

It’s simple advice... but simple is seldom easy!

Get up! Get moving! Do something! Do something new and different! Meet new people! Try different things! Go different places!

Not everything will be thrilling, or exciting, or even fun! There will be challenges and difficulties. There will be plenty of the ordinary and uneventful. Maybe even dull and boring.

“You just gotta put yourself out there!”

If you don’t... “it” won’t ever happen!

But if you do... Ahhhhh... If you do, “it” could be amazing!!!

ST&BF Hiking Along the Cancer Journey & Qigong for Cancer Survivors at Kohler-Andrae State Park – THIS SATURDAY at 9A!

Saturday, November 6th ● 900A

Kohler Andrae State Park, Ancient Shores Trail/Friends Fishing Pond (accessed off of Old Park Rd).

Area cancer patients/survivors and their co-survivor guests are welcome to join us on Saturday, November 6th for “Hiking Along the Cancer Journey” and a “Qigong for Cancer Survivors” practice session, both starting at 9A. You can join us for a brief (20-minute) Qigong practice session or head out along the Ancient Shores Trail and/or the Friends Pond path which, together, are about a mile and repeat as many times as you’d like!

Indoor Small Group Activities Cautiously Resume:

COVID Etiquette: As we begin to gather again indoors and in-person, we will be practicing responsible COVID etiquette designed for the comfort and safety of those who choose to participate. This includes requiring RSVPs/registration (no drop-ins), limiting the size of the groups (based on activity), respecting personal space (social distancing), and avoiding close contact. Facial coverings are always welcome. Facial coverings are required for anyone who has not been fully-vaccinated. As often as possible, we will offer a virtual option (via Zoom) for in-person activities.

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



The last time the ST&BF Indoor Row Group (IRG) rowed together indoors was on March 15th, 2020! The day before we had completed our seventh annual Lake Michigan Crossing in the Lakeview Center at the Sheboygan YMCA (see finishing photo above).

The next day some of us decided to come together again here at the clinic and row back across Lake Michigan! The day after that, we suspended all group indoor activities due to COVID-19! It’s a good thing we made it back across Lake Michigan before things shut down! 😊

After offering a few outdoor rowing sessions (under the entrance canopy of MOA/SCBS), we realized that we wouldn’t be able to row together indoors anytime soon. So our ergometers were distributed to team members so they could row at home and rotated every couple of months. Over the years, almost a dozen IRG members have purchased their own rowing ergometers (a testament of how much they enjoy this activity) so many of our IRG members were able to continue rowing throughout the pandemic.

The 2020/21 Indoor Row Group season consisted of



individual rowing and as well as some Zoom rowing sessions, including a “virtual” Lake Michigan Crossing!

Plans for the 2021/22 IRG season, which kicked off on November 1st, includes opportunities for IRG team members to row in-person in the MOA/SCBS 2nd floor conference room or join us virtually from home!

Also planned are two rowing sessions each month that can be attended in person or virtually with a certified row coach from Recovery on Water.

It is true, COVID has certainly made things difficult for many of us over the months and we may need to continue to adjust our activities in the months ahead. Some of these adjustments may be long-lasting (if not permanent). And some (like the ability to offer BOTH in-person and virtual opportunities) have made things better and are actually pretty exciting!

It may be a while before we all feel comfortable to come together for a group photo (like the one on the left, following the 2020 Lake Michigan Crossing)... but we’ll continue to make IRG the best it can be!

If you are interested in learning more about the 2021/22 Indoor Row Group Team or want to schedule a rowing intro/demo, please 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-g4x1LJSYnybnxHkDx4qFnICOG0jybcxW8H0-9vO0xjglPzcOWxDx2XPrAoUsu.QJVzytaB14P0JWaX>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPkbs8vtxBVxF5i194v2ZlIBqk_KVWP4YmECfSWHOQ_y4uUtQpX2hMOQmRS?startTime=1610407916000

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGj2piO-07KSMT-CmXU0Zxo18QrxPCsbyhEaO6yNfTrlSIfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1IV8r0yhusm176mAlwQpC_0qamGiYzGWifXDOWekq_ZPQUT-9dgdFdtIlgCJtg3G.Vxi39wNezijsKezp?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_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

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!

Saturday, November 6th – 900A

ST&BF Hiking Along the Cancer Journey!

Casual Hike along Ancient Shores Trail/Fishing Pond.

Kohler-Andrae State Park – Access on Old Park Rd.

Saturday, November 6th – 900A

ST&BF Qigong for Cancer Survivors!

We'll find a spot near the Fishing Pond.

Kohler-Andrae State Park – Access on Old Park Rd.

Monday, November 8th – 330P to 630P

ST&BF Indoor Row Group

*Contact Tim for details! **RSVP Required (In-Person)!***

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, November 8th – 500P

ST&BF Qigong for Cancer Survivors IN-PERSON & VIRTUAL

*Contact Tim for details! **RSVP Required (In-Person)!***

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

*Contact Tim for details! **RSVP Required (In-Person)!***

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! **RSVP Required (In-Person)!***

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. *RSVP Required (In-Person)!*
Greenbush Trails, Greenbush

Monday, November 15th – 330P to 630P
ST&BF Indoor Row Group IN-PERSON & VIRTUAL
Contact Tim for details! *RSVP Required (In-Person)!*
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! *RSVP Required (In-Person)!*
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.

Tuesday, November 23rd – 700A to 1000A
ST&BF Indoor Row Group
Contact Tim for details! *RSVP Required (In-Person)!*
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

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 – 230P
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! *RSVP Required (In-Person)!*
MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, November 29th – 500P

ST&BF Qigong for Cancer Survivors IN-PERSON & VIRTUAL

Contact Tim for details! *RSVP Required (In-Person)!*
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

Contact Tim for details! *RSVP Required (In-Person)!*
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
Contact Tim for details! *RSVP Required (In-Person)!*
Featuring: Dice Games - 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 – 600P
TLC Survivorship Session IN-PERSON & VIRTUAL
Contact Tim for details! *RSVP Required (In-Person)!*
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!
Occasionally, when weather and conditions are right, we schedule last-minute “POP UP” activities that are announced via e-mail! Contact Tim to be added to that e-mail list!

ST&BF Active Survivors of Sheboygan (A.S.S.) 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!

November, 2021

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 330P-IRG 530P-IRGIP/V	2 1000A-IRG	3	4 900A-Qi5V 930A-LCCUV	5	6 9A-Qi5 9A-HAtCJ
7	8 330P-IRG 500P-Qi5IP/V 530P-YogaIP/V	9 1000A-IRG	10 500P-Qi5V 530P-LCCUV	11	12	13 AM-NAtCJ
14	15 330P-IRG 530P-IRGIP/V	16 1000A-IRG	17 3P-ST&BF@ CF&G	18	19	20
21	22	23 700A-IRG	24 200P-Qi5TV 230P-LCCUV	25 930A-Steps YMCA	26	27
28	29 330P-IRG 500P-QGIP/V 530P-YogaIP/V	30 1000A-IRG 330P-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!
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
**The Healthiest Place
To Survive Cancer!**



The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members! To learn more: visit www.scccf.org or call 920.457.2223

Survive, Thrive & Be Fit!

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!

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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!**



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=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!

Tuesday, 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 ●

Waiver Of Liability

In consideration of the acceptance of my entry in the Doug Opel's Run for the Kids/Thanksgiving Day Run on November 25, 2021, I release the Sheboygan County YMCA, Aurora Health Care, Quasius Construction, Locate Staffing, Rockline Industries, Neumann Plumbing & Heating, Dean's Electric LLC, Torginol, Festival Foods, Lakeside Pepsi, the City of Sheboygan, Wisconsin and any other entities and individuals who are in any way connected with the event (including volunteers assisting with the event) from any liability or claims for any injury or illness which I sustain during my participation in this event or which is in any other way related to this event.

I understand that this release is being relied upon by the persons permitting me to participate. Further, I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, motion pictures, recordings or any other record of this event for any legitimate purpose.

Signature _____

Parent/guardian signature if entrant is under 18.

Payment

- Cash
- Check # _____
- Credit Card
 - Account # _____
 - Exp Date _____ Security Code _____
 - Print Name _____
 - Signature _____

Thank you to our SPONSORS who help make this event possible!



RUN FOR THE KIDS



THURSDAY
NOVEMBER 25, 2021
SHEBOYGAN YMCA

9:30AM RACE START
at the
Sheboygan YMCA
2 MILE WALK | 2 MILE RUN | 10K RUN



We are Advocate Aurora Health

Brochure printing generously donated by:



Events

2 Mile Walk • 2 Mile Run • 10K Run

All are welcome to run or walk along the marina and beautiful shore of Lake Michigan.

Location

Meet at the Sheboygan YMCA, 812 Broughton Drive in Sheboygan across from the marina. Locker rooms and showers will be available.

Entry Fee

- The entry fee is \$20 with a long sleeve **dri-fit t-shirt and \$15 without a t-shirt.**
- Upgrade shirt to a crew neck sweatshirt for \$5 more!
- Shirt availability cannot be guaranteed after Monday, November 15, 2021.
- Sweatshirts options will not be available after Monday, November 15, 2021.

Times

- Race begins at 9:30am.
- Race Day Registration is 7:30am - 9:15am.
- Pack pick-up for those pre-registered: Wednesday, 11/24.....12:00pm - 7:30pm
Thursday, 11/25.....7:30am - 9:15am

Event Timing

Race Day Events, LLC will provide timing and **disposable chips. Race will officially chip timed for one hour and fifteen minutes. Results** available at www.sheboygancountyyymca.org and www.onlineraceresults.com

Award Age Divisions

6 & under	7-8	9-10	11-12	13-14
15-16	17-19	20-24	25-29	30-34
35-39	40-44	45-49	50-54	55-59
60-64	65-69	70-74	75-79	80+

Awards

Awards will be given to the overall female and male winners in the 2 mile and 10K run. Awards will be given to the 1st, 2nd, and 3rd **place finishers** in each age group. Participation ribbons will be given to youth age 12 and under.

Family Flock Awards

A picture plaque will be given to the family with the **largest flock of relatives pre-registered** by 11:59 on Tuesday, November 23rd. Family flock participants can be in-person or virtual

Event Proceeds

Proceeds from this event benefit the Sheboygan County YMCA Annual Support Campaign. This **program provides financial assistance for YMCA** memberships and camperships for at-risk and disadvantaged children, teens and families.

Volunteers and Questions

Contact Donna Wendlandt with questions or if you would like to volunteer at the run at dwendlandt@sheboygancountyyymca.org or 920-451-8000 x125.

Download additional registration forms from our website www.sheboygancountyyymca.org.

Registration Options

1. On-line at www.runsignup.com. Search: Doug Opel's Run for the Kids. Additional fees will apply.
- **You may also find the link on our website** www.sheboygancountyyymca.org.
2. Scan and email registration form and waiver with your credit card information to harpke@sheboygancountyyymca.org.
3. In person at the Sheboygan YMCA or the Sheboygan Falls YMCA.
4. Fax registration form and waiver with your credit card information to 920-451-8019.
5. Mail to the Sheboygan YMCA at the address listed below.



Sheboygan YMCA
812 Broughton Dr, Sheboygan, WI 53081
P 920-451-8000 • F 920-451-8019



scan here for extra registration forms



2021 DOUG OPEL RUN FOR THE KIDS

One form per entrant. Please print.

First Name _____

Last Name _____

Address _____

City _____ State _____

Zip _____ Birth Date _____

Phone # _____

Email _____

Family Flock Name _____

Age as of 11/25/21 _____

Event	Gender
<input type="checkbox"/> 2 Mile Walk	<input type="checkbox"/> Male
<input type="checkbox"/> 2 Mile Run	<input type="checkbox"/> Female
<input type="checkbox"/> 10K Run	
To receive walking finish time, enter 2 mile run	
Entry Fee	Entry Fee
until 11:59pm on 10/31	after 11:59pm on 10/31
<input type="checkbox"/> \$15.00 no shirt	<input type="checkbox"/> \$20.00 no shirt
<input type="checkbox"/> \$20.00 with shirt	<input type="checkbox"/> \$25.00 with shirt
<input type="checkbox"/> \$ 25.00 sweatshirt	<input type="checkbox"/> \$30.00 sweatshirt
<input type="checkbox"/> \$15.00 Virtual	<input type="checkbox"/> \$20.00 Virtual
<input type="checkbox"/>	I prefer to sleep in please accept my donation\$_____

Long Sleeve Dri-fit T-Shirt Sizes		
Youth	Unisex	Sweatshirt
<input type="checkbox"/> SM 6/8	<input type="checkbox"/> SM	<input type="checkbox"/> SM
<input type="checkbox"/> MD 10/12	<input type="checkbox"/> MD	<input type="checkbox"/> MD
<input type="checkbox"/> LG 14/16	<input type="checkbox"/> LG	<input type="checkbox"/> LG
	<input type="checkbox"/> XL	<input type="checkbox"/> XL
	<input type="checkbox"/> XXL*	<input type="checkbox"/> XXL*
	*add \$3.00	*add \$3.00

continue to reverse side for ►
[Waiver and Payment Information](#)



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

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

DECEMBER 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
31	Fr			<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.

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.

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



