

The Local Cancer Community Update

November 23rd, 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



Exercise Therapy Across the Cancer Care Continuum: Interpretation and Insights from Dr. Mark Bettag!

Dr. Bettag recently shared an article titled “Exercise Therapy Across the Cancer Care Continuum” that appeared in the September issue of *The ASCO Report*. The article pointed to the many benefits of exercise and activity for cancer patients/survivors: Before Surgery, During Therapy, After Therapy, and with Advanced (Metastatic) Disease that summarized, “In totality, meta-analyses and systemic reviews conclude that exercise training improves patient-reported outcomes and physical functioning in a broad array of patients with cancer before, during, and after treatment. In addition to having beneficial effects of symptomatology, emerging data suggests that exercise training during these phases may lower the risk of death from cancer, although confirmatory data from adequately powered randomized trials are not yet available.”

The full article can be read here:

<https://ascopost.com/issues/september-25-2022/exercise-therapy-across-the-cancer-care-continuum/>



Dr. S. Mark Bettag

That all sounds great! But I suspect many of you, much like me, would rather hear Dr. Bettag’s interpretation of this article along with his personal insights on the role of exercise and activity for cancer patients and survivors. I invited him to sit down and chat with me on the topic and, not surprisingly, he graciously and enthusiastically agreed!

Here are some excerpts from our chat:

What the Studies Say:

Exercise has been shown to be beneficial for healthy individuals. But when it comes to cancer, multiple studies that have been done on women with breast cancer suggest that exercise before and even during treatment results in greater strength, stamina, and endurance at the conclusion of chemotherapy compared to those who are more sedentary.

They’ve even done studies with 90-year-olds in nursing homes and found that simply lifting 1 to 2-pound weights will increase both strength and stamina. If it’s beneficial for even the elderly who are institutionalized there certainly is an even bigger and better benefit for the rest of us.

If you look at people before they have an operation for cancer, those that have exercised experience less post-op pneumonias and tend to recover better and quicker. And even those who have completed cancer treatment have a slightly decreased mortality. That’s multi-focal because when you exercise, your risk for cardio-vascular disease goes down, reducing your risk for death from heart attack and stroke as well.

There is some evidence that exercise causes hormone changes in those with breast cancer and their risk of death for breast cancer may decrease through exercise. Some of those studies have not been done with other cancers, but evidence shows exercise will make you feel better, have more energy, and just have a better quality of life!

My Advice to Cancer Patients/Survivors:

I tell my patients, you don’t have to be training for a triathlon, or run marathons. And, of course, it depends on the situation. For example, if someone is dramatically deconditioned or morbidly overweight I

wouldn't expect them to go for a jog. That would not be healthy and would cause too much stress on the body. Start out by walking to the mailbox and working up to a walk around the block or maybe riding a stationary bike for five minutes the first week and increase that slowly every week. For those with aches, pains, and issues with their joints – consider swimming or water aerobics. I have older, more frail patients who do laps in their living rooms, some with walkers.

I think it is good to do some cardiovascular exercise because it will get your heart rate up which will improve your strength, stamina, and endurance. Isometric exercises that maintain or build strength – like lifting one or two-pound weights, or soup cans – is also very helpful. Exercise can be many things and it need not be one thing all of the time. It's great to have variety so it doesn't get old and stale.

Some of the chemotherapy regimens we give have specific side effects and if people are on steroids that can cause weakness in the shoulder or leg flexors which can make it more difficult to simply get up off a chair. Exercises specific to those muscles can lessen or eliminate those weaknesses.

It's More Than Physical:

They did a study at the Mayo Clinic years ago, looking at older people who were retired and were active. They compared those that played tennis, soccer, and I think it was volleyball with those that ran, swam, and biked to try and determine which were the most healthy activities. They found those who were involved in team sports were better off because of the social and supportive aspects of working out with others versus working out alone. We're social creatures and we need to be with others!

What I Do:

I try to go for a jog three times a week and I try to go for a bike ride when I can. When the weather is nice I like to hike and I have been rock climbing since 1989 with a buddy from medical school. I also enjoy rock climbing with my kids.

How do I find time to exercise? Well, a big part of it is that I actually don't watch TV! I haven't watched much more than an occasional movie or a program with my family in about twenty years.

What I am seeing, for my own generation and even moreso for the younger generations, because we have become so computerized; and not just computers but

cell phones and all of the digital technologies; there is so much opportunity to sit. Of course, it is important that we use technology to get things done, but I also think it's okay to fast from these technologies. Take a day off from your computer, or your cell phone, or the TV. I think people will be amazed at how much time they can get back.

These technologies that supposedly help connect us are actually isolating us from the people around us, even the people in our own homes. If we get rid of some of the distractions in life, I think we will all experience more opportunities to enjoy the most wonderful blessings and the simple things in life – like the relationships you have, and spending time with others.

Thank you Dr. Bettag! And if you ever care to chat and share your thoughts with us again... I think I speak for all of our readers when I tell you that we are looking forward to it!

And, if you are an area cancer patient/survivor looking for ways to increase your activity and your connectedness with others... please keep reading!

Congratulations to Sheboygan County YMCA for Ten Years of LIVESTRONG at the YMCA!



Congratulations to the Sheboygan County YMCA which recently celebrated the ten-year anniversary of the LIVESTRONG at the YMCA program with a wonderful celebration at Camp Y-Koda! In recognition of that milestone, I thought I would take a quick trip down memory lane.

The Sheboygan County Cancer Care Fund, which officially started in 2002, launched its "Survive, Thrive & Be Fit" program on February 1st of 2010 with our first "Gentle Yoga for Cancer Survivors" session. This class was an immediate success and I still recall the excitement I felt. Being a lifelong fitness enthusiast and, at the time, an 18-year cancer survivor I was thrilled to be a part of what was, as far as I know, the first time that a group of Sheboygan cancer patients/survivors gathered together specifically to move their bodies to experience the healing benefits of exercise. Over the past 12+ years, we have added a variety of other activities.



Donna Wendlandt, Sheboygan County YMCA CEO, speaks at the LIVESTRONG 10-year celebration.

In mid-2011 I received a call from **Donna Wendlandt**, longtime President of the **Sheboygan County YMCA**, who was interested in bringing the **LIVESTRONG at the YMCA** program to Sheboygan!

I have known Donna since my early running days (long before cancer was a part of my life) and I have benefitted from and bared witness to the many wonderful opportunities that, through Donna's leadership, the **Sheboygan County YMCA** has offered to so many in our community! As excited as I was to grow **Survive, Thrive & Be Fit**, I could only imagine the incredible possibilities that the **Sheboygan County YMCA**; with its excellent facilities, experienced staff, and genuine care and concern for the community; would be able to offer area cancer patients and survivors!

At the time there were a handful of Wisconsin YMCAs interested in launching a **LIVESTRONG** program in their community and one of the initial steps was to demonstrate community support through a voting campaign with only the top vote-getters qualifying. I recall submitting a "Letter to the Editor" to the Sheboygan Press in support of the program and encouraging everyone I know to vote for the Sheboygan **LIVESTRONG** program. The campaign was a success! The **Sheboygan County YMCA** was awarded the **LIVESTRONG** program in 2012 and, within a few months, staff were trained and the first **LIVESTRONG** at the Sheboygan YMCA class was offered.

Anyone and everyone who has participated in the **LIVESTRONG** at the Sheboygan County YMCA has surely benefitted, not just from the program itself, but from its two amazing leaders – Denice Nugent and Carrie Green.



Photo: Denice Nugent and Carrie Green have selflessly given their energy, compassion, and expertise to the LIVESTRONG at the Sheboygan YMCA program for the past ten years and shared their usual joy-filled compassion at the LIVESTRONG Celebration!

Denice, who has spent her entire career of almost 40-years at the Sheboygan YMCA, became familiar with the **LIVESTRONG** program while traveling to other YMCAs and encouraged the Sheboygan County YMCA to apply.

"I have not had cancer yet," Denice remarks. "My soul is fulfilled when I empower others. It is what I have spent my entire career of 39 years at the YMCA."

Denice further explains, "At the **LIVESTRONG** at the Sheboygan County YMCA program, we strive to find fun and exciting adventures to develop the spirit, mind, and body of cancer survivors and those who love them. Our motto: *Do what you can!*"

Interestingly, I would hear Carrie's story long before I would actually meet her. Carrie's mom, Ronna Cline, was one of the original board members for the Sheboygan County Cancer Care Fund and she shared Carrie's diagnosis and some of her challenges with me.

Here is a brief summary of Carrie's incredible story through words she previously shared in this Local Cancer Community Update:

My cancer journey began in July, 2005. Our daughters were 1 and 3 years of age at the time. I was 31 years old and had a massive seizure that resulted in brain surgery on July 5th, my 8-year wedding anniversary. Earlier, on the day of my seizure, I had found a coin on the ground that had an angel on one side and the word "strength" on the other side. My husband, Charlie, placed that coin in my hand as I was heading into surgery. "Strength" became my mantra, my focus in the days, months, and years following my diagnosis.

During the 4 years of chemotherapy that followed my brain cancer diagnosis, I completed 2 marathons and my teacher training to become a yoga instructor. Charlie continued his medical training and my doctor's advice was, "live your life as you would otherwise!" We followed this advice, not without tears, fear, anxiety, and many prayers. I spent very little time questioning "why" as I was fully present in raising our children and living life but a deeper piece of me wondered, "what am I to do with this experience?"

*My answer did not come until 7 years later when my family was looking to move back to Sheboygan, the hometown where my husband and I were raised. The **LIVESTRONG** program at the Sheboygan YMCA was just about to begin and I knew immediately that this was my answer. I was still healing and exploring my own wellness as the opportunity to support other cancer survivors was surfacing. I have been beyond blessed to use my background as a therapist, yoga instructor, and love of all things wellness to share and connect with others! I knew from my own experience that support is*

needed well beyond the treatment for cancer. The discussions around HOW to go on living a full, purposeful life while grieving losses that are secondary to a cancer diagnosis is deeply needed. Learning the value of a healthy and balanced lifestyle is instrumental in moving forward with strength and grace.

You can read the full article here:

<https://scccf.org/post?s=survivor-athlete-spotlight-kathryn-kuhn-carrie-green-39th-40th-2019-stbf-survivor-athletes-2019-12-03>

The LIVESTRONG concept and idea is, without a doubt, a powerful one! The success of the LIVESTRONG at the Sheboygan County YMCA, although it began with this powerful concept, owes its success to these individuals (Donna Wendlandt, Denice Nugent, Carrie Green) as well as every single LIVESTRONG participant – cancer survivor and co-survivor!

I am proud that Survive, Thrive & Be Fit, through its shared goal and mutual interest in “Making Sheboygan County the Healthiest Place to Survive Cancer, has played even a small role int the success of the LIVESTRONG program!

However you choose to do it, either through SCCCF’s Survive, Thrive & Be Fit or through LIVESTRONG at the Sheboygan County YMCA, the main thing is that you GET ACTIVE in your Local Cancer Community by nurturing your body, your mind, and your spirit!

For information on LIVESTRONG at the Sheboygan County YMCA – Call 920.458.1000 ext. 130.

For information on Survive, Thrive & Be Fit – Contact Tim at 920.457.2223

The World According to Tim: Once a Runner... Now a Jogger... a Kite Pilot... and Other Things!!!

I once was an avid (and competitive) runner. In fact, running was pretty much all I did. The high school records I set in the 1600- and 3200-meter runs in 1981 still stand. I was a seven-time collegiate All-American in cross country and track. I continued to compete after college, setting a personal best of 2:20:39 in the marathon in 1992, a few months before being diagnosed with cancer (and more than half-a-life ago).

I continued to run and compete following my cancer diagnosis, but never again with the same intensity (due to a change in priorities as well as the effects of cancer-related treatment). After multiple recurrences that led to an allogeneic bone marrow transplant in 1998, I would learn that I was eligible for the U.S. Transplant Games where I participated with Team Wisconsin in

2002 and 2004 and earned multiple gold medals in the 5,000 meter road race, 1600- and 800-meter runs.

I had logged more than 70,000 miles in my life. But it seemed it was time for a change.

In 2009, while on a family vacation, I found myself paddling a kayak on the Mink River Estuary in Door County and, almost immediately, I became obsessed with kayaking. Two years later I completed Paddle de Hope, a fundraiser for Sheboygan County Cancer Care Fund, which involved more than 800-miles of kayaking along the Lake Michigan Shoreline, culminating with a two-day/100-mile circumnavigation of the Door County peninsula.

A few years after that I would fall in love with the nearby Ice Age Trail and, during one particular year, I would spend more than fifty nights on the trail that included snowshoe backpacking over the winter months.

As I’ve aged (I turned 60 earlier this year), exercise and activity have become less about pushing my body to extremes. It is no longer about how fast I run, how many miles I paddle, or how many nights I spend on the Ice Age Trail. Honestly, it is more about finding different ways to move my body and enjoy my life. As I’ve reflected before, it is simply about moving more and sitting less (<https://scccf.org/post?s=the-world-according-to-tim-sit-less-move-more-2021-04-08>).

Sure, I still run (or jog), but certainly not as far, as fast, or as often. But I’ve added a bunch of other ways to move my body... and in different ways. Currently I enjoy indoor rowing (especially now that our ST&BF Indoor Row Group Season is underway), as well as disc golf, qigong (<https://scccf.org/post?s=world-according-to-tim-yoga-tai-chi-qigong-of-these-qigong-is-my-favorite-2022-08-09>) and my latest passion – Kite Flying.

I suspect that when most people think of kite flying, the image that comes to mind is that of a youngster casually holding the line to a small kite that is dancing in the breeze, or maybe that same youngster running across an open field trying to launch a kite. Those are perfectly fine and enjoyable ways to fly kites and, at least on occasion, that’s what I do. But I have become fascinated by some of the larger kites as well as dual-line foil kites, both of which can be a bit more involved.

Earlier this fall I had the opportunity to share my passion for flying large kites with the current LIVESTRONG group on a cool and blustery morning at Deland Park. As a kite enthusiast, I enjoy talking about kites, seeing the smile on people’s faces when they see a kite in the air or, better yet, when they experience the magic of getting a kite in the air for themselves!



*Photo Right:
Sharing my passion
for kiting with the
LIVESTRONG group
on a sunny but cool
and blustery fall
day at Deland Park.
Circled: my white
16sqm Trilobite kite
camouflaged
amidst the clouds.
Photo by Denice
Nugent.*

Large kites can generate significant pull. For proof, I offer this reporting:

<https://www.youtube.com/watch?v=6Vom-dadLnQ>



Although none of my kites are as large as the one in this video (see photo left for perspective), I do make safety a priority.

Photos: Right – LIVESTRONG participants Ana & Tom place ground screws for the anchor lines. Below – LIVESTRONG participants take “steps” to prepare the kite for launch. Photos submitted by Denice Nugent.



Like so many other physical activities, you can get out of kite flying whatever you put into it. There can be a good amount of work involved in flying kites (well, it's really not "work" to me... it's more like "play"). And I love it!

As you may suspect, the most enjoyable part of kite flying is launching the kites, which also happens to be the easiest - the wind does all the work.

Once the kite is in the air, I can choose to just sit back and relax and enjoy the kite... or I can set up and launch more kites (photo below). My record is eleven.



Or I can add some "line laundry". Line laundry includes inflatables (like the 32-foot seahorse at left or the 35-ft turbine below) as well as spin socks, banners, streamers or flags that are attached to the kite line and lifted in the air by the kite.



As much as I enjoy the physical aspect of kite flying, I enjoy the social aspect of kite flying as much if not more. Whether I find myself flying with fellow cancer survivors/co-survivors at a ST&BF Great Heights with Delightful Kites outing, with fellow members of the Wisconsin Kiters Club, or all by myself (which I often enjoy doing), once I get a kite or two up in the air, it seems to attract people... good people... friendly people... grateful people... smiling people! Let's face it, this world can use more smiles! I love it when people stop by to chat – about kites or anything else. And I enjoy seeing folks stop and take photos or selfies with the kites in the background!

Eventually, all of the kites need to be pulled down, packed up, and put away... but that's all part of the play... part of the fun (and part of the workout)!

You may think it to be odd that I share these remarks about kite flying in late November, at the brink of another winter. But watch for more kite-flying opportunities both before and AFTER the snow falls... when "Survivors on Snow Shoes" can reach "Great

Heights with
Delightful Kites"
and I invite you to
join me!



The Best Way to Stay Active Over the Winter Months: Move More, Sit Less!

Yes, winter is knocking on our door once again! Research shows that people generally move less during the cooler months and sit more. Sitting down for brief periods can help us recover from stress or recuperate from exercise. But nowadays, our lifestyles make us sit much more than we move around. Are our bodies built for such a sedentary existence?

In this TEDX-ED Animation, educator Murat Dalkilinc investigates the hidden risks of sitting down. "The human body is built to move, and you can see evidence of that in the way it is structured," the video explains . It points to research that suggests inactivity causes about 9% of premature deaths a year. And it's more than physical. "Most of the time, you probably sit down to use your brain, but ironically, lengthy periods of sitting actually run counter to this goal."

According to Dalkalinc, the solutions are simple and intuitive. "When you have no choice but to sit, try switching the slouch for a straighter spine, and when you don't have to be bound to your seat, aim to move around much more, possibly setting a reminder to yourself to get up every half hour. But mostly just appreciate that bodies are built for motion, not for stillness."

View the video here:

https://www.ted.com/talks/murat_dalkilinc_why_sitting_is_bad_for_you/transcript?language=en

If you are a cancer patient/survivor looking for ways to *move more and sit less* over the winter months and year round, I encourage you to watch our listing of ST&BF activities which, over the winter months, will include our ongoing "Genlte Yoga for Cancer Survivors" and "Qigong for Cancer Survivors." Additionally, the winter months are host to our Indoor Row Group season which

runs from November 1st through April 30th. And don't miss out on any of our upcoming visits to the Christopher Farm & Gardens. Plus, if the Farmer's Almanac's prediction is accurate... unlike last year, there should be opportunities for "Survivors on Snowshoes." And, if all goes well, watch for some "Pickleball Play," which we discontinued following the pandemic.

If the winter weather in the months ahead prevent you from attending, consider joining us for those ST&BF activities that are still being offered virtually and feel free to access any of the available online sessions and videos. Here are a few.

ST&BF Pre-Recorded Sessions and Instructional Videos: Gentle Yoga and Qigong for Cancer Survivors!

Enjoy any of these on-line opportunities anytime!

PRE-RECORDED Yoga Session – October 11, 2022!

Gentle Yoga for Beginners & Re-Beginners!

Facilitated by Kaitlynn Kiela, CYT

<https://us02web.zoom.us/rec/share/MRIdMsah0j0LaTHjPof-oAZGEBhlfmFAY3gWTtnqfNCK79lqWR4VjfBuB0fl5ef.oBG4qlcPXK9U1Rcc>

PRE-RECORDED Yoga Session – April 26, 2022

Facilitated by Stacy Harriott, CYT

<https://us02web.zoom.us/rec/share/q1nQXUxvL9tpOn6Ls7ltvbcfZxtkAZ6K1h12tsScCrAz2vKGSLwkN9lw4XW6eYhj.i3gPU0EznZVIEjCe>

PRE-RECORDED Yoga Session – March 28th, 2022

Facilitated by Kaitlynn Kiela, CYT

https://us02web.zoom.us/rec/share/QKjn3-essLR28fdly-tBEkBcQ9IPcX1A7zPdvoRubIW1kkBDPx7XIUM6mpIP_8ML-6WgdQ7CEhMPAVU5?startTIme=1648506648000

PRE-RECORDED Yoga Session – February 10th, 2022

Facilitated by Katie Boge, CYT

https://us02web.zoom.us/rec/share/qRCh-sWmjflrQ61bn10RHqB3ABOWmh4oI7UBHSUmiMM3_LoJ57gVySDTND5pue.AyG0iKhpfSCqg1QW?startTIme=1644535796000

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

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, CYT

https://youtu.be/T_JifFiZlds

Grasp Sparrow's Tail – by Michael Finney, CYT

https://youtu.be/wn9uz_OPXU8

Qigong Instructional Video: "Five Treasures"

National Qigong Association Website Video

www.nqa.org/five-treasures

ST&BF CUMULATIVE Marathon Walk/Run or Century Bike Ride!



With the last (of 4) seasonal 2022 ST&BF "Cumulative" Marathon Walk/Runs and Century Bike Rides concluding in less than a month (12/20/22), **Congratulations** to all who participated throughout the year (so far)!

2022 Cumulative Marathon (26.2m) Walk/Run	Winter	Spring	Summer	Date	Fall Finish	Total Finishes
Survivor-Athlete						
Cindy Walvoord	Y	Y	Y	9/30	7	
Kathy Burch	Y	Y	Y	10/6	6	
Sue Zalewski	Y	Y	Y	10/17	7	
Emily King		Y		10/21	2	
Tim Renzelmann	Y	Y	Y	11/12	7	
Sharon Pentek		Y	Y			2
Dennis Sundell		Y	Y			2
Rae-Ellen Weber	Y	Y				2
Barb Bogenschutz		Y				1
Lenny Bogenschutz		Y				1
Dione Knopp		Y				1
Co-Survivors						
Mike King		Y				1
Bernard Pentek		Y				1
Caregiver						
Mary Schueller	Y	Y	Y	9/25	7	
2022 Cumulative Century (100-mile) Bike Ride						
Survivor-Athlete						
Rae-Ellen Weber	Y	Y	Y	10/8	7	
Bob Hartig	Y	Y	Y	10/13	6	
Co-Survivor						
Ruth Hartig			Y	10/13	4	
TOTAL FINISHERS	8	16	10	9	63	

Be sure to watch for the 2023 ST&BF Cumulative Marathon Walk/Run and Century Bike Rides for Winter, Spring, Summer, and Fall that begin with the Winter event that will take place from December 21, 2022 through March 19, 2023!

Congratulations to the Current 2022 Active Survivors of Sheboygan!

Active Survivors of Sheboygan (A.S.S.) Team members record their individual exercise/activity on monthly logs (see attached) and submit them. Team members choose the activity and the intensity. Exercise 30-

minutes or more five or more days per week to qualify for the GOLD (Olympian) level! Participation in scheduled ST&BF scheduled activities is not required but a way to reach your goal(s). See attached for details.

GOLD: Olympian (4.0 to 5.0 avg. current year)				
Survivor-Athlete	A.S.S. Years	2022 Tot Mos	2022 Tot Pts	Current Avg
Cindy Becker	9	9	50	5.0
Candy Meyer	9	10	50	5.0
Diane Micolyczik	9	10	50	5.0
Tim Renzelmann	9	10	50	5.0
Kathy Burch	8	10	50	5.0
Leah Heusterberg	8	10	50	5.0
Bev Leonhard	6	10	50	5.0
Bob Hartig	5	10	50	5.0
Sue Zalewski	4	10	50	5.0
Sharon Pentek	2	10	50	5.0
Rae-Ellen Weber	2	10	50	5.0
Cindy Walvoord	1	10	50	5.0
Deb Borucki	2	9	45	4.5
SILVER: Varsity (3.0 to 3.9 avg. current year)				
Survivor-Athlete	A.S.S. Years	2022 Tot Mos	2022 Tot Pts	Current Avg
Dan Kunda	9	7	35	3.5
BRONZE: Junior Varsity (2.0 to 2.9 current year)				
Survivor-Athlete	A.S.S. Years	2022 Tot Mos	2022 Tot Pts	Current Avg
Linda Ansay	2	9	28	2.8
Team Member (1.0 to 1.9 avg. current year)				
Survivor-Athlete	A.S.S. Years	2022 Tot Mos	2022 Tot Pts	Current Avg
Chris Meyer	3	6	11	1.1

EXPLANATION OF TABLE: A.S.S. Years = How many years prior to 2022 as an A.S.S. team member. 2022 Tot Mos = how many months of participation in 2022. 2021 Tot Pts = how many total points have been earned in 2021. * Denotes recent log(s) missing. Current Avg = average points earned over the last three months (which determines a survivor-athletes current status on the A.S.S. Team)!

AVAILABLE NOW: SCCCf Apparel for SCCCf Supporters & ST&BF Survivor-Athletes/Participants!



I have had requests from some of our ST&BF survivor-athletes/participants as well as SCCCf supporters for the chance to purchase clothing to show their participation and their support for SCCCf and ST&BF!

SCCCF apparel is available to anyone interested in showing their support for SCCCf.

"Survive, Thrive & Be Fit" apparel is available to area cancer patients/survivors who are active in our "Survive, Thrive & Be Fit" activities.

Order yours today at (a portion of the sale benefits SCCCf): <https://moprostores.com/scccf/shop/home>

TLC (Together we Live with Cancer) Survivorship Session & Game Gathering!

Join us at our December 8th TLC Survivorship Session for a look back at 2022 and a look ahead to 2023! Then, stick around (optional) for a TLC Survivorship Can Be Fun Game Gathering as we enjoy some easy-to-learn and fun-to-play pub-style tabletop games (Crokinole, Table Skittles, Rebound, Tabletop Shuffleboard). Other traditional games (Farkle, Cribbage, Mancala, Dominoes) will also be available or bring a favorite game of your own.

TLC Survivorship Session (Peer-to-Peer Support Group)

Thursday, November 17th at 5P!

TOPIC: 2022 – A Look Back, 2023 – A Look Ahead!



TLC Survivorship Can Be Fun Game Gathering

Thursday, November 17th at 6P!

GAMES: Clockwise: Crokinole, Table Skittles, Rebound, Table-top Shuffleboard & More!

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, November 24th – 9A

Sheboygan YMCA (Thanksgiving Day) Doug Opel's Run for the Kids – 2m Run/Walk, 10 Run!

Join us under the "Making Sheboygan County the Healthiest Place to Survive Cancer" banner near the tennis/pickleball courts between 9-915A for a group photo and connect with others prior to the 930A start!

<https://sheboygancountymca.org/events.html>

Follow above link or see attached registration Info!

YMCA, 812 Broughton Drive, Sheboygan

Saturday, November 26th – 9A

LIVESTRONG at the YMCA Boot Camp

Open to all LIVESTRONG Alum!

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, November 28th – 10A

ST&BF Indoor Row Group

Team Relay Row or Casual Row!

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, November 29th – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group w/Virtual Coaching Session featuring Certified Row Coach Colin at 4P!

Casual Rowing Opportunities at 2P, 3P, 5P!

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, December 1st – 10A, 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Saturday, December 3rd – 9A

LIVESTRONG at the YMCA Boot Camp

Open to all LIVESTRONG Alum!

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, December 5th – 10A, 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, December 6th – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, December 6th – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 40-minute practice.

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, December 6th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Stacy Harriott, 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>

Thursday, December 8th – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Thursday, December 8th – 5P

TLC Survivorship Session IN-PERSON & Virtual

TOPIC: A Look Back at 2022, A Look Ahead to 2023!

Casual Peer Support Group for Cancer Patients/Survivors and Co-survivors!

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, December 8th – 6P

TLC Survivorship Can Be Fun – Game Night

Casual Game Session with Various Games!

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Saturday, December 10th – 9A

LIVESTRONG at the YMCA Boot Camp

Open to all LIVESTRONG Alum!

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, December 12th – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group w/Virtual Coaching Session featuring Certified Row Coach Colin at 4P!

Casual Rowing Sessions at 2P, 3P, 5P!

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, December 13th – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, December 13th – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 40-minute practice.

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, December 13th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

With Stacy Harriott, 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>

Wednesday, December 14th (or 21st) – Time TBD

Potential POP UP at the Christopher Farm & Gardens

Wander the Wonderful Gardens and a Bonding Bonfire!

Based on weather/conditions. Details to be communicated via the ST&BF POP UP e-mail list!

Christopher Farm & Gardens, Sheboygan

Thursday, December 15th – 10A, 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Saturday, December 17th – 9A

LIVESTRONG at the YMCA Boot Camp

Open to all LIVESTRONG Alum!

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, December 19th – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group w/Virtual Coaching Session featuring Certified Row Coach Colin at 4P!

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, December 21st – 10A, 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, December 21st (or 14th) – Time TBD

Potential POP UP at the Christopher Farm & Gardens

Wander the Wonderful Gardens and a Bonding Bonfire!

Based on weather/conditions. Details to be communicated via the ST&BF POP UP e-mail list!

Christopher Farm & Gardens, Sheboygan

Wednesday, December 28th – 2P, 3P, 4P, 5P

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, December 28th – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

40-minute practice followed by discussion.

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, December 29th – 10A, 11A

ST&BF Indoor Row Group

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

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!

December, 2022

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 10A - IRG	2	3 9A-LSBC
4	5 10A - IRG	6 2P-IRG 445-QiIP/V 530P-YogaIP/V	7	8 2P-IRG 5P-TLCSSIP/V 6P-TLCSCBF	9	10 9A-LSBC
11	12 2P-IRG 4P-IRG(ROW)	13 2P-IRG 445-QiIP/V 530P-YogaIP/V	14 PPU-CF&G	15 10A - IRG	16	17 9A-LSBC
18	19 2P-IRG 4P-IRG(ROW)	20	21 10A-IRG PPU-CF&G	22	23	24 XMAS Eve
25 XMAS Day	26	27	28 2P – IRG 445P - Qigong	29 10A-IRG	30	31 NY EVE

POP UP!



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

KEY: **IRG** = Indoor Row Group (Contact Tim for details on how to sign up/reserve a time slot)

IRG(ROW) = Indoor Row Group Includes: Virtual Session w/Certified Row Coach Colin at 4P

LSBC = LIVESTRONG Boot Camp (at Sheboygan YMCA – call 920.458.1000 ext 130 for details)

PPU-CF&G (TBD) = Potential Pop Up at Christopher Farm & Gardens (tentatively scheduled for Wednesday, December 14th or 21st – info to be communicated via the POP UP e-mail list – contact Tim for details).

QiIP/V (In-Person & Virtual) = Qigong Practice for Cancer Survivors

TLCSCBF = TLC Survivorship Can Be Fun Game Gathering

TLCSS IP/V = TLC Survivorship Session (Peer-to-peer supportive opportunity)

YogaIP/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 BOTH the Local Cancer Community Update e-mail list and the ST&BF POP UP (POP UP-portunities) e-mail list! Call 920.457.2223 for details!

Survive, Thrive & Be Fit!

Indoor Row Group!

JOIN THE 2022/23 INDOOR Row GROUP!

- The Indoor Row Group (IRG) welcomes Survivor-Athlete/Rowers of all abilities! Season runs from November 1st through April 30th!
- IRG meets regularly at MOA/SCBS with additional indoor rowing options at the Sheboygan & Sheboygan Falls YMCAs.
- 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 Info/Demo Session!

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 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!

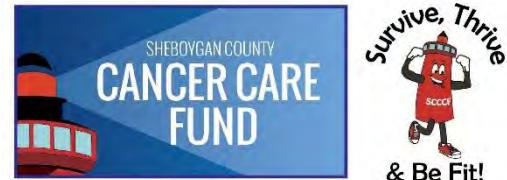
To learn more:
visit www.scccf.org or call 920.457.2223



Above: Survivor-Athletes after completing the 7th Annual Lake Michigan Crossing!

The 8th Annual Lake Michigan Crossing will take place on Saturday, March 11th, 2023!

Join us... as “Many hands make for light work”



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

“Survive, Thrive & Be Fit!”



Introductory

Qigong

for Cancer Survivors!

Gentle

Yoga



December 6th, 13th (Qigong & Yoga)
December 28th (Qigong ONLY)

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, continuous movements. 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

	Qigong	Gentle Yoga
Mondays	445P to 525P	530P to 630P
December 6 th	Casual Practice	Gentle Yoga
December 13 th	Casual Practice	Gentle Yoga
December 28 th	Casual Practice & Discussion to Follow	N/A
	Follow Along Video	Facilitated by Stacy Harriott, CYT

RSVP Required for In-Person Participation (Space is Limited) – Contact Tim at 9200.457.2223 or trenzelmann@physhealthnet.com



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Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

TLC offers these opportunities to connect with other area cancer patients/survivors and co-survivors in a casual and supportive setting!

Thursday, December 8th

4:30P to 5:00P – Casual Meet & Greet

Survivorship Session

5:00P to 6:00P

**TOPIC: Year-End Gathering
Includes a look back at 2022,
and a look ahead to 2023!**

**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

6:00P to 8:00P

Join us for a casual “Game Gathering” that will feature some pub-style games (Crokinole, Table Skittles, Rebound, Tabletop Shuffleboard) and more!

No Virtual Option Available!

**Space for “In-Person” Participation is limited!
RSVP for “In-Person” Participation is REQUIRED!**

**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 ●



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 “wear the blue” of Survive, Thrive & Be Fit as well as other apparel and merchandise!

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

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

BENEFITS of Survive, Thrive & Be Fit:

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

Active Survivors of Sheboygan Activity Log!

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

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

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

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

For More Information:

Call: 920.457.2223

E-mail: trenzelmann@physhealthnet.com

Visit: www.scccf.org

November 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
29	Tu			<input type="checkbox"/> Yes	<input type="checkbox"/> Yes
30	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.

December 2022**Name:**

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

Survive, Thrive & Be Fit!

Steps to Survivorship

Fall 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: Thursday, September 22nd thru Tuesday, December 20th!

Eligible Participants: Area cancer patients/survivors, co-survivors & professional caregivers.

This is a “**Casual/Non-Competitive**” event. Just complete and record your distance on the ENTRY/LOG and submit when you have completed the Full Marathon Walk/Run and/or the 100-mile Bike Ride and no later than 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.

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



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

Name:	E-mail Address:
<input type="checkbox"/> Cancer Patient/Survivor <input type="checkbox"/> Undergoing Treatment <input type="checkbox"/> Post Treatment Date of Diagnosis: _____ / _____ / _____ <input type="checkbox"/> Co-Survivor/Guest <input type="checkbox"/> Medical Oncology Caregiver	Address: City/State/Zip:
<input type="checkbox"/> Cumulative Marathon (26-mile) Walk/Run <input type="checkbox"/> 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.
 - Spring Cumulative Run/Walk and/or Bike logs must be received by December 30th!
 - Participation awards and random prizes for cancer patients/survivors to be determined!