The Local Cancer Community Update

Together we Live with Cancer!
Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists
Sheboygan Physicians Group

March 15th, 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!*

Survive, Thrive & Be Fit at the Christopher Farm & Gardens in 2022!

Survivorship here in Sheboygan County, does have some privileges and unique opportunities! For many of us, one of those are our visits to the Christopher Farm & Gardens (CF&G)!

From the CF&G website: Located along the western shoreline of Lake Michigan is a 50-acre private botanical garden. The Christopher Farm & Gardens is approximately 500 acres, the gem being the many themed gardens connected by a network of walking paths. www.christopherfarmandgardens.org

Our first visit to this incredible location, that truly has to be seen and experienced to be appreciated, was in May of 2017 (above photo). Since then, CF&G has been so very gracious to us and we have returned thirty-two more times; twenty-two of those visits have occurred since the start of the pandemic, during which time these visits have provided area cancer patients/ survivors and co-survivors a place to connect while so many other opportunities have been interrupted.

I recently had the opportunity to sit down with Erika Lusthoff, Director of the Christopher Farm & Gardens, to begin planning for the upcoming months!

UPDATE - 2021 Survivorship Through the Lens at CF&G Photo Book: We were especially fortunate to visit the CF&G at least once a month every month throughout 2021! Each visit included a "Survivorship Through the Lens" component and you can view the many photographs (about 300) taken and submitted by participants on our website - www.scccf.org/contests. Jay Christopher (owner of the CF&G) and Erika will be selecting their favorite photos from throughout the year to be published in a photo book that should be available soon!

ST&BF at the Christopher Farm & Gardens "POP UP" Visits: As in recent years, many of our visits throughout 2022 will be scheduled as "POP-UP" visits (see related article in this issue – "What is a ST&BF 'POP UP' activity?" We are tentatively planning our next "POP UP" visit to the CF&G between March 29th and 31st that will include another opportunity to "Wander the Wonderful Gardens" and a "Bonding Bonfire"!

Survivors enjoying a "Bonding Bonfire" during a "POP UP" visit to the CF&G on February 18th, 2022!

Earth Day Restoration Project: Rob (Land Conservation Manager at CF&G) is planning another "Earth Day Restoration Project" that we may be able to assist with sometime in late April (Earth Day is April 22nd)!

Additionally, there may be other opportunities for us to lend a hand and contribute to the beauty of thes CF&G, including an invasive species removal project (late May or early June) and an end of the season workday!

Mike & Chris Meyer, cancer survivors, carefully plant one of many native trees and plants during last year's Earth Day Restoration Project!

National Cancer Survivors Day – Sunday, June 5th: For the third consecutive year we will be celebrating National Cancer Survivors Day at the Christopher Farm & Gardens! Mark your calendar for Sunday, June 5th! Last year's event included a chance to "Wander the Wonderful Gardens", a brief kite-flying session (the winds didn't cooperate), Rob took us on a Vegetable Garden Tour, we heard from several speakers while enjoying a box lunch and finished the day with a ride on the Dairyland Express (a fully functioning 16-gauge amusement train ride on a quarter-mile track layout)!

If you have any ideas for this year's National Cancer Survivors Day event, please contact Tim!

2022 ST&BF "Survivorship Through the Lens": Last year's "Survivorship Through the Lens" project included more than a dozen visits to the CF&G and about 300 photos! We'll do something different this year. Watch for details!

Great Heights with Delightful Kites: April is "National Kite Month"... and the CF&G is the birthplace of the ST&BF "Great Heights with Delightful Kites"! So, watch for kite flying opportunities in April and throughout the rest of the year!

"Bob the Builder" Planter Box Workshop with Flowers & Plants Provided by CF&G: "Bob the Builder" Hartig has offered to do another "Planter Box" workshop using his unique "wedged mortise & tenon" technique that requires NO SCREWS, NO NAILS, NO GLUE!

Completed plant boxes can be filled with succulents, plants, or flowers during a visit to the CF&G! If interested, contact Tim so we know about how many to plan for. Dates/times of workshop & CF&G visit to be determined.

Photo Above: Variety of plants offered last year!

A Summer Game Gathering! Watch for a Summer "POP UP" Game Gathering to be held alongside the outdoor fireplace at the CF&G Conservatory!

CF&G Transportation Museum Visit: The grand opening of the expanded CF&G Transportation Museum is expected later this year... and we have been invited for a return visit following its grand opening!

SPECIAL FUNDRAISING EVENT: Mr. Christopher and Erika have been so gracious and accommodating to us over the years... so I inquired about the possibility of a unique and exclusive fundraising event at the Christopher Farm & Gardens. It is too early to share any

of the details... but I am excited to report that they have been very receptive of the idea and are taking it under consideration! Watch for details!!!

Thank you in advance to Jay Christopher, Erika, Rob and the wonderful staff at Christopher Farm & Gardens for giving us so much to look forward to in 2022!

ST&BF Indoor Row Group Completes 7th Annual Lake Michigan Crossing!

Congratulations to twelve members of the ST&BF Indoor Row Group for completing the 7th Annual Lake Michigan Crossing on Saturday, March 12th!

Photo Above: ST&BF Indoor Row Group members pose in the Sheboygan YMCA's Lakeview Center after completing the 7th Annual Lake Michigan Crossing. Standing L-R: Maryellen Kloiber, Mike Brachmann, John Seaman, Tom Strojink, Beth Stockdale, Dan Kunda, Lisa Glander, Kathy Burch, Tim Renzelmann; Sitting/Kneeling L-R: Cindy Becker, Sue Zalewski, Linda Ansay.

Photo Above: Rowing L-R: Linda Ansay, Sue Zalewski, and Dan Kunda, Background L-R: Cindy Becker, Lisa Glander, Beth Stockdale and John Seaman.

Despite being hampered over the past two years (due to COVID), this year's team finished the 100km/62-mile distance in 8:40:02.2!

Progress during the Lake Michigan Crossing was tracked using the above "special edition" Farkle Board created by "Bob the Builder" Hartig!

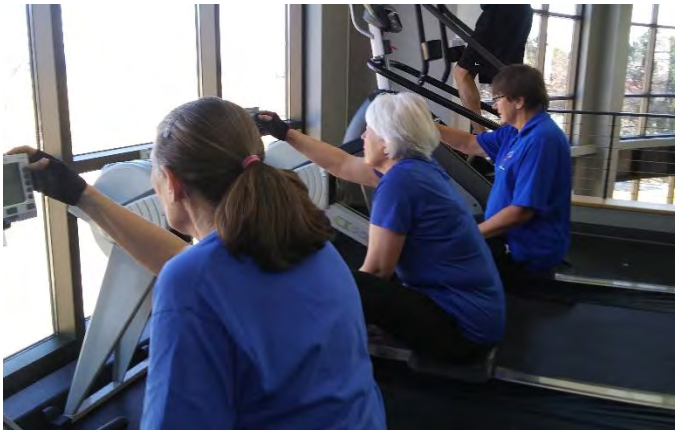

Photo Above (L-R): Maryellen Kloiber, Cindy Becker & Beth Stockdale prepare to row the final legs of the 2022 Lake Michigan Crossing. Photo submitted by Jennifer King.

The ST&BF Indoor Row Group season continues through April 30th with both in-person and virtual rowing opportunities as well as additional challenges such as the Concept2 Word Erg Challenge (a team challenge) that runs from March 15th to April 15th as well as additional ST&BF individual and group challenges (biathlons, personal best efforts, and 2-, 3-, 4- and 5-person team boat rows)!

Photo Left – Rowing – Bottom to Top: Dan Kunda, Mike Brachmann, Tim Renzelmann. Looking on – Left to Right: Jennifer King, Linda Ansay, Cindy Becker, Lisa Glander, Beth Stockdale. Photo by submitted by John Seaman.

The ST&BF Indoor Row Group is always looking for new members. For more details, contact Tim!

What Is a ST&BF "POP UP" Activity?

POP Survive, Thrive & Be Fit! UP!

It was March 16, 2020 when COVID forced us to discontinue all events/activities in our Local Cancer Community. By April we began offering several virtual opportunities (i.e., VIRTUAL Local Cancer Community Updates, VIRTUAL Gentle Yoga for Cancer Survivors). When the summer weather arrived, we took advantage of the safety of outdoor settings, still hopeful that fall would allow us to come together again indoors. By late

summer, it became apparent that wasn't likely, and the realization that, at least for a while, outdoors would be the safest in-person meeting option. Of course, there is the unpredictability of Wisconsin's whimsical weather. So, in an effort to be able to offer more opportunities for cancer patients/survivors and co-survivors to meet and connect, we began offering ST&BF "POP UP" activities with our first ST&BF "POP UP" Gentle Yoga for Cancer Survivors session in August.

As I explained in the August 20, 2020 issue of this Local Cancer Community Update: "Sessions will 'POP UP' at any time (according to weather and conditions) and will take place at a variety of outdoor settings." These "POP UP" activities are announced, usually several days in advance, via e-mail using the Local Cancer Community "POP UP" e-mail list (separate from this Local Cancer Community Update e-mail list). To be sure you are on this e-mail list or to be added to it, contact Tim.

Possible "POP UP" activities include:

- Survive, Thrive & Be Fit at the Christopher Farm & Gardens "POP UP" visits!
- Gentle Yoga & Qigong for Cancer Survivor OUTDOOR "POP UP" sessions.
- Great Heights with Delightful Kites "POP UP" kite flying opportunities.
- Steps for Survivorship walk/jog/run opportunities.
- Whatever else we might come up with! 😊

These "POP UP" sessions have been instrumental in keeping many of us connected throughout this ongoing pandemic (which certainly isn't over yet) and have proven to be effective and successful... so watch for more ST&BF POP UP outdoor opportunities and activities throughout 2022!

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 – February 10th, 2022
Facilitated by Katie Boge, CYT
https://us02web.zoom.us/rec/share/qrCh-sWmjjfIrQ61bn10RHzqB3ABOWmh4ol7UBHSUmiMM3_LoJ57gVySDTND5pue.AyG0iKhpFSCqg1QW?startTime=1644535796000

NEW - PRE-RECORDED Yoga Session – January 31st, 2022
Facilitated by Kaitlynn Kiela, CYT
https://us02web.zoom.us/rec/share/IB2LTPXMdN_wAwA11kQ1Kv6tgi2sNhGqZQXSx51_Wk_nwLxOIJBj3rtDutTFa0UX.GJgvEHqSzNQxL9a6?startTime=1643670118000

PRE-RECORDED Yoga Session – December 14th, 2021
Facilitated by Michael Finney, CYT
https://us02web.zoom.us/rec/share/t1Q1W4PrS7Qxa8wVakSLZxPAEQgdqQEjhbctncozmmGuH591XE6VDIMZxVRnpj9x._EBSxH6-2dfyF0dy?startTime=1639524463000

PRE-RECORDED Yoga Session – May 17th, 2021
Facilitated by Kaitlynn Kiela, CYT
https://us02web.zoom.us/rec/share/hQbfUosbxa06ofAirURM_inoKMwZTaSGCcByEuzy57DRME3KHj3rt94bWHD_36AR.LUNqoJ7lTqmHS_QZ?startTime=1621290742000

PRE-RECORDED Yoga Session – February 16, 2021
Facilitated by Kaitlynn Kiela, CYT
https://us02web.zoom.us/rec/share/8p-g4x1LJSYNybnxHkDx4qFnlC0GOjybcxW8H0-9vO0xjglPzcOWxDx2XPrAoUsu.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

FUNDRAISER: 13th Annual "Flowers for the Fund" Spring Flower Sale!

Taking Orders Now through April 13th!

It's time for the 13th Annual SCCCF "Flowers for the Fund" Spring Flower Sale! Consider participating in this fundraising effort that will add some beauty to the world while providing some much-needed funds for area cancer patients/survivors faced with the financial challenges of a cancer diagnosis.

Order deadline remains April 13th. Flowers will be delivered for pick-up on Monday, 16th. Vouchers, redeemable at Caan's Floral, are also available.

See attached or contact Tim for details!

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.

Wednesday, March 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

Wednesday, March 16th – 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

Tuesday, March 16th – 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, March 17th – 900A
ST&BF Qigong & Chat IN-PERSON & Virtual
25-minute Qigong practice followed by optional chat.
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, March 19th – 8A
ST&BF Steps to Survivorship
Meet at the YMCA flagpole by 8A!
Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Saturday, March 19th – 9A
LIVESTRONG at the YMCA Boot Camp
Meet in YMCA lobby by 8:50!
Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Saturday, March 19th
ST&BF Cumulative Walk/Run or Ride WINTER FINISH
Please Submit forms to Tim!

Sunday, March 20th
ST&BF Cumulative Walk/Run or Ride SPRING START
See attached form!

Monday, March 21st – 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, March 21st – 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, March 24th – 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

Saturday, March 26th – 9A
LIVESTRONG at the YMCA Boot Camp
Meet in YMCA lobby by 8:50!
Sheboygan YMCA, 812 Broughton Drive, Sheboygan

Monday, March 28th – 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, March 28th – 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

Mondays, March 28th – 530P
ST&BF Gentle Yoga IN-PERSON & Virtual
With Kaitlynn Kiela, 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

Tuesday, March 29th – 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

March 29th, 30th or 31st – TBD
Potential "POP UP" ST&BF at the Christopher Farm & Gardens
Contact Tim for details (if not on the POP UP e-mail list).

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

Sheboygan County Cancer Care Fund

Survive, Thrive & Be Fit!

Making Sheboygan County The Healthiest Place To Survive Cancer!

March, 2022

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 300P-IRG	3 900A-IRG	4	5 900A-LSBC
6	7	8 300P-IRG	9 900A-IRG	10 300P-IRG w/Coach @ 4P	11	12 730A-IRG LMX 900A-LSBC
13 800A-IRG	14 300P-IRG 500P-QiIP/V 530P-YogaIP/V	15 900A-IRG	16 300P-IRG 430P-SCBF 600P-SS	17 900A-QiCh	18	19 800A-Steps 900A-LSBC CUM-WinEnd
20 CUM-SprStart	21 900A-IRG	22 300P-IRG	23	24 300P-IRG w/Coach @ 4P	25	26 900A-LSBC
30	28 300P-IRG 500P-QiIP/V 530P-YogaIP/V	29 200P-QiCh PPU-CF&G?	30 PPU-CF&G?	31 PPU-CF&G?		

WATCH FOR UPDATES TO THIS CALENDAR.

KEY: CUM-WinStart = **WINTER Cumulative Marathon Walk/Run and/or Century Bike Rid Finish**

CUM-SprStart = **SPRING Cumulative Marathon Walk/Run and or Century Bike Ride Start**

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

IRG LMX = **Indoor Row Group Session Lake Michigan Crossing**

LSBC = **LIVESTRONG Boot Camp at Sheboygan YMCA**

PPU-CF&G = **Potential "POP UP" ST&BF at the Christopher Farm & Gardens**

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 Paralympics 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

Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

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

Wednesday, March 16th

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 (22 days after 2-22-22 – when bad weather forced us to cancel): 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!"

Gentle **Yoga**

Introductory **Qigong**

for Cancer Survivors!

MARCH 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 Kaitlynn Kiela, CYT
Mondays ● 530P
March 14th & 28th

Qigong for Cancer Survivors
with Follow Along Videos
"Qi & Chat" sessions:
3/17 at 9A ● 3/29 at 2P
Qigong (prior to Yoga):
3/14 & 3/28 ● 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

SHEBOYGAN COUNTY CANCER CARE FUND

Survive, Thrive & Be Fit!

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 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!*

concept 2 ROWING

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

SHEBOYGAN COUNTY CANCER CARE FUND

Survive, Thrive & Be Fit!

Making Sheboygan County
The Healthiest Place
To Survive Cancer!

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.

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

SHEBOYGAN COUNTY CANCER CARE FUND

Survive, Thrive & Be Fit!

Making Sheboygan County The Healthiest Place To Survive Cancer!

ENTRY/LOG: 2022 WINTER Survive, Thrive & Be Fit *Cumulative* Marathon Walk/Run and/or 100-mile Bike Ride!

Name:	E-mail Address:
☐ Cancer Patient/Survivor ☐ Undergoing Treatment ☐ Post Treatment Date of Diagnosis: _____/_____/_____ ☐ Co-Survivor/Guest ☐ Medical Oncology Caregiver	Address: City/State/Zip:
☐ Cumulative Marathon (26-mile) Walk/Run ☐ Cumulative Century (100-mile) Bike Ride	Phone:

Instruction: Simply list (below) interval dates, distances and cumulative totals!

DISTANCES: Marathon = 42,200 m (26.2 mi) ● English Century = 100 mi (160.9 km)

- A separate ENTRY/LOG must be completed for the Walk/Run or Bike Ride events.
- Distances may be recorded in meters or miles (but please be consistent).
- Upon completion of the Full Marathon (26.2 mile) walk/run or the Century (100-mile) bike ride, submit to Tim.
- Summer Cumulative Run/Walk and/or Bike logs must be received by December 31st!
- Participation awards and random prizes for cancer patients/survivors to be determined!

Date	Distance	Cumulative Distance	Date	Distance	Cumulative Distance
/ /21			/ /22		
/ /21			/ /22		
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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

March 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			☐Yes	☐Yes
2	We			☐Yes	☐Yes
3	Th			☐Yes	☐Yes
4	Fr			☐Yes	☐Yes
5	Sa			☐Yes	☐Yes
6	Su			☐Yes	☐Yes
7	Mo			☐Yes	☐Yes
8	Tu			☐Yes	☐Yes
9	We			☐Yes	☐Yes
10	Th			☐Yes	☐Yes
11	Fr			☐Yes	☐Yes
12	Sa			☐Yes	☐Yes
13	Su			☐Yes	☐Yes
14	Mo			☐Yes	☐Yes
15	Tu			☐Yes	☐Yes
16	We			☐Yes	☐Yes
17	Th			☐Yes	☐Yes
18	Fr			☐Yes	☐Yes
19	Sa			☐Yes	☐Yes
20	Su			☐Yes	☐Yes
21	Mo			☐Yes	☐Yes
22	Tu			☐Yes	☐Yes
23	We			☐Yes	☐Yes
24	Th			☐Yes	☐Yes
25	Fr			☐Yes	☐Yes
26	Sa			☐Yes	☐Yes
27	Su			☐Yes	☐Yes
28	Mo			☐Yes	☐Yes
29	Tu			☐Yes	☐Yes
30	We			☐Yes	☐Yes
31	Th			☐Yes	☐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.

April 2022 — Name:

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

Flowers for the Fund!

2022 Spring Flower Sale!

Pre-Paid Orders Due by Wednesday, April 13th!

YOUR CHOICE:

- **Pick Up Your Pre-Paid Order on Monday, May 16th!**
  MOA/SCBS Parking Lot
  1621 N. Taylor Drive, Sheboygan
  Between 11AM and 6PM
- **Purchase a Voucher to be redeemed at Caan's between April 21st and May 31st!**

Beautiful Hanging Flower Baskets and Planters from **Caan Floral & Greenhouses** in a variety of types, colors and sizes are available to order with proceeds benefitting **SCCCF!** All orders must be pre-paid!

For Details on How to Place Your Order, Contact Tim at 920.457.2223!

SHEBOYGAN COUNTY CANCER CARE FUND

Caan's Floral Home Garden

10" Hanging Baskets - $30.00

8" Watering Can (mixed) Planters - $25.00

10" Combo (mixed) Planters - $23.00

12" Combo (mixed) Baskets - $40.00

Caan's Gift Certificates - $25.00

Flowers for the Fund

2022 Spring Flower Sale Featuring Flowers from Caan's Floral!

Caan's Floral Home Garden

4422 South 12th Street ▯ Sheboygan, WI 53081
Phone (920)452-4111 ▯ Toll Free 1-800-952-7686

Pre-Paid Orders Due by: Wednesday, April 13th

Proceeds to benefit

THE SHEBOYGAN COUNTY CANCER CARE FUND

ORDER DEADLINE: Wednesday, April 13th!

ORDER PICKUP: Monday, May 16th from 11AM to 6PM, 1621 N. Taylor Drive, Sheboygan

***Checks payable to SCCCF or Sheboygan County Cancer Care Fund (Donations Accepted)**

THIS ORDER FORM MUST BE RETURNED BY Wednesday, April 13th – All Orders MUST be PREPAID!

Neatly and accurately PRINT name, address and phone. Please note color choices and price differences.

INFO & Questions: Tim E. Renzelmann – SCCCF, 1621 N. Taylor Drive, Sheboygan, WI 53081 (920) 457-2223

SHEBOYGAN COUNTY CANCER CARE FUND

	Hanging Ivy Geranium			New Guinea Impatience				Fuchsia		8" Watering Can Planter	10" Prem. Combo Planter	12" Prem. Combo Basket	$25 Gift Certif-icate	
	$30.00 Sunny			$30.00 Morn/Eve Sun, Mid-day Shade				$30.00 Mostly Shade		$25.00	$23.00	$40.00	$25	
Customer Information:	Red	Pink	White	Red	Pink	White	Orange	Red/Pur	Red/White	Varied	Varied	Varied		**TOTAL$**
Name: _____														
Address: _____	☐ DELIVERY: Deliver my flowers to MOA/SCBS and I will pick them up on Monday, May 16th between 11A and 6P!													
_____	☐ **VOUCHER: I would like to purchase a voucher to be redeemed at Caan's between** April 21st and May 31st (Choose One):													
Phone:	☐ I will pick up voucher(s) on Wednesday, May 16th between 10A and 6P.													
	☐ I will contact SCCCF (457-2223) to arrange to pick up my voucher(s) at MOA/SCBS prior to May 16th.													
	☐ Please send my voucher(s) to the address at left as soon as voucher(s) are available.													

Caan's Floral Home Garden

4422 South 12th Street ▯ Sheboygan, WI 53081
Phone (920)452-4111 ▯ Toll Free 1-800-952-7686

Spring 2022 FLOWER SALE

Proceeds to benefit THE SHEBOYGAN COUNTY CANCER CARE FUND

ORDER DEADLINE: Wednesday, April 13th!

ORDER PICKUP: Monday, May 16th from 11AM to 6PM, 1621 N. Taylor Drive, Sheboygan

SELLER'S NAME: _____ SELLER'S PHONE: _____

***Checks payable to SCCCF or Sheboygan County Cancer Care Fund (Donations Accepted)**

THIS ORDER FORM MUST BE RETURNED BY Wednesday, April 13th – All Orders MUST be PREPAID!

Neatly and accurately PRINT name, address and phone. Please note color choices and price differences.

INFO & Questions: Tim E. Renzelmann – SCCCF, 1621 N. Taylor Drive, Sheboygan, WI 53081 (920) 457-2223

SHEBOYGAN COUNTY CANCER CARE FUND

	Hanging Ivy Geranium			New Guinea Impatience				Fuchsia		8" Watering Can Planter	10" Prem. Combo Planter	12" Prem. Combo Basket	$25 Gift Certif-icate	
	$30.00 Sunny			$30.00 Morn/Eve Sun, Mid-day Shade				$30.00 Mostly Shade		$25.00	$23.00	$40.00	$25	
Customer Information:	Red	Pink	White	Red	Pink	White	Orange	Red/Pur	Red/White	Varied	Varied	Varied		**TOTAL$**
Name:														
Address:	☐ DELIVERY: Deliver my flowers to MOA/SCBS and I will pick them up on Monday, May 16th between 11A and 6P!													
Phone:	☐ **VOUCHER: I would like to purchase a voucher to be redeemed at Caan's between** April 21st and May 31st (Choose One): ☐ I will pick up voucher(s) on Wednesday, May 16th between 10A and 6P. ☐ I will contact SCCCF (457-2223) to arrange to pick up my voucher(s) at MOA/SCBS prior to May 16th. ☐ Please send my voucher(s) to the address at left as soon as voucher(s) are available.													
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