

The Local Cancer Community Update



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



December 1st, 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: Life Lessons Learned Flying My Kites!

By **Tim E. Renzelmann**

Oops! I have not released the December calendar... and today is December 1st... so I guess I better do so!

I do apologize because I have not finished any articles to share in his update. So I hope you don't mind if I share a story anyway - one that, at least for me, represents a highlight of 2021 as well as a few reminders of some valuable life lessons.

In the April 8, 2021, issue of this Local Cancer Community Update I shared:

On the first day of spring this year (March 21st) I gathered my kites and a lawn chair and headed out alone to Firehouse Park to fly a few kites.

I spent about two hours getting six single-line kites in the air at the same time (by anchoring them with ground screws). I was constantly moving (bending down, looking up, making adjustments from one kite to the next). As I packed things up to head home, I questioned why I brought a lawn chair! 😊

Photo below: "Tim's One-Man Kite Show" on March 21st! My goal? Ten or more kites in the air at the same time!



The intent of ST&BF is to allow opportunities for area cancer patients/survivors (& co-survivors) to connect with one another while

also introducing them to a variety of healthy activities and encouraging them to "Survive, Thrive & Be Fit" following a cancer diagnosis and for the rest of their lives! As a cancer survivor myself, perhaps no one has benefitted more than I from "Great Heights with Delightful Kites"!

I am happy to say that since then a good number of area cancer patients/survivors have enjoyed experiencing "Great Heights with Delightful Kites!"

After a failed attempt earlier this month to surpass my previous P.R. (Personal Record) of seven kites in the air at the same time (the six single-line kites in the prior photo along with one dual-line kite – not pictured) I have been watching the forecast for good conditions for another attempt. Last week Tuesday provided the perfect opportunity! So, I took the day off from work, packed up my kites and headed to Firehouse Park. This time I left the lawn chair at home.

Long story short, this photo tells the story:



Photo Above: If you look closely, you can see ten kites in the air!

Just as I was getting ready to launch the tenth kite, I was approached by a young man and his dog who, curiously, asked what I was doing.

He introduced himself to me as Stu Zywicki of Social Dog Marketing and he was in the area doing some drone work when my kites caught his attention. "I thought I'd find a bunch of people flying kites," he remarked. But it was only me!

He asked if he could send his drone up and take some video... and I welcomed it!



Photo Above: Stu Zywicki of Social Dog Marketing prepares to launch his video drone.



Photo Right: The drone before take-off!

We chatted a bit. He told me about his relatively new business venture (Social Dog Marketing) and how much he enjoys his work. I shared my enthusiasm for the work I do in our local cancer community. He told me more about his drone. I told him more about my kites.

Eventually, he headed out and I began to pull down the kites. In the end, it took me almost four hours to launch, anchor, pull down and pack up all ten kites.

Before I went to bed that night, I received an e-mail from Stu that included some video from his drone. It was wonderful to have this day documented in this way! I am not very tech-savvy and not sure how to share the video with you, but if you would like to see it, let me know. Otherwise, here is a cropped photo taken from one of the videos Stu sent (with Lake Michigan in the background):



It may sound silly, but this turned out to be a very meaningful day for me... mostly, I think, because the day represented some of, what I consider to be, the most important lessons of this life!

Have Fun!

Life is short. Don't take life so seriously. He who has the most fun wins. Let the kid inside of you out. Kite-flying is fun... that's all that matters. I think this world would be a better place if we all spent more time and energy on the things that bring us joy!

Move Your Body through Play!

Physical play is fun, it is healthy, it is healing, it is good for you. Dance, skip, hop, roll around in the grass. The body was made to move... so move it. Don't think of it as "working out". It shouldn't be work... it should be fun... it should be play!

Enjoy Nature!

Even as Wisconsin's whimsical winter weather approaches, all one needs to do is check the forecast, dress accordingly, and maybe bring an extra layer (just in case). There is no reason we cannot continue to enjoy time outdoors over the winter months. And, as I learned last winter, snowshoes and kites are a good combination (photo by Bruce Becker)!



Connections!

Feeling connected to each other is a basic human need. Stu and I made a connection. I hope we will connect again and we both express interested in doing so. Even if we don't, he has impacted my life! Thanks Stu!

Simpler is better!

Life can be complicated. But it does not have to be. As my Dad would often advise, "Keep it Simple Stupid!" Sometimes, often times, the simplest things... the simplest days... are the most meaningful and memorable!

Do Good... in Everything You Do!

It may seem silly to consider a "personal record" in an activity as silly as kite-flying. But I think it is important that we all continue to push ourselves to be as good as we can... in everything we do. I am already planning for eleven... or twelve... or maybe thirteen kites next year!

Be Enthusiastic

Albert Einstein said it well: "There are two ways to live your life. One is as though nothing is a miracle. The

other is as though everything is a miracle.” It really is a choice... perhaps the most important choice that you will make... over and over again... with every new moment, experience, or opportunity. Choose wisely!

Share!

There is a Swedish Proverb that states, “A joy shared is a joy doubled. A sorrow shared is a sorrow halved.” Thank you for allowing me to share my story and the accompanying joy over these past few pages. If you have a story, a joy, or a sorrow about your personal cancer experience that you care to share... I welcome you to contact me or join us in any of our upcoming activities!

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-g4x1LJSYnybnxHkDx4qFnICOGjybcxW8H0-9vO0xjglPzcOWxDx2XPrAoUu.QJVzytaB14P0JWaX>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPk bs8vtxBVxF5i194v2ZliBqk_KVWP4YmECFsWHOQ.y4uUtQpX2hMOpmRS?startTime=1610407916000

PRE-RECORDED Yoga Session – November 16th, 2020

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/Pm6wpbMiGi2piO-O7KSMT-CmXU0Zxo18QrxPCSbyhEaO6yNFTrlSlfHksGvaVTs.jjw0HbOY7G-gwERX?startTime=1605569606000>

PRE-RECORDED Yoga Session – October 20th, 2020

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/1IV8r0yhusm176mAlwQpC_Oq amGjYzGWifXDOWekq_ZPQUT-9dgdFdIjgCJtg3G.Vxi39wNezijsKezp?startTime=1601332457000

PRE-RECORDED Yoga Session – September 28th, 2020

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/uyk30aursX6cC1499IW2jRdE-nw15PrMW_nGDSzc7tSiSsyEmt5o6xkYlZgaDatv.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

Qigong Instructional Video: 20-minute Evening Routine

Lee Holden (YouTube Video)

Suggestion: Play back at .75 speed if it seems a little rushed.

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!

Wednesday, December 1st – 300P

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>

Thursday, December 2nd – 1000A

ST&BF Indoor Row Group

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

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, December 2nd – 200P

ST&BF Qigong for Cancer Survivors VIRTUAL

Contact Tim for details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Thursday, December 2nd – 230P

TLC VIRTUAL Local Cancer Community Update

TOPIC: Chance for a Casual Holiday Connection!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Monday, December 6th – 900A

ST&BF Qigong for Cancer Survivors VIRTUAL

Contact Tim for details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Monday, December 6th – 930A

TLC VIRTUAL Local Cancer Community Update

TOPIC: Chance for a Casual Holiday Connection!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Tuesday, December 7th – 300P

ST&BF Indoor Row Group

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

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, December 7th – 500P

ST&BF Qigong 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, December 7th – 530P

ST&BF Gentle Yoga 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>

Thursday, December 9th – ALL DAY!

ST&BF Indoor Row Group

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

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Sunday, December 12th – 100P to 400P

ST&BF at the Christopher Farm & Gardens

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

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, December 13th – 200P

ST&BF Qigong for Cancer Survivors VIRTUAL

Contact Tim for details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Monday, December 13th – 230P

TLC VIRTUAL Local Cancer Community Update

TOPIC: Chance for a Casual Holiday Connection!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Tuesday, December 14th – 300P

ST&BF Indoor Row Group

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

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, December 14th – 500P

ST&BF Qigong 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, December 14th – 530P

ST&BF Gentle Yoga 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>

Wednesday, December 15th – 300P

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>

Monday, December 20th – LAST DAY

ST&BF Steps to Survivorship Cumulative Marathon (Fall)

See attached for details!

Tuesday, December 21st – FIRST DAY

ST&BF Steps to Survivorship Cumulative Marathon (Winter)

See attached for details!

Thursday, December 23rd – 900A

ST&BF Qigong for Cancer Survivors VIRTUAL

Contact Tim for details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Thursday, December 23rd – 930A

TLC VIRTUAL Local Cancer Community Update

TOPIC: Chance for a Casual Holiday Connection!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Tim E. Renzelmann – 920.458.7433, 920.457.2223

renzelmann@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!

December, 2021

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 300P-IRG 400P-IRGIP/V	2 1000A-IRG 200P-QiV 230P-LCCUV	3	4
5	6 900A-QiV 930A-LCCUV	7 300P-IRG 500P-QiIP/V 530P-YogaIP/V	8	9 7A to 7P-IRG	10	11
12 100P-ST&BF @ CF&G	13 200P-QiV 230P-LCCUV	14 300P-IRG 500P-QiIP/V 530P-YogaIP/V	15 300P-IRG 400P-IRGIP/V	16	17	18
19	20 StepsCUM (Fall Finish)	21 StepsCUM (Winter Start)	22	23 900A-QiV 930A-LCCUV	24 XMAS Eve!	25 XMAS Day!
26	27	28	29	30	31 NY's Eve!	1 NY's Day!

WATCH FOR UPDATES TO THIS CALENDAR.

KEY: StepsCUM (Fall Finish) = Steps Cumulative Marathon Fall Finish (last day)

StepsCUM (Winter Start) = Steps Cumulative Marathon Winter Start (first day)

IRG (In-Person) or IRGV (Virtual) or IRGIP/V (In-Person & Virtual) = Indoor Row Group Session

LCCUV = VIRTUAL Local Cancer Community Update

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

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



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:

DECEMBER'S TOPIC: Join us for a Casual Year-End/Holiday Connection & Conversation!

Thursday, December 2nd

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

2:30MP – TLC Virtual Local Cancer Community Update

Monday, December 6th

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

9:30AM – TLC Virtual Local Cancer Community Update

Monday, December 13th

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

2:30PM – TLC Virtual Local Cancer Community Update

Thursday, December 23rd

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

9:30AM – TLC Virtual Local Cancer Community Update

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!

“Survive, Thrive & Be Fit!”



Gentle
Yoga

Introductory
Qigong



for Cancer Survivors!
December Sessions!

Yoga and Qigong are similar and in many ways. In Yoga, each posture is held for a period of time while 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 Michael Finney, CYT

Tuesdays • 530P

December 7th & 14th

MOA/SCBS (In Person) & **Virtual!**

Qigong Practice
for Cancer Survivors

12/2 @ 2P (**Virtual**), 12/6@9A (**Virtual**),
12/7 @ 5P (MOA/SCBS & **Virtual**),
12/12 @ 2P (CF&G), 12/13 @2P
(**Virtual**), 12/14 @ 5P (MOA/SCBS &
Virtual), 12/23 @ 9A (**Virtual**)

If Virtual (via Zoom):

Meeting ID: 833 9821 3314

PASSCODE: 892356

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



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!

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!**



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.sccc.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.sccc.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.

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



