

The Local Cancer Community Update



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



February 3rd, 2022 • 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!

When the Shortest Month of the Year (February) Seems Like the Longest!

Despite February being the shortest month of the year, to many it can seem like the longest! The days are short, nightfall comes early, and we may find ourselves experiencing the extremes of winter.

Seasonal Affective Disorder (SAD) is a type of depression that affects about 4 to 6% of the population while many more experience a lesser form casually known as the winter doldrums or the winter blues.

Scientists do not fully understand what may cause SAD. Common theories include reduced serotonin levels (which regulates mood), overproduction of melatonin (which promotes sleep/sleepiness), or a decrease in Vitamin D levels (possibly caused by the reduction of sunlight over winter months). And, for some of our readers, there are the challenges of cancer treatment and cancer-related issues.

When it is cold outside and we are feeling sleepy or less ambitious, it is easy to curl up with a blanket in front of the TV and wait for warmer days. But what is easiest is seldom the best thing for us. Experts encourage exercise (which often increases energy instead of depleting it), spending time outdoors (especially during daylight hours), meditation (to reduce stress) and social connectedness (laughter is often the best medicine).

Whether related to Seasonal Affective Disorder, the pandemic (or cancer-related issues) depression has doubled and even tripled in the past couple of years. Depression can be a catch-22: The symptoms often keep you from doing that which will make things better. When you are tired, you may not feel like exercising. When you are feeling down you may not want to connect with a friend.

Try being proactive. Plan activities in advance. Make a commitment and share it with a friend who will hold you accountable. Sign up for one of our ST&BF

activities or TLC gatherings. I promise I won't come knocking on your door if you don't show up, but simply making the commitment might be all you need to take that step to "get active."

Take a look at the calendar and schedule of events at the end of this update and join us for some fun!

Getting Active in the Local Cancer Community (with Photographs):

Thursday, January 27th – ST&BF Great Heights with Delightful Kites: We got some kites in the air in this POP-UP kite flying session! See Calendar of Events (2/8/22) for the next possible kite-flying opportunity to commemorate National Kite Flying Day!



Bob Hartig (photo above/left) pilots his sled kite. An Opossum (photo above/right) possibly attracted by Bob's hat, came to visit. 😊 Photos by Chris Meyer.

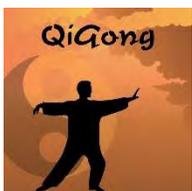
Saturday, January 29th – LIVESTRONG at the Y Boot Camp: All area cancer patients are invited to participate in this weekly (Saturday) one-hour "boot camp" session that involves various short, easy-to-learn exercises. No

Y membership required. Call Carrie or Denise for more information – 920.451.8004, xt 130.



Photo submitted by Jillene (YMCA Staff)

Monday, January 31st – The Indoor Row Group finished the Virtual Team Challenge that included in-person and virtual participation (see related article on page 4).



Tuesday, February 1st – Qi & Chat: This relatively new activity combines a simple/beginners Qigong practice (no experience necessary) with a follow-along video and a chance to chat afterwards (see details on pg. 4)

Wednesday, February 2nd – Indoor Row Group (IRG): We are commemorating the 2022 Winter Olympics with several fun “row and shoot” biathlons (using rubber band shooting guns to knock down Solo cups), scheduled throughout the month of February!



Photo Above: Indoor Row Group Member Linda Ansay takes aim during a shooting stage of the biathlon.

IRG Biathlon participants row four segments of 500m with a shooting stage in between each segment that consists of five shots at five Solo cups. For each “miss” (the guns are not very accurate, which adds a fun element of luck to the competition), participants row an additional 50-meter penalty. It’s just a lot of fun! Contact Tim for details about scheduled biathlons!

Camp One Step: Cancer Camp During a Pandemic

By Kris Riley (a.k.a., “The Pop Top Lady” or “Matt’s Mom”).

My son, Matt, is a cancer survivor. He was diagnosed in December 1997 with Grade 4 Brain Cancer at the age of 12. He had 10 hours of brain surgery, 6 weeks of whole brain/spinal radiation and 18 months of chemotherapy. He will be a 24-year survivor next month and has lived 2/3 of his life as a cancer survivor.

After diagnosis, Matt’s Oncologist and Social Worker encouraged Matt to go to summer cancer camp - Camp One Step run by Children’s Oncology Services. I thought they were crazy to think I would send my child who was on active treatment to a camp 2 hours away from me! But Matt knew better and wanted to go so reluctantly I sent my bald, skinny, neutropenic cancer kid to camp. Matt had a great time and came home a different child. He found that he could still be a child and do the things children do at a summer camp and not be “different”. They even had medical staff at camp so during the week when Matt needed to get a platelet transfusion, they took him to his hospital, sat with him while he got his transfusion and brought him back to camp as if nothing had ever happened. Matt fared better that week than I did.

Matt continued to go to camp and have wonderful experiences and when he aged out as a camper, he found his niche running their AV Program at summer camp/winter camp programs and also is a counselor for the Brain Tumor Family Camp. I became involved with the camp the next year and have served as a volunteer counselor, program leader and medical staff. The reason I became involved was because camp gave my child his childhood back when I couldn’t figure out how to do that, so now I am giving back to other families who are walking our walk.

Camp One Step provides 11 programs throughout the year. Families are not charged to participate. Our programs include a Utah Ski Trip where kids learn to ski through the National Abilities Center. They are able to teach kids to ski who are visually impaired/blind, have amputations, balance issues and other challenges due to their cancer diagnosis. We have a Chicago Day Camp for ages 5-10, a Washington DC Advocacy Trip, a Brain Tumor Family Camp and regular Family Camp for the entire family to participate in, a Sibling camp, a 2-week Summer camp, a Dude Ranch Trip, a Utah Adventure Trip where the kids go rafting, hiking and biking in Utah and a 5 day Winter Camp. They also offer a Seabees program which is for former campers who are now adults and because of effects from their

cancer/treatment they are unable to be counselors but can still contribute to camp by running activities for the younger campers and they also learn life skills in the program. Camp is inclusive, if a camper has special needs/disabilities; activities are modified so everyone can participate. Camp is family!



Photo Above: This group leader let campers cut her hair!



Photo Above: Campers prepare to race their pinewood derby cars!

So how does one run camp in the middle of a pandemic?? We ran virtual camps for all our programs. Each child would receive a box with everything they would need for the activities and then we would get together over Zoom and do the activities together. Even though this was not the same as being in person, the kids could see each other over Zoom. This summer we did run 2-3 day in person camp sessions for the campers. We had approximately 85 kids each session. We were able to pull off a Covid free camp! Everyone tested negative before and after camp. Camp was different, we had to wear masks, social distance, stay in

our small pods and there weren't any hugs but it was so great to be together again. We had a Winter Camp in person in December with the same precautions but the kids don't mind because they can at least be with their friends.

Pop Top Lady??? MOA teamed up with Matt and I in collecting soda tabs for camp in 2003 and we have been collecting tabs ever since. We take the tabs to the recycling center and the money from the collections has been used for various things for camp. Some years we have just made a direct donation to camp and other years we have used the money to buy things for the different programs. We have purchased large print playing cards and UNO cards so the kids with visual impairments can participate, we purchased a bin full of board games for some of the programs so that on rainy days we can play games together. The money from our most recent collection of tabs will be used to buy a jumbo Connect 4 game so kids with mobility/dexterity issues or visual issues can play.

So how many tabs have we collected over the years???? 14,867 pounds-that is almost 7 ½ tons of tabs!!!! There are approximately 1267 pop tabs in a pound so we have collected 18,836,489 tabs. Thank you to everyone who has collected tabs for us over the years to help support this wonderful camp that changes the lives of kids with cancer and gives them back their childhood.

Matt's Mom Kris Riley

ST&BF Gentle Yoga for Cancer Survivors Marks Twelve Years!

We held our very first Gentle Yoga for Cancer Survivors Class (which also happened to be our very first ST&BF activity) on February 1st, 2010! Katie Boge, CYT facilitated that first yoga session and many since. We have not seen Katie much in recent years as she has been busy with her daughter Willow.

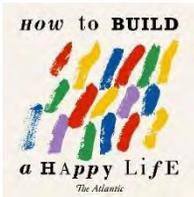
However, Katie (pictured right during a precious moment with her daughter Willow) will be joining us once again as she facilitates sessions on Thursdays, February 10th and 24th at 530P! Participants may attend in-person (space is limited, RSVP required) or virtually!



ST&BF “Qi & Chat” Offers Qigong for Beginners and Discussion on “How to Build a Happy Life!”

“Qi & Chat” offers a short (20-30 minute) “follow along” qigong video (absolutely no experience required) followed by a casual chat session that can be attended in-person or virtually.

In my limited qigong experience, I have come to enjoy the slow, gentle movement that is involved and have come to appreciate the state of relaxation that I often experience during and after practicing qigong.



Starting this month, the “chat” portion of these “Qi & Chat” sessions will begin with discussion of segments from the *How to Build a Better Life* podcast that was presented late last year by *The Atlantic*.

Participants are encouraged to listen in advance to each individual podcast, which are 30-40 minutes in length. Then, when we get together (in-person or virtually) we will listen to a few snippets from each podcast and discuss the assigned topic.

This is how the host introduces the podcast: “This is *How to Build a Happy Life – the Atlantic’s* podcast on all things happiness! I’m Arthur Brooks, Harvard professor and Happiness correspondent at *The Atlantic*. In this series, I want to figure out how we can live more joyful lives. Through scientific discussion and an exploration of what *happiness* is, I’ll uncover the ‘how to’s of happy living and assign you exercises designed to make happiness a daily practice.”

The podcast covers these topics:

How to Be Self-Aware: Manage Your Feelings, So They Don’t Manage You with Guest Dan Harris.

How to Know You’re Lonely: Loneliness, Lending a Hand, and Living Life Around People with Dr. Vivek Murthy, U.S. Surgeon General

How Not to Be Your Own Worst Enemy: What It Means to Be Yourself with Dr. Shefali Tsabary

How to Know That You Know Nothing: Staying Present and Breaking the Illusion of Stability with Dr. Ellen Langer

How to Find the Secret to Meaningful Work: Working Towards Happier Days at Work with Jenn Lim

How to Live When You’re In Pain: The Path Forward in Struggle and the Paradox of Human Happiness with Dr. BJ Miller

How to Identify What You Enjoy: How to Have Fun, Experience Satisfaction Through Purpose, and Find Joy In Everyday Life with Lori Gottlieb

If you’ve never tried qigong before, this is a great opportunity! If you aren’t interested in practicing qigong with us but would like to participate in the chat that follows, you are welcome to join us about twenty-minutes after the start time.

TLC Survivorship Can Be Fun Game Night & Survivorship Session – TWOSday, 2/22/22!!

Together we Live with Cancer
 Matthews Oncology Associates
 Sheboygan Center & 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!

TWOsday (Tuesday), 2/22/22!

Survivorship Session	Survivorship Can Be Fun
6:00P to 7:00P	4:30P to 6P
TOPIC: What is happening in the world? The Answer May Surprise You!	Join us for this night of fun and games (December 23-24-25) - (NO cash prize) - (NO sign up fee)
Join us in Person or Virtually (via Zoom)	Join us in Person or Virtually (via Zoom)
Meeting ID: 853 9621 3344	Meeting ID: 853 9621 3344
PASSCODE: 99308	PASSCODE: 99308
Cost: \$0 (Sponsored by TLC)	Cost: \$0 (Sponsored by TLC)
No Virtual Option Available!	No Virtual Option Available!

Space for "in-Person" Participation is limited!
 RSVP for "in-Person" Participation is REQUIRED!
 Fully Vaccinated Not Required for Water Pistol Covering!

LOCATION: Matthews Oncology Associates - Sheboygan Center & Blood Specialists
 821 E. Taylor Drive, Sheboygan & Second Floor Conference Room
 #FreeEvent and #TLC2022 #TLCSurvivorshipCanBeFun #TLC2022

Join us on TWOSday (Tuesday), 2/22/22 for some 2-card poker, 2s are wild, and 2 ways 2 win! 😊

You can sign up for one of 2 sessions (so we can keep the group small). The first session will go from 430P to 6P and the second session from 7P to 830P.

At 6P we will put the playing cards down for our Survivorship Session (which can be attended virtually as well) and we will take a look at “what is happening in the world”!

Space is limited and pre-registration (contact Tim) is required for all in-person participation.

ST&BF Indoor Row Group Completes Team Record-Setting Virtual Team Challenge While Preparing for 7th Annual “Lake Michigan Crossing”!

Fifteen Indoor Row Group members (Linda Ansay, Cindy Becker, Mike Brachmann, Kathy Burch, Lisa Glander, Bob Hartig, Leah Heusterberg, Jennifer King, Maryellen Kloiber, Tim Renzelmann, John Seaman, Dennis Sundell, Tom Strojinc, Cindy Walvoord, and Sue Zalewski) participated in the 2022 Concept 2 Virtual Team Challenge which took place from January 1st to 31st accumulating 2,335,984 meters and placing 132nd out of 814 teams worldwide and 1st out of 6 teams in the “Medical Facility” division. This establishes a new Team Record (beating our previous record of 1,979,449 meters set in 2020 with twenty team members participating. Congrats to all!

Indoor Row Group members are preparing for the 7th Annual “Row Across Lake Michigan” which takes place on Saturday, March 12th at the Sheboygan YMCA’s Lakeview Center where the team will be rowing a distance “equal to” that between the Sheboygan

lighthouse and the Ludington (MI) lighthouse – one hundred kilometers! Contact Tim if you are interested in being a part of this event!



If you are not ready to take on a Lake Michigan Crossing, consider taking part in one of several ST&BF “Row & Shoot” biathlons during February as we commemorate the Winter Olympics!

Photo Above: IRG member (and official ST&BF biathlon gunmaker) Bob Hartig takes aim at his targets.

To learn more about how you can participate in the Indoor Row Group, the Lake Michigan Crossing, or a “Row & Shoot” biathlon, 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 – December 14th, 2021

Facilitated by Michael Finney, CYT

https://us02web.zoom.us/rec/share/t1Q1W4PrS7Qxa8wVakSLZxPAEQgdqQEjhbctncozmmGuH591XE6VDIMZxVRnpj9x_EBSxH6-2dfyF0dy?startTime=1639524463000

NEW - PRE-RECORDED Yoga Session – May 17th, 2021

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/hQbfUosbxa06ofAirURM_inoKMwZTaSGCcByEuzy57DRME3KHj3rt94bWHD_36AR.LUNqoJ7ITqmHSQZ?startTime=1621290742000

PRE-RECORDED Yoga Session – February 16, 2021

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/8p-g4x1LJSYNYbnxHkDx4qFnICOG0jybcxW8H0-9vO0xjgIPzcOWxDx2XPrAoUsu.QJVzYtaB14P0JWax>

PRE-RECORDED Yoga Session – January 11, 2021

Facilitated by Stacy Harriott, CYT

https://us02web.zoom.us/rec/share/iNbf3EqUsDPori5huP7OWPLPkbs8vtxBVxF5i194v2ZliBqk_KVWP4YmECFsWHOQ.y4uUtQpX2hMOpmRS?startTime=1610407916000

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

Tim’s Picks (for beginners... of which I am one):

Dr. Jeff Tarrant – NeuroMeditation Institute: Five Elements

https://www.youtube.com/watch?v=8R2gUv-Uw_w

Leah’s Pick: Qigong w/Kseny Gray

Kseny Gray (YouTube Channel)

<https://www.youtube.com/channel/UCJYjsMmSjHqb4PhiUdcYRsg>

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.

Monday, February 7th – 3P to 6P

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

Includes 4P row session with a certified row coach

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, February 8th – TBD

ST&BF POP UP Great Heights with Delightful Kites

It’s National Kite Flying Day! Contingent on weather and conditions. Contact Tim for details.

Thursday, February 10th – 3P to 6P

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, February 10th – 500P

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 25-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Thursday, February 10th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Katie Boge, CYT. 60-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Saturday, February 12th – 9A

LIVESTRONG Boot Camp

Meet in YMCA lobby by 8:50!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, February 14th – 3P to 6P

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, February 14th – 200P

ST&BF Qigong & Chat IN-PERSON & Virtual

25-minute Qigong practice followed by optional chat, including "How to Build a Happy Life."

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Wednesday, February 16th – 3P to 6P

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, February 17th – 9A to 11A

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Saturday, February 19th – 8A

ST&BF Steps for Survivorship

A walk along the lakefront. Meet at YMCA!

Sheboygan YMCA, 812 Broughton Dr., Sheboygan

Saturday, February 19th – 9A

LIVESTRONG Boot Camp

Meet in YMCA lobby by 8:50!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, February 21st – 3P to 6P

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

Includes 4P row session with a certified row coach.

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, February 22nd – 3P to 6P

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

TWOsday (Tuesday), 2/22/22 – 430P & 7P

TLC Survivorship Can Be Fun Game Gathering

Featured Game: 2-card Poker, 2s are wild, 2 ways 2 win!

Contact Tim for details!

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

TWOsday (Tuesday), 2/22/22 – 600P

TLC Survivorship Session IN-PERSON & Virtual

TOPIC: What Is Happening in the World? The Answer May Surprise You!

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Thursday, February 24th – 3P to 6P

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, February 24th – 500P

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 25-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Thursday, February 24th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Katie Boge, CYT. 60-minute session.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Saturday, February 26th – 9A

LIVESTRONG Boot Camp

Meet in YMCA lobby by 8:50!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, February 28th – 9A to 11A

ST&BF Indoor Row Group

Contact Tim to learn more about the Indoor Row Group!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Monday, February 28th – 500P

ST&BF Qigong & Chat IN-PERSON & Virtual

25-minute Qigong practice followed by optional chat, including "How to Build a Happy Life."

RSVP Required for In-Person Participation!

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

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

Area cancer patients/survivors or co-survivors who have a cancer-related story, experience or information to share are encouraged to do so via this "Local Cancer Community Update." Contact Tim for more information!



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

February, 2022

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 900A-QiChIP/V	2 300P-IRG	3 900A-IRG	4 	5 900A-LSBC
6	7 300P-IRG w/Coach @ 4P	8 PU-GHwDK?	9 300P-IRG	10 300P-IRG 500P-QiIP/V 530P-YogaIP/V	11	12 900A-LSBC
13	14 900A-IRG 200P-QiChIP/V	15	16 300P-IRG	17 900A-IRG	18	19 800A-Steps 900A-LSBC
20 	21 300P-IRG w/Coach @ 4P	22 300P-IRGIP/V 430P-SCBF SSIP/V 600P-SS	23	24 300P-IRG 500P-QiIP/V 530P-YogaIP/V	25	26 900A-LSBC
27	28 900A-IRG 500P-QiChIP/V					

WATCH FOR UPDATES TO THIS CALENDAR.

KEY: IRGIP/V (In-Person & Virtual) = Indoor Row Group Session (contact Tim in advance to join virtually)

LSBC = LIVESTRONG Boot Camp at Sheboygan YMCA

PU-GHwDK? = POP UP Great Heights with Delightful Kites (TBD) (It's National Kite Flying Day!)

QiChIP/V (In-Person & Virtual) = QiGong Practice for Cancer Survivors & Casual Chat to follow

SCBF = Survivorship Can Be Fun Game Gathering

SSIP/V = Survivorship Session

Steps = Steps to Survivorship

Yoga IP/V (In-Person & Virtual) = Gentle Yoga for Cancer Survivors

IP/V = These Activities are available as BOTH In Person (Live) & Virtual (via Zoom) participation.

= 2022 Beijing Olympics Opening/Closing Ceremonies (FYI)

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

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

Some activities may 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. Additional details can be found in the most recent issue of the **Local Cancer Community Update**, visit www.scccf.org or calling 920.457.2223.

Sign Up for the Local Cancer Community Update! See Tim

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 2021/22 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
Qigong



for Cancer Survivors!
FEBRUARY 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. These Yoga sessions are about one-hour in length, Qigong sessions are about 30-minutes.

Gentle Yoga
for Cancer Survivors
with Katie Boge, CYT
Thursdays ● 530P
February 10th & 24th

Qigong for Cancer Survivors
with Follow Along Videos
“Qi & Chat” sessions:
2/1 at 9A ● 2/14 at 2P ● 2/28 at 5P
Qigong (prior to Yoga):
2/10 & 2/24 ● 5P

IN PERSON (MOA/SCBS) or VIRTUAL!

If Virtual (via Zoom), use Meeting ID: 833 9821 3314, PASSCODE: 892356

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

RSVP Required for In-Person Participation (Space is Limited) – Contact Tim at trenzelmann@physhealthnet.com or 920.457.2223



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 **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!

TWO-sday (Tuesday), 2/2/22!

Survivorship Session

6:00P to 7:00P

TOPIC: *What is happening in the world? The Answer May Surprise You!*

Join us In-Person or Virtually
(via Zoom)

Meeting ID: 833 9821 3314,
PASSCODE: 892356

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

Survivorship Can Be Fun

4:30P to 6P

7:00P to 8P

Join us for this month's featured game (because it's 2-2-22) – TWO-card Poker, TWOs are wild TWO ways to win (a very easy to learn and play game)!

No Virtual Option Available!

***Space for "In-Person" Participation is limited!
RSVP for "In-Person" Participation is REQUIRED!
Fully Vaccinated Not Required to Wear Facial Covering.***

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

Winter 2021/22

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: Tuesday, December 21st through Saturday, March 19th!

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





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

January 2022		Name: _____			
Date	Day	Activity(s)	Time or Distance	Completed 30 minutes or more of exercise?	Part of a ST&BF-scheduled activity?
1	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
2	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
3	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
4	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
5	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
6	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
7	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
8	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
9	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
10	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
11	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
12	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
13	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
14	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
15	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
16	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
17	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
18	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
19	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
20	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
21	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
22	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
23	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
24	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
25	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
26	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
27	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
28	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
29	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
30	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
31	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
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.

February 2022		Name: _____			
Date	Day	Activity(s)	Time or Distance	Completed 30 minutes or more of exercise?	Part of a ST&BF-scheduled activity?
1	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
2	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
3	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
4	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
5	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
6	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
7	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
8	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
9	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
10	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
11	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
12	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
13	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
14	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
15	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
16	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
17	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
18	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
19	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
20	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
21	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
22	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
23	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
24	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
25	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
26	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
27	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
28	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
Total "Yes" Checks for the Month:					

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