

The Local Cancer Community Update

July 28th, 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!



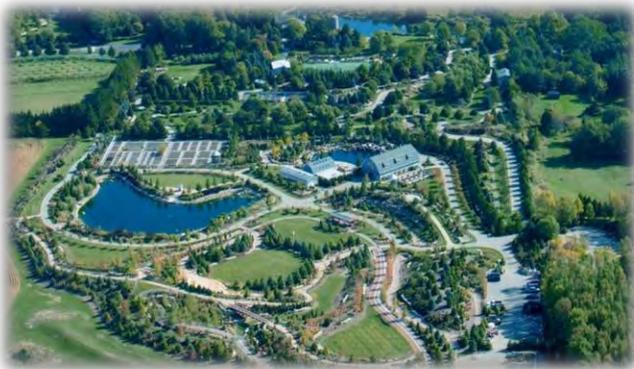
Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



WANDER-thon” at the Christopher Farm & Gardens – SIGN UP NOW!



An aerial view of the Christopher Farm & Gardens.

The inaugural “WANDER-thon” to benefit the Sheboygan County Cancer Care Fund is scheduled for Friday & Saturday, August 19th & 20th at the Christopher Farm & Gardens! This is a unique opportunity to support SCCCFF while enjoying the extraordinary peace, tranquility, and beauty of the Christopher Farm & Gardens.

Here are three great reasons to participate (or, if you are unable to participate, consider a donation):

- **REASON #1:** The Cause - All Proceeds Benefit the Sheboygan County Cancer Care Fund!
- **REASON #2:** The Location - The Christopher Farm & Gardens!
- **REASON #3:** Double Your Donation!
- **Special thanks to Mr. Jay Christopher, owner of the Christopher Farm & Gardens, for being our matching donations sponsor!!!**

If you are planning to participate in this unique opportunity, please register NOW to secure a spot - even if you have not met your fundraising goal!

See attached flyer, FAQ, and Donor/Pledge sheet for more details!

Wisconsin Camaro Club’s Rally 2022 Donates \$4,000 to SCCCFF!



Thank you to the Wisconsin Camaro Club who selected the Sheboygan County Cancer Care Fund as one of the benefitting charities for this year’s event! A record 244 pre-registered Camaros showed up for this third annual event.

Wisconsin Camaro Club president Andy Gross thanked the many dedicated SCCCFF volunteers who helped make the show a success before presenting us with a check for \$4,000! As I mentioned to several over the weekend, as passionate and enthusiastic as Camaro Club member are about the Chevrolet Camaro, many of us as equally passionate and enthusiastic about the Cancer Care Fund, which made for a mutually beneficial partnership!



The “Beacon of Hope” Mascot poses with Camaro Owner Logan Lawson (right) and his dad Corey Lawson (left) in front of the “First Camaro Built” – a 1967 Chevrolet Camaro!

As I admitted when I accepted the check on behalf of SCCCF, I am not a “car-guy.” But even I got swept up in this wonderful event, this iconic car, and the unique story of this “First Camaro Built” – a very special piece of Camaro and automobile history!

To learn more about the Wisconsin Camaro Club:

<https://wisconsincamaro.com>

To learn more about the “First Camaro Built”:

<https://youtu.be/8XZqVUuxMWM>

Special thanks to a wonderful group of SCCCF volunteers (Kathy Burch, Leah Heusterberg, Sandy & Rick Hoffmann, Emily & Mike King, Kirstin Opgenorth, Tom Strojinc, Paula Weiss, Sue & John Zalweski, and Jenny Zalewski) who generously offered their time and talents!

How SCCCF Became a Part of the 2022 Camaro Rally!

A couple of months ago, when I received a call from Billy Kreutz, Treasurer/Sponsorship Director of the Wisconsin Camaro Club. Billy informed me that their club had chosen the Sheboygan County Cancer Care Fund as an event charity for their 2022 Camaro Rally that took place at the Road America track this past weekend (July 22-24, 2022). On behalf of SCCCF, I was thrilled by this honor and grateful for the support!

Billy had learned about SCCCF from a good friend, fellow Camaro owner, and Wisconsin Camaro Club member who is currently undergoing cancer treatment who had received assistance from the fund to help cover the cost of an expensive medication.

I hope to meet with Billy and his friend with the intent of honoring that story (and a few others) and sharing them through this Local Cancer Community Update at a later time.

ST&BF at the Christopher Farm & Gardens: Some Typical Pleasant Experiences & Some Fabulous Firsts!

It was a lovely evening at the Christopher Farm & Gardens that included many of the same pleasant experiences and opportunities along with a few fabulous firsts!

The same pleasant experience that is the peace, beauty, and relaxation of the Christopher Farm & Gardens also brought the Fabulous First of our first “Game Night” featuring Farkle, Yamslam and Qwirkle Cubes!

The Same Pleasant Experience that involved another “Bonding Bonfire” with hot dogs, s’mores and more took place at the Conservatory’s outdoor fireplace (see

photo below) which, we believe, was the first-time it has ever been used!



The Same Pleasant Experience of familiar faces included the first-time visit by Rachel and Nate’s son Otto (who, I have to believe, at the young age of just 20 days, is the youngest person to attend one of our events)!



I spent some of my time at the Gardens checking out a few areas for our upcoming “WANDER-thon” fundraising event. As I followed a path along the bluff overlooking Lake Michigan, I came upon this interesting display, which I had never seen before (despite this being our 42nd visit). It is an expansive property that is forever changing (by the hands of nature and as well as the hands of the hard-working, dedicated, and creative staff). The display read:

The Telephone of the Wind

This phone is for everyone who has lost a love one. You may use this phone as an outlet to share messages with lost friends, family or a beloved pet.



It is a phone for memories and for saying the good-byes you never got to say.

"In every walk with nature one receives far more than he seeks." – John Muir

This phone was inspired by and dedicated to guests who have shared with us the healing effect they have experienced being here in the gardens. Particularly true after the loss of a loved one.

I had never noticed this particular display before. So... I took a few minutes to talk to my Dad, who passed away in June of 2021!

I texted my brother and sisters shortly after: "I talked to Dad on the phone today! This place (CF&G) offers so much healing... Even when you don't realize you need to be healed." To which my brother responded, "They are so creative and generous there. And they must have a great long-distance calling rate/package." 😊

There is so much to see and experience at the CF&G! Please consider joining us for the upcoming "WANDER-thon" or watch this Local Cancer Community Update for our next visit and, possibly, our next "Game Night"!

ST&BF Swinging Survivors: Driving Range & Mini Golf at Sunset Hills!!



After several buckets of balls on the driving range, a group of survivors and co-survivors enjoyed a round of mini golf at Sunset Hills on Wednesday evening (July 27th). Congrats to Cletus Leonhard who recorded the

first (co-survivor) ACE (hole in one) on Hole #7. Tim Renzelmann recorded a low score of 45, tying Candy Meyer's low score record! Our next "Swinging Survivors" outing at Sunset Hills is scheduled for Tuesday, August 16th! Hope to see you there!

The World According to Tim: Two Sides to the Same Question – "What Can I Do?"

The main purpose of this Local Cancer Community Update is to promote upcoming opportunities as well as report on recent activities taking place in our Local Cancer Community to area cancer patients/survivors, co-survivors, and caregivers. Another common and important theme is that of self-care.

Advice that I have often offered to recently diagnosed cancer patients is to consider both sides to this one basic question: "What can I do?"

WHAT can I do?

Immediately after being diagnosed with cancer, many will focus on the "WHAT" in this question as it relates to selecting the best doctors, getting the best treatment, and receiving the best possible care. That is, indeed, a crucial step towards survivorship.

I had met with three different oncologists after my initial diagnosis. It was the third oncologist I met (Dr. Matthews) that I immediately knew I wanted in my corner! I certainly understand that there was much luck involved in meeting Dr. Matthews, whom, at the time, was still practicing at the University of Wisconsin Hospitals & Clinics with plans of opening his private practice here in Sheboygan about a month later. I like to say he moved to Sheboygan to treat ME... but he may have had other reasons! 😊

What can I DO?

Although I appreciate the role that luck may play in life, I am a firm believer in personal responsibility. I was certainly open to the cutting-edge, quality cancer care and guidance that Dr. Matthews and this amazing staff offered me, but I also felt a responsibility to do the best I can for my own health, well-being, and healing. Even while undergoing the various form of cancer treatments during my cancer experience, I always strived to be the healthiest cancer patient that I could be (body, mind, heart, and spirit) believing that there is a healthy way to live with disease. It is about self-care.

Self-care should not be confused with self-indulgence or being selfish. Self-care simply means taking care of yourself so that you can be the best you can be.

According to Google Trends, the number of searches for "self-care." s more than doubled since 2015. If you find yourself in need of a bit more self-care, why not consider this opportunity:

Restorative Yoga for the Subtle Body: Grounding

Sunday Aug 21, 4:30-5:30pm
with Kaitlynn Kiela, CYT

IN STUDIO or ONLINE

Amid the whirl of summer activities, it's important to take time to slow down and get grounded. Elements of subtle body that connect with feeling stable and connected stem from our feet, legs and parts of our core body. This practice will leave you feeling nourished, replenished, and give you the calm that comes when we slow down to take a breath. For those of you that feel like summer flies by, this class is for you!

Price: \$20 / CSY (Community Supported Yoga – membership required): \$10

<https://www.sheboygancountyogacoop.com/>

Kaitlynn Kiela, CYT (one of our ST&BF yoga instructors) recently e-mailed me and offered a discount to our survivor-yogis for this class. How thoughtful and kind! If you are an area cancer patient/survivor and would like more information, please contact me!

As a bonus, here is an article on self-care written by Kaitlynn that I stumbled upon while looking for a description of her class and is available (with a few other articles) at www.kaitlynnkiela.com.

Self-Care Practice

By Kaitlynn Kiela, CYT (3/12/2022)

February was Self-Care month at the Yoga Co-op. The lesson in self-care is always that one needs to have something in their own cup before sharing with others. It often comes with misguided feelings of being selfish or feeling guilty for doing something for yourself. But it is nearly always the opposite. Those that would feel guilty when taking time for self-care are typically people that care for others 95% of the time. It could be at home or at work or both, most people are in service of others, whether they want to be or not. But one cannot give if they have nothing left to give. And how often do we get to the bottom of the barrel, feeling fried, or frayed, or afraid of even looking at oneself in the mirror.

Someone in that condition cannot effectively give care to others.

Unfortunately, a lot of self-care takes work. There's effort in spending time or spending money or spending

energy organizing what needs to happen in order to feel taken care of. There is even the figuring out of what DOES make one feel taken care of. And it doesn't always look like a spa-day or a beach retreat. Sometimes balancing your budget is self-care. Cleaning out a closet is self-care. Making a doctor's appointment, or a mechanic appointment, or a therapy appointment might be self-care.

I knew what my self-care for February was going to be, but I did not know how profoundly cared for it would make me feel!

I enrolled in a 6-week clay class that started in February and ends next week. I got registered before all the spots were filled (no small task) I paid for it. I arranged childcare. And I committed. I didn't set a lot of expectations for myself, except to enjoy my time. It has been wonderful to get my hands in some "mud" as they say, even in the dead of winter. It has been wonderful to interact with a whole set of classmates outside of my isolation chamber. It has also been wonderful that the social contract begins and ends on Wednesday mornings--we're all there to enjoy our time and then we can say "see you next week."

I love creating things. This has been a really satisfying form of self-care, which makes it all more meaningful than things that are "supposed to" be good for me. The first thing I made were these little boats. I'll imagine filling them up with any little thing that nurtures me, including the memory of making them.

What makes you feel cared for?

What does it feel like when your cup is full?

Do you have self-care in your routine in some way or another?



See more at: <https://www.kaitlynnkiela.com/>

Note from Tim: Kaitlynn asks some good questions:

What makes you feel cared for?

What does it feel like when your cup is full?

Do you have self-care in your routine in some way or another?

I invite you to share your answers to those questions and tell us about your self-care practices and techniques!

The “Write Way” to Self-Care!

By Tim E. Renzelmann

Journaling and expressive writing has always provided good self-care and therapy for me (whether I share my writings or not). Journaling and expressive writing is storytelling that I tell myself. It allows me to “make CENTS” of this crazy world we live in. It is a way in which I contemplate and manage meaning in my life. I share the following stories with you as encouragement to look at the stories in your own life and see the connections, the meanings, the significance. And I encourage you to share your stories with those of us who would like to hear them!

World According to Tim: Stories with More Twists and Turns than the Road America Track!

By Tim E. Renzelmann

I love stories. Stories inspire, teach, and entertain. As Jimmy Neil Smith, founder of the International Storytelling Center suggests, “We live in a network of stories. There isn’t a stronger connection between people than storytelling.”

And stories are quite powerful.

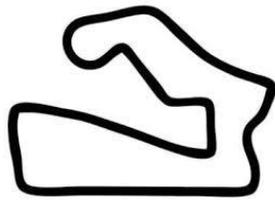
Mythologist Joseph Campbell, in an interview with Bill Moyer, stated, “People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonance with our innermost being and reality, so that we actually feel the rapture of being alive.”

I suggest that it is the stories that we pay attention to (the stories we listen to and the stories we tell) that allow us to “feel the rapture of being alive.”

Stories, however, are far more complicated than we often realize. Seldom does a story stand on its own, all by itself. What may appear to be a single story is almost always a complex set of stories, each with distinct plots, characters, lessons, and meanings.

Author and novelist Graham Greene points out, “A story has no beginning or end: arbitrarily one chooses the moment of experience from which to look back or from which to look ahead.”

I choose to begin this story a couple months ago, when I received a call from Billy Kreutz, Treasurer/Sponsorship Director of the Wisconsin Camaro Club. Billy informed



me that their club had chosen the Sheboygan County Cancer Care Fund as an event charity for their 2022 Camaro Rally that took place at the Road America track this past weekend (July 22-24, 2022). On behalf of SCCCF, I was thrilled by this honor and grateful for the support!

Billy had first learned about SCCCF from a good friend, fellow Camaro owner, and Wisconsin Camaro Club member who is currently undergoing cancer treatment who had received assistance from the fund to help cover the cost of an expensive medication.

I plan to meet with Billy and his friend with the intent of honoring that story by sharing it through this Local Cancer Community Update at a later time. In the meantime, here are a few personal stories that I have found myself pondering as a result of my involvement in this recent event at Road America.

As those who know me would attest, I am not a “car guy.” But I do have my own stories related to the Road America track. I visited the track for the very first time as a high school senior in early November of 1980 to participate in the annual Road America “Sole Burner” Run/Walk where I took first place, setting a course record for the 4-mile event of 20:23.

Right: A Sheboygan Press article from November, 1980 that includes a photo of my 18-year old self.

I would return to the Road America Run/Walk many times over the years with a best time on the course of 18:56 set in 1990 (a course record that still stands).

Fun Fact: Alex Zanardi holds the Road America course record, completing the 4.05-mile course in a Raynard 981 in 1:41.87, which equates to an average speed of 143.117 mph. I was a bit slower than that at 12.834 mph! 😊

I would return to run the event in the fall of 1992. My winning time of 20:37 was, at the time, my slowest (but I’ve run MUCH slower since). I had been diagnosed with cancer six months earlier and had just completed multiple rounds of chemotherapy and was at the tail-end of my radiation treatments at the time of the event. So, I was happy just to finish... I was thrilled to win!



But the most meaningful “story” for me was a few years later.

Following my initial diagnosis, I would experience multiple recurrences. By mid-1998, the disease had spread to my chest, abdomen, pelvis, and bone marrow. Under the care and direction of Dr. Matthews, I underwent an allogeneic bone marrow transplant that September at the University of Wisconsin Comprehensive Cancer Clinic (now known as the UW Carbone Cancer Center). Just a few days prior to the '98 Road America Run/Walk I was released from the hospital. Although I wasn't able to run (neither Dr. Matthews nor my transplant doctor thought it was a good idea – and I certainly owed it to them to listen) I did attend and connected with a very special group of friends who were a wonderfully “supportive community” throughout my personal cancer experience – the BRAT City Training Club!



Above: Group photo of the “BRAT (Biking, Running, And Training) City Training Club prior to the start of the 1998 Road America Run/Walk.

Before I close, allow me to share a rather silly story that involves the BCTC and Road America. I'm not sure of the exact year, but I am guessing it was back in the 90s. A few weeks before the Road America Run/Walk, a few of us “bratsters” thought it would be fun to run the course prior to the event. So, on a cloudy Sunday morning in October, we met at Gate #3 - thinking no one would be on the track. We jumped the fence and jogged to the start/finish line. There didn't appear to be anyone else on the track... so we began our run. By the time we reached turn #3, we could hear the sound of revving engines off in the distance. By the time we reached turn #5, we were being directed to “get off the track” before a race car came speeding by. We were younger than (and, it goes without saying, more foolish), so we made a fast dash back to the cars and got out of there! If anyone from Road America is reading this... I assure you, that never happened again!

These stories may very well seem irrelevant and rather silly to some. But I assure you that they are quite

meaningful to me as the Road America track has marked some significant times in my personal cancer experience and has a special place in my heart. These stories greatly contributed to the joy I experienced at the Camaro event at Road America this past weekend and the gratitude and honor I felt in accepting a donation check on behalf of the Sheboygan County Cancer Care Fund from the Wisconsin Camaro Club for \$4,000! These stories also explain why I was deeply and profoundly impacted by various aspects of the Camaro Rally (despite not being a “car guy”) and why I was so emotional on my ride home after the event on Saturday morning.

As I contemplate the many overlapping and interconnecting stories that have taken place along my personal cancer experience as well as within our Local Cancer Community that I have been privileged to hear (and occasionally be a part of), I find myself reflecting on Arthur Schopenhauer's essay titled, “Transcendental Speculation on Apparent Design in the Fate of the Individual.” In this essay, Schopenhauer muses over the curious feeling one can experience of there being an author writing the novel of our lives, in such a way that through the many chance happenings that seem to occur in our lives, there is actually a plot unfolding of which we have no knowledge.

I'm not suggesting that my life has always made sense to me... but the plot has certainly kept my attention!

WANTED: Your Stories of Survivorship!

“Despite the natural belittling of one's self, the doubts, the insecurities, we have to wake up to the realization that we all write our own autobiography, we are the authors of our life story. Realizing that, write a good story with your life and make sure to write yourself as the protagonist. Be the hero of your journey.” - Yossi Ghinsberg

Got a story to share? Contact Tim!

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.

Thursday, July 28th – 3P to ??

ST&BF Potential POP UP-portunity: Firehouse Park
Activities may include: Great Heights with Delightful Kites, DISC-over DISC Golf, Steps to Survivorship, Qigong for Cancer Survivors, and more!

RSVP in advance via e-amil to receive further details!
Firehouse Park, County Rd Y, Town of Sheboygan

Wednesday, August 3rd – 3P to ??

ST&BF Potential POP UP-portunity: Vollrath Park

Activities may include: Pickleball Play, DISC-over DISC Golf, Steps to Survivorship, Qigong for Cancer Survivors, and more!

RSVP in advance via e-mail to receive further details!

Deland Park, Broughton Drive, Sheboygan

Thursday, August 4th – 10A

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 40-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=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

Monday, August 8th – 3P to ??

ST&BF Potential POP UP-portunity: Deland Park

Activities may include: Pickleball Play, Great Heights with Delightful Kites, Steps to Survivorship, Qigong for Cancer Survivors, and more!

RSVP in advance via e-mail to receive further details!

Deland Park, Broughton Drive, Sheboygan

Wednesday, August 10th – 5P

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=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

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Wednesday, August 10th – 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

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Monday, August 15th – 10A

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 40-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=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

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Tuesday, August 16th – 4P to ??

ST&BF Potential POP UP-portunity – Sunset Hills Golf

Activities may include: Swinging Survivors (Driving Range & Miniature Golf)!

RSVP in advance via e-mail to receive further details!

Sunset Hills Golf Course, Sunset Rd, Sheboygan Falls

Friday & Saturday, August 19th & 20th – 2P to 2P

FUNDRAISER: SCCCFC WANDER-thon at the Christopher Farm & Gardens – 24-hour Fundraising Event!

See article and attached flyer for details!

Christopher Farm & Gardens, Garton Rd, Sheboygan

Monday, August 22nd – 3P to ??

ST&BF Potential POP UP-portunity – Firehouse Park

Activities may include: Great Heights with Delightful Kites, DISC-over DISC Golf, Steps to Survivorship, Qigong for Cancer Survivors, and more!

RSVP in advance via e-mail to receive further details!

Firehouse Park, Cty Rd Y, Town of Sheboygan

Wednesday, August 24th – 5P

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=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

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Wednesday, August 24th – 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=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

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Tuesday, August 30th – 4P to ??

ST&BF Potential POP UP-portunity – Christopher Farm & Gardens

Activities may include: Wander the Wonderful Gardens, Bonding Bonfire, and GAME NIGHT!

RSVP in advance via e-mail to receive further details!

Christopher Farm & Gardens, Garton Rd, Sheboygan

Wednesday, August 31st – 10A

ST&BF Qigong Practice IN-PERSON & Virtual

With follow along video. 40-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=TjF1d1](https://us02web.zoom.us/j/83398213314?pwd=TjF1d1BwNVpKaXVNWjZvTjNqQ2RmUT09)

[BwNVpKaXVNWjZvTjNqQ2RmUT09](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.com ● 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!

August, 2022

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3 PPU: VollPark	4 10A- QiIP/V	5	6
7	8 PPU: DePark	9	10 5P-QiIP/V 530P-YogaIP/V	11	12	13
14	15 10A- QiIP/V	16 PPU: SSGC	17	18	19 WANDER-thon Day 1	20 WANDER-thon Day 2
21	22 PPU: FHPark	23	24 5P-QiIP/V 530P-YogaIP/V	25	26	27
28	29	30 PPU: CF&G	31 10A- QiIP/V			



ST&BF POP UP-opportunity details will be communicated via e-mail to those on the "POP UP" e-mail list and those who RSVP in advance for individual activities!

- KEY:**
- PPU: CF&G = Potential Pop Up at Christopher Farm & Gardens** (Possible Activities: Wander the Wonderful Gardens, Survivorship Through the Lens, Bonding Bonfire, Game Night, and more)
 - PPU: DePark = Potential Pop Up at Deland Park** (Possible Activities: Great Heights with Delightful Kites, Pickleball Play, Steps to Survivorship, Qigong for Cancer Survivors, and more)
 - PPU: FH Park = Potential Pop Up at Firehouse Park** (Possible Activities: Great Heights with Delightful Kites, DISC-over, DISC Golf, Steps to Survivorship, Qigong for Cancer Survivors, and more)
 - PPU: SSGC = Potential Pop Up at Sunset Hills Golf Course** (Possible Activities: Driving Range, Miniature Golf)
 - PPU: VollPark = Potential Pop Up at Vollrath Park** (Possible Activities: Pickleball Play, DISC-over DISC Golf, Steps to Survivorship, Qigong for Cancer Survivors, and more)
 - QiIP/V (In-Person & Virtual) = QiGong Practice for Cancer Survivors**
 - Yoga IP/V (In-Person & Virtual) = ST&BF Gentle Yoga for Cancer Survivors**

NOTE: IP/V = Indicates activities that are available as BOTH In Person (Live) & Virtual (via Zoom) participation.

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

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

Additional activities may be added. Details can be found in 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



Friday to Saturday, August 19th to 20th

A “WANDER-thon” at the Christopher Farm & Gardens!

**A 24-Hour Fundraising Event Benefiting the
Sheboygan County Cancer Care Fund!**

“Wander the Wonderful Gardens” of this idyllic location!

Accept the challenge to meet minimum fundraising obligations to benefit the Sheboygan County Cancer Care Fund to be a part of this unique 24-hour opportunity!

There will be wellness opportunities, group activities, a ride on the Dairyland Express (a 16-inch gauge amusement park train), tours by CF&G staff, and an oral history of CF&G presented by Mr. Jay Christopher or Erika Lusthoff! Confirmed participants will receive updates on the event schedule and activities.

There are options for single-day or overnight participation with designated space for tents or small campers (restrictions apply) as well as the option to leave at night and return in the morning.

This is an exclusive opportunity and space is limited. Participants are encouraged to register and collect donations/pledges early to be assured a spot (a confirmation of participation will be sent). Pre-registration is required.

**Registration will close
when event is full!**



**THE CHRISTOPHER
FARM & GARDENS**
Sheboygan, Wisconsin

Two-Day/24-Hour:
Friday at 2PM to
Saturday at 2PM with
Options to Camp Out at
CF&G!

Single Day
Participation:
Friday - 4P to 8P or
Saturday - 10A to 2P

Matching donation
sponsor: Jay W.
Christopher,
Christopher Farm &
Gardens.

Donate at
www.scccf.org/donate

Space is LIMITED!

For Details, visit
www.scccf.org/events
or call 920.457.2223!

Sheboygan County
Cancer Care Fund

920.457.2223
www.scccf.org

2022 Sheboygan County Cancer Care Fund **WANDER-thon**

Questions & Answers (first edition)!

What is a “WANDER-thon”?

The CF&G has graciously invited area cancer patients/survivors and co-survivors to visit the Gardens on a regular basis through SCCCF’s Survive, Thrive & Be Fit program. We have participated in a wide variety of activities over the years but the most popular is what we refer to as “Wandering the Wonderful Gardens.” There is so much to see and experience by just wandering! And it just made sense to refer to an event that allows participants to wander for 24 hours as a “WANDER-thon”!

When is the 2022 “WANDER-thon”?

The event will be offered “rain or shine” starting at 2P on Friday, August 19th and concluding with a Closing Ceremony” on Saturday, August 20th at 2P!

What must I do to participate?

If interested in participating in this fundraising event, you will need to complete a registration form and agree to meet fundraising obligations by collecting donations/pledges in support of the event. We encourage you to collect donations/pledges in advance.

Is there a deadline?

This is an exclusive event. Space is limited, registration will be limited and based on a first-come, first-serve basis. Participants are encouraged to register and collect donations/pledges early to secure a spot. A confirmation e-mail will be sent to all participants as soon as they meet the registration obligations and are eligible to participate.

What are the fundraising obligations?

Two-Day/Overnight Participation: \$100

Single Day (Friday from 4P to 8P or Saturday from 10A to 2P): \$75

How do I register?

Read, complete and submit the registration form with all current donations/pledges to reserve your spot at the event. You are encouraged to continue to collect donations and pledges. A “Confirmation of Participation” will be sent to those who have registered and met their fundraising obligation.

How do I collect donations?

Online donations can be made at www.scccf.org/donate (click on the “DONATE” button – please instruct donor to note “WANDER-thon” in the memo section), by check (receipts will be sent according to information on the check), or cash (receipts can be provided for cash donations if all information is provided on the donation/pledge sheet). Participants should track all donations (online, check, and cash) on the Donation/Pledge sheet.

When are donations/pledges due?

Collected donations and a list of pledges (to be collected at a later time) should accompany your application. Additional donations collected after registration can be turned in at any time or at the event. Pledges collected after the event should be turned in by August 31st.

Can I bring my children?

Participating parents may bring their own children (12 & under) as guests and children (13-17) will have a \$25 fundraising obligation.

What activities are being planned?

This is our inaugural event and planning is underway. Visit the event page at www.scccf.events for updates.

What are the overnight accommodations?

Overnight accommodations include designated space for tent camping, small RV/campers (with restrictions) or participants may leave at night and return in the morning.

Tents: Typical 4-person tents, less than 70 square feet, are appropriate. If you are considering a larger tent, contact Tim with dimensions.

Small Campers: If you are considering bringing a small/single-axle camper you **MUST** contact Tim for prior approval. Camper hook-ups (electricity, water, sewer) are **NOT** available.

Are there fundraising incentives?

Bedrooms at a guest house on the property will be offered to sponsors or top fundraisers. Visit the event page at www.scccf.org for updates.

Overnight accommodations include designated space for tent camping, small RV/campers (with restrictions), or participants may leave at night and return in the morning. Additionally, bedrooms at a guest house on the property will be offered to sponsors or top fundraisers.

What if I have additional questions?

Feel free to contact us at 920.457.2223 for questions (as well as comments and donations) or e-mail Tim Renzelmann at trenzelmann@physhealthnet.com.

I've never been to the Christopher Farm & Gardens. Tell me more about it!

To learn more about the Christopher Farm & Gardens, visit their website:

<https://www.christopherfarmandgardens.org/>

To view photos of the CF&G, taken by area cancer patients/survivors and co-survivors during our frequent "Survive, Thrive & Be Fit at the Christopher Farm & Gardens", visit SCCCf's website photo page: www.scccf.org/contests

NOTE: This Q&A will be updated as we get closer to this first-time event!

VISIT www.scccf.org/events for UPDATES!

2022 Sheboygan County Cancer Care Fund **WANDER-thon** Registration Form & Donation/Pledge Sheet!

Directions: Complete this form to register for the event. Confirmation and details will be sent (via e-mail).

WANDER-thon Participant Registration		
Name	<input type="checkbox"/> Two-Day/Overnight (\$100 fundraising level) <input type="checkbox"/> One- Day (\$75 fundraising level) <input type="checkbox"/> Friday (4P to 8P) <input type="checkbox"/> Saturday (10A to 2P)	I am participating as a: <input type="checkbox"/> Cancer Patient/Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Professional Caregiver <input type="checkbox"/> SCCCf Friend/Supporter
Address		
City, State, Zip	E-mail Address:	Phone:
<p>Waiver: In consideration of the acceptance of my registration for the "WANDER-thon" on August 19th & 20th, 2022, I release the Sheboygan County Cancer Care Fund, Christopher Farm & Gardens, and any other entities and individuals who are in any way connected with the event from any liability or claims for any injury or illness which I sustain during my participation in this event or which is in any other way related to this event. I understand that this release is being relied upon by the persons permitting me to participate. I hereby grant full permission to any and all of the foregoing to use any photographs, videotapes, recordings or any other record of this event for any legitimate purpose. As part of my participation in this event I agree to raise donations/pledges (at least \$100 for Two-Day/Overnight or \$75 for One-Day participation) and submit donations/pledges to SCCCf on a timely basis.</p>		
Signature		Date

Directions: Use the below to track donations/pledges. Pledges/donations can also be made online at www.scccf.org/donate. Please indicate "WANDER-thon" in the Memo field if donating online. Return cash and checks with this donation/pledge sheet to SCCCf/1621 N. Taylor Dr, Ste 100, Sheboygan. 920.457.2223.

Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:
Name	Donation/Pledge Amount: \$	Would you like a receipt sent? <input type="checkbox"/> YES <input type="checkbox"/> NO
Address	Has Donation/Pledge Paid/Collected? <input type="checkbox"/> YES: <input type="checkbox"/> Check <input type="checkbox"/> Cash <input type="checkbox"/> Online @ scccf.org/donate <input type="checkbox"/> NO (will be paid/collected at a later time)	
City, State, Zip	E-mail Address:	Phone:

“Survive, Thrive & Be Fit!”



Gentle
Yoga

Introductory
Qigong



for Cancer Survivors!

AUGUST 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 between 25- and 45-minutes. Online opportunities are also available (see Local Cancer Community Update for details).

Gentle Yoga
for Cancer Survivors
Wednesdays • 530P
August 10th & 24th
w/Kaitlynn Kiela, CYT

Qigong for Cancer Survivors
with Follow Along Videos
45-minute sessions:
8/3, 8/15, 8/31 • 10A
25-Minute Qigong (prior to Yoga):
8/10 & 8/24 • 5P

ALL SESSIONS: 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

Survive, Thrive & Be Fit!

Steps to Survivorship

Summer 2022

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, June 21st through Wednesday, September 21st!

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 June 30th!

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

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

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

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

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

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





Active Survivors of Sheboygan Activity Log

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

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

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

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

Making Sheboygan County the Healthiest Place to Survive Cancer!

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

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

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

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

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

BENEFITS of Survive, Thrive & Be Fit:

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

Active Survivors of Sheboygan Activity Log!

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

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

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

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

For More Information:

Call: 920.457.2223

E-mail: trenzelmann@physhealthnet.com

Visit: www.scccf.org

July 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			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
2	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
3	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
4	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
5	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
6	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
7	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
8	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
9	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
10	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
11	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
12	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
13	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
14	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
15	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
16	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
17	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
18	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
19	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
20	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
21	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
22	Fr			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
23	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
24	Su			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
25	Mo			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
26	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
27	We			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
28	Th			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
29	Fri			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
30	Sa			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
31	Su			<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.

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