

Wonderful Gardens” at the Christopher Farm & Gardens)!

When we reach the fall months, we will offer fewer “Steps to Survivorship” while adding “Hiking Along the Cancer Journey” using area trails and paths.

Tim’s Tips: Of course, if you are interested in a leisurely stroll... I certainly welcome you to do so. But if you are interested in increasing the intensity while also being able to connect with others... let me tell you what I typically do and offer a few other ideas.

We had our first “Steps to Survivorship” walk/jog/run of the year on Wednesday, March 22nd using our Shoreline 400/Kiwanis Park course. As the group started walking I ran to the 500-meter mark (I have marked these courses every 500-meters with an “-S-”) and then jogged back to the group and walked and talked with them until returning to the “-S-” mark. Then I ran to the 1,000-meter mark, jogged back to the group and walked and talked with them, and continued this throughout the 5K course. This allowed me to spend some time with the group and also time get a beneficial workout in.

If you’re not interested in jogging/running... I would simply suggest that, along the way, you simply walk faster for a few minutes and then return to the group. Another option would be to find a walking buddy or two of comparable ability and alternate several minutes of faster-paced walking with several minutes of slower-paced walking. There are no rules... other than to be safe and have fun!

I also encourage participants to share contact info during “Steps to Survivorship” (spring/summer), “Hiking Along the Cancer Journey” (fall), “Survivors on Snowshoes” (winter) and plan your own outings!

APRIL TLC SURVIVORSHIP SESSION: Nature Therapy!

Tuesday, April 18th at 5P



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

suspect we all know, intuitively, that spending time outdoors can improve overall health and wellness for body, mind, and spirit. Study after study supports this.

<https://www.fs.usda.gov/features/wellness-benefits-great-outdoors>

Join us on Tuesday, April 18th for our TLC Survivorship Session during which we will discuss Nature Therapy and its many benefits, especially those that we

experience through “Survive, Thrive & Be Fit at the Christopher Farm & Gardens.”

Nature therapy (also known as ecotherapy, green care, or horticulture therapy) is simply the practice of being in nature to grow and heal. It occurs on a continuum from casual and relaxed approaches like home gardening, walking through a field of flowers, or bird watching to more structured activities involving a therapist or trained leader guiding specific exercises and activities to address specific issues.

Our “Survive, Thrive & Be Fit at the Christopher Farm & Gardens” visits fall on the more casual side of this spectrum, but that certainly doesn’t make them any less impactful. Thanks to the CF&G, who have been incredibly gracious to us over the past six years, we are planning to expand these visits and include some purposeful activities through which we can experience some nature therapy while learning from the knowledgeable CF&G staff and helping them with their mission in these mutually beneficial opportunities!

In addition to the many relaxing, fun, enjoyable, and entertaining visits to the CF&G we are offering a variety of purposeful workdays and projects this year as a way to give back to CF&G while also protecting (and learning to protect) our environment and Mother Earth.

SPRING - Bird House Management (mapping locations, cleaning, building, maintaining).

Previously, we had built and donated several bird houses and we are planning to expand that project to include mapping and cleaning existing bird house locations, identifying and building birdhouses to attract various species, and maintaining these birdhouses throughout the year. Along with this may be the building and maintenance of a few duck boxes.

APRIL 21st - Earth Day Restoration Project: This will be the third consecutive year we will assist with a Restoration Project that involves planting native trees and plants in the Turkey Trot area! Rob reports seeing progress from the past two projects. Additionally, we will be assisting with some invasive species removal. Watch for details!

JUNE - Daisy Days: We will continue our "daisy patrol" in June through several "POP UP-opportunities" based on weather/conditions! For a summary of last year’s “Daisy Days”:
<https://scccf.org/post?s=daisy-days-helping-mother-earth-cancer-survivors-heal-2022-06-22>

FALL – Deadheading/Seed Collecting: Left to her own devices, Mother Nature can certainly take care of herself... but there is no reason we can't lend a hand! Come fall, CF&G plans to collect and plant more prairie grass and flower seeds as they continue to develop additional prairie strips on the property and we will be there to help again this year!

Other Dates & Opportunities:

JUNE 4th - National Cancer Survivors Day at the CF&G on Sunday, June 4th!

For the fourth consecutive year we will be celebrating National Cancer Survivors Day at the CF&G! For a summary of last year's event:

<https://scccf.org/post?s=celebrating-national-cancer-survivors-day-at-the-christopher-farm-gardens-sunday-june-5th-2022-06-09>

AUGUST – The 2nd Annual WANDER-thon Fundraising Event is scheduled for Friday/Saturday, August 18th & 19th!

For those of you who missed last year's event, read about it in the 3-part series:

<https://scccf.org/post?s=wander-thon-at-the-christopher-farm-gardens-part-1-of-2022-08-31>

<https://scccf.org/post?s=wander-thon-at-the-christopher-farm-gardens-part-2-of-2022-09-12>

<https://scccf.org/post?s=wander-thon-at-the-christopher-farm-gardens-part-3-of-3-2022-09-28>

SURVIVORSHIP THROUGH THE LENS - Erika came up with a GREAT IDEA for Survivorship Through the Lens! We will create a rainbow-themed group photo collage similar to the example at left. Watch for details and don't forget your camera on your next visit to CF&G!



In addition to planned visits, there will be additional ST&BF POP UP-portunities throughout the year (be sure you are on the "POP UP" e-mail list for last-minute "POP UP-portunities"), a TLC Survivorship Can Be Fun Game Gathering, maybe some kite flying, and much more!!!

Immediately following the TLC Survivorship Session will be a TLC Survivorship Can Be Fun Game Gathering during which we will be offering, for the first time, a game called Photosynthesis.

Photosynthesis is a green strategy board game in which you plant and shape the ever-changing forest as you cultivate your seeds and your strategy. Other Blue Orange Games that will be available include Yamslam and Battle Sheep (which we've played before).

Confirmation Students from St. Paul Lutheran Church, Sheboygan Falls, Assemble "Chemo Care Bags" for Area Cancer Patients!

Submitted by Nicole Dollevoet



6th through 8th grade confirmation students from St. Paul Lutheran Church in Sheboygan Falls assembled over 100 bags of joy recently.



These bags were lovingly packed and each one was prayed over before it left our building and got distributed to cancer centers in Sheboygan co. We know that each cancer patient has a different journey and that some days are often long and sometimes gloomy.

We hope that the individuals that received these bags feel the love and joy that was poured into each one. It takes



about 200 people and many hours to pull off this project. Members from St. Paul and the community donated all sorts of items for the bags everything from Chapstick to lotion to playing cards, hand-knit items and more.

This is the 5th year we have done this service project and we were again blown away by the generous donations that came in. We have folks that are knitting hats and creating jewelry now in anticipation of next year already! The favorite part for many of our students is writing a hand-written message to place in each of the bags. The cards include prayers, Bible passages, and messages of hope! During our night of service, we always bring in a person from our congregation who has had cancer and is willing to share their story. We hear that during this difficult time, they found hope and their faith in God was strengthened. Chris Helmer (pictured below) was our guest speaker this year and did a great job. The students learned new ways to support people in their lives that are living with cancer. It is fun to watch the students serve in a unique way that will impact their lives for a long time.



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



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 ST&BF activities and SCCCf-logged apparel is available for anyone wanting to show their support.

Order yours today! A portion of the sale benefits SCCCf!

<https://moprostores.com/scccf/shop/home>

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.

Saturday, April 1st – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, April 3rd – 2P, 3P, 4P, 5P, 6P

ST&BF Indoor Row Group – 24 Hour Row!

1-hour reserved time slots.

Contact Tim about Indoor Row Group Details!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Tuesday, April 4th – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 40-minute practice followed by discussion (optional).

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Wednesday, April 5th – Start Times: 4P, 530P

ST&BF Steps to Survivorship!

Celebrate "National Walking Day" (the first Wednesday in April)! Walk, jog, run along a 5K (out and back) route. You choose the pace and distance.

RSVP recommended in case of severe weather!

Shoreline 400 Rail Trail/Kiwanis Park – Starts at trailhead at Jefferson Ave & Pennsylvania Ave.

Thursday, April 6th – 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, April 8th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Tuesday, April 11th – 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, April 12th – 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, April 12th – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 30-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>

Wednesday, April 12th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

Facilitated by Stacy Harriott.

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, April 13th – END OF DAY!

FLOWERS FOR THE FUND ORDER DEADLINE!

All Pre-paid Orders MUST Be Submitted!

Contact Tim with questions!

Saturday, April 15th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Saturday, April 15th – DEADLINE

ST&BF Active Survivors of Sheboygan (A.S.S.) Logs & Spring Cumulative Walk/Run, Row, Bike Logs DUE!

Contact Tim for Details!

Monday, April 17th – Start Times: 4P, 530P

ST&BF Steps to Survivorship!

Walk, jog, run along a 5K (out and back) route. You choose the pace and distance.

RSVP recommended in case of severe weather!

Lakefront: YMCA North – Starts at the Lottie Cooper across the street from the Sheboygan YMCA.

Tuesday, April 18th – 5P

TLC Survivorship Session IN-PERSON & Virtual

TOPIC: Nature Therapy (as Experienced at the Christopher Farm & Gardens)!

Casual Peer-to-Peer Support Group for Cancer Patients/Survivors and Co-survivors! See attached for details!

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Tuesday, April 18th – 6P

TLC Survivorship Can Be Fun Game Gathering:

“Photosynthesis” board game (and other games)!

See attached for details!

RSVP Required for In-Person Participation!

Friday, April 21st - TBD

Survive, Thrive & Be Fit at the Christopher Farm & Gardens – Earth Day Restoration Project!

Group project involves invasive planting of native trees and plants and more!

RSVP Required for Participation (contact Tim)!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Saturday, April 22nd – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Wednesday, April 26th – 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, April 26th – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 30-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>

Wednesday, April 26th – Monday, March 20th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

Facilitated by Stacy Harriott, CYT.

RSVP Required for In-Person Participation!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Zoom Meeting ID: 833 9821 3314, Password: 892356

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

Saturday, April 29th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Sunday, April 30th – TBD

ST&BF Indoor Row Group – Season’s End Session!

Time to be determined.

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!

April, 2023

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 9A-LSBC
2	3 2P-IRG	4 445P-QiIP/V	5 4P/530P-StS+	6 10A-IRG	7	8 9A-LSBC
9	10	11 10A-IRG	12 2P-IRG 445P-QiIP/V 530P-YogaIP/V	13 FftF DEADLINE	14	15 9A-LSBC
16	17 4P/530P-StS+	18 2P-IRG 5P-TLCSSIP/V 6P-TLCSCBFIP/V	19	20	21 TBD-CF&G	22 9A-LSBC TBD-CF&G
23	24	25	26 2P-IRG 445P-QiIP/V 530P-YogaIP/V	27	28	29 9A-LSBC
30 TBD-IRG						

- KEY:** **CF&G** = Christopher Farm & Gardens – Restoration Project & Visit (**IRG** = Indoor Row Group (Contact Tim for details on how to sign up/reserve a time slot)
LSBC = LIVESTRONG Boot Camp (at Sheboygan YMCA – call 920.458.1000 ext 130 for details)
QiIP/V (In-Person & Virtual) = Qigong Practice for Cancer Survivors
StS+ = Steps to Survivorship (possibly along with other “bundled” activities)
TLCSCBF = TLC Survivorship Can Be Fun Game Gathering (TBD)
TLCSSIP/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>

RSVP is recommended for all activities to be informed of any last-minute changes! Contact Tim at 920..457.2223 or trenzelmann@physhealthnet.com.



In addition to the above scheduled activities, be sure to sign up for the ST&BF POP UP e-mail list to receive details on additional or last-minute “POP UP-portunities”!

For more info: Tim – 920.457.2223 or trenzelmann@physhealthnet.com



RAFFLE:

WIN A GIGANTIC SOLID CHOCOLATE BUNNY!!!



- **1st Place:** Win a **GIGANTIC (25-lb) Chocolate Easter Bunny (1 Winner)**
Donated by Dr. S. Mark Bettag
- **2nd Place: \$25: Kwik Trip Gas Card (2 Winners)!**
- **3rd Place: SCCCF Lunch Cooler (3 Winners)**

Thanks to Sandy for posing with this GIGANTIC chocolate bunny from Seroogy's Chocolate to illustrate just how GIGANTIC it actually is!

TICKETS: \$1 each, 6 for \$5, 15 for \$10!

Drawing at Noon on Thursday, April 6th (winner will be notified by phone)!

Tickets available at the MOA/SCBS front desk (or contact Tim for details)!

Flowers for the Fund!

2023 Spring Flower Sale!

**Pre-Paid Orders Due by
Thursday, April 13th!**

YOUR CHOICE:

- **Pick Up Your Pre-Paid Order on Tuesday, May 16th!**
MOA/SCBS Parking Lot
1621 N. Taylor Drive, Sheboygan
Between 11AM and 6PM
- **Purchase a Voucher to be redeemed at Caan's
between April 20th and May 31st!**

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

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



10" Hanging Baskets - \$30.00

8" Watering Can (mixed) Planters - \$25.00

10" Combo (mixed) Planters - \$23.00

12" Combo (mixed) Baskets - \$40.00

Caan's Gift Certificates - \$25.00

“Survive, Thrive & Be Fit!”

Steps to Survivorship

Take some “Steps to Survivorship” with us as we walk, jog, or run along various local paved urban paths!



Shoreline 400 Trail



Sheboygan Lakefront Path



Sheboygan Riverfront

- Gather and connect with fellow cancer patients/survivors & co-survivors at the start and finish!
- Choose your own pace and distance!
- A Great Way to Complete the ST&BF CUMULATIVE Marathon Walk/Run (contact Tim for details)!
- Dates, times, and locations will be announced via the Local Cancer Community “POP UP” e-mail list!

“Steps to Survivorship” may be scheduled with (bundled) other ST&BF activities (i.e., Pickleball Play, Great Heights with Delightful Kites, Gentle Yoga for Cancer Survivors, Qigong for Cancer Survivors, etc.)

To be added to the “POP UP” e-mail list, contact Tim at 920.459.8378 or trenzelmann@physhealthnet.com

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

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



Making Sheboygan County
The Healthiest Place
To Survive Cancer!



Together we **Live** with **Cancer!**

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group

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

Tuesday, April 18th!

4:30P to 5:00P – Casual Meet & Greet!

Survivorship Session

5:00P to 6:00P

Topic: Nature Therapy

*We will explore the topic and benefits of **Nature Therapy!***

*An integral part of this discussion will include both past and future “**Survive, Thrive & Be Fit at the Christopher Farm & Gardens**” outings, projects, and healing experiences!*

Survivorship Can Be Fun Game Gathering:

Photosynthesis (and other Blue Orange games)!

6:00P to ???



Photosynthesis is a green strategy board game! Plant and shape the ever-changing forest as you cultivate your seeds and your strategy. Other more familiar Blue Orange Games will be available including Yamslam and Battle Sheep!

Join In-Person or Virtually Via Zoom!

Space for “In-Person” Participation is limited!

Advance RSVP for “In-Person” Participation is RECOMMENDED!

Meeting ID: 833 9821 3314, PASSCODE: 892356

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

**LOCATION: Matthews Oncology Associates ● Sheboygan Cancer & Blood Specialists
1621 N. Taylor Drive, Sheboygan ● Second Floor Conference Room**

● For More Info and to RSVP: trenzelmann@physhealthnet.com or call 920-457-2223 ●

“Survive, Thrive & Be Fit!”



Introductory
Qigong

Gentle
Yoga



for Cancer Survivors!

APRIL Sessions!

Yoga and Qigong are similar in many ways. In Yoga, each posture is held for a period of time while Qigong consists of continuous, slow, and relaxed, movements. Both calming and relaxing practices focus on breathwork and mindfulness to find inner stillness while promoting aerobic capacity, balance, flexibility, while increased energy and stamina.

	Qigong	Gentle Yoga
Day/Date	445P to 525P	530P to 630P
Tuesday, April 4 th	30-minute session followed by (optional) discussion	NO YOGA SCHEDULED!
Wednesday, April 12 th	30-minute Practice	Stacy Harriott, CYT
Wednesday, April 26 th	30-minute Practice	Stacy Harriott, CYT

IN PERSON: *RSVP Recommended & Appreciated. Space is Limited!*

VIRTUAL (Zoom): *Use Meeting ID: 833 9821 3314, PASSCODE: 892356*

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

FOR MORE INFO: 920.457.2223 or trenzelmann@physhealthnet.com



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visit www.scccf.org or call 920.457.2223



LIVESTRONG®

AT THE YMCA

The Sheboygan County Cancer Care Fund,
The Sheboygan County YMCA,
And Area Cancer Patients/Survivors Are

Making Sheboygan County the Healthiest Place to Survive Cancer!

Active Survivors of Sheboygan (A.S.S.) **OR Active Survivors of Sheboygan's incredible support team (A.S.S.i.s.t.) Activity Log!**

Earn a Spot on the A.S.S. or A.S.S.i.s.t. Team (Olympian, Varsity, Junior Varsity, Team Member) based on how many days per month you exercise for 30-minutes or more!

Eligible Participants: A.S.S. Team is open to area cancer patients/survivors ONLY! A.S.S.i.s.t. Team is Open to Co-Survivors (must be a guest of a participating A.S.S. Team Member) and local oncology professionals.

- 1) You choose the activity, the duration, and the intensity of your daily activity.
- 2) Record your activity on the A.S.S. log and verify that you have completed at least thirty minutes of exercise/activity (and if you attended a scheduled in-person LIVESTRONG or Survive, Thrive & Be Fit activity that day).
- 3) **20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.**
- 4) 3-month average: Gold/Olympian = 4.00+, Silver/Varsity = 3.00-3.99, Bronze/Junior Varsity = 2.00-2.99, Team Member = 1.00-1.99

Cumulative Walk/Run, Row, and/or Bike Log!

Walk/Run 26.2 miles, Row 100 kilometers, and/or Bike 100 miles cumulatively (in as many or as few days as you want). Complete one, two, or all three events each season.

Eligible Participants: Area cancer patients/survivors, co-survivors (must be the guest of a participating survivor), and local oncology medical professionals.

- 1) Accumulate 26.2 miles/42.2 kilometers walk/run, 100-kilometers/62-miles rowing, and/or 100-miles/161 kilometers biking during each season (Winter, Spring, Summer, and Fall).
- 2) Record and total your daily distances on the attached log. You only need to record until you reach the event distance(s) for each event and/or season.
- 3) **You may "finish" one, two, or all three events** (run/walk, row, bike). Remember to carry monthly totals over during seasonal events if necessary (winter, spring, summer, fall).

*Submit current logs monthly (preferred) or by 4/15, 7/15, 10/15, and 1/15
to be included in updates and incentives.*

Mail: Survive, Thrive & Be Fit, 1621 N. Taylor Drive, St. 100, Sheboygan, WI 53081

E-mail: Send scanned/photographed copies to trenzelmann@physhealthnet.com

Contact: SCCC ST&BF – Tim E. Renzelmann, trenzelmann@physhealthnet.com, 920.457.2223
YMCA LIVESTRONG – Carrie or Denice, 920.451.8004, ext 130

Name:			Phone:		<h1>MARCH, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Winter Cumulative Carryover from Previous Month:</i>											
1	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
8	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
9	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
10	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
11	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
Winter Cumulative END / Spring Cumulative START!											
20	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
21	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
23	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
31	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

Active Survivors of Sheboygan (or A.S.S.i.s.t.): Track the days of the month that you exercise 30-minutes or more: 20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.

Cumulative Run/Walk, Row, Ride: Accumulate specified distances each season to "finish"! GRAY column = daily distance, BLUE column = cumulative distance.

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Name:			Phone:		<h1>APRIL, 2023</h1>					
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver										
Active Survivors of Sheboygan			I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF	Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers		Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	
1	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
2	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
3	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
4	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
5	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
6	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
7	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
8	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
9	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
10	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
11	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
12	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
13	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
14	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
15	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
16	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
17	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
18	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
19	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
20	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
21	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
22	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
23	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
24	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
25	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
26	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
27	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
28	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
29	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
30	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
TOTAL										

Active Survivors of Sheboygan (or A.S.S.i.s.t.): Track the days of the month that you exercise 30-minutes or more: 20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.

Cumulative Run/Walk, Row, Ride: Accumulate specified distances each season to "finish"! GRAY column = daily distance, BLUE column = cumulative distance.

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Details at www.sccc.org or call Tim at 920.457.2223.

Name:			Phone:		<h1>MAY, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
<i>Season Cumulative Carryover from Previous Month:</i>											
1	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
2	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
3	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
4	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
5	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
6	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
7	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
8	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
9	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
10	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
11	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
12	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
13	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
14	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
15	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
16	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
17	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
18	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
19	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
20	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
21	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
22	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
23	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
24	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
25	Th		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
26	Fr		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
27	Sa		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
28	Su		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
29	Mo		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
30	Tu		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
31	We		<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF							
TOTAL											

Active Survivors of Sheboygan (or A.S.S.i.s.t.): Track the days of the month that you exercise 30-minutes or more: 20+ "Yes" checks/month = 5 pts. 16 to 19 = 3 pts. 12 to 15 = 2 pts. 8 to 12 = 1pt.

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Name:			Phone:		<h1>JUNE, 2023</h1>						
<input type="checkbox"/> Survivor <input type="checkbox"/> Co-Survivor <input type="checkbox"/> Medical Caregiver											
Active Survivors of Sheboygan				I exercised 30-minutes or more today?	I attended a LIVESTRONG or ST&BF Activity?	Cumulative Run/Walk, Row, Bike:					
Date	Day	Activity/Comments				Run/Walk: <input type="checkbox"/> 26.2 miles <input type="checkbox"/> 42.2 kilometers	Row: <input type="checkbox"/> 62.1 miles <input type="checkbox"/> 100 kilometers	Bike: <input type="checkbox"/> 100 miles <input type="checkbox"/> 161 kilometers			
1	Th			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
2	Fr			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
3	Sa			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
4	Su			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
5	Mo			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
6	Tu			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
7	We			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
8	Th			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
9	Fr			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
10	Sa			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
11	Su			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
12	Mo			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
13	Tu			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
14	We			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
15	Th			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
16	Fr			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
17	Sa			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
18	Su			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
19	Mo			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
20	Tu			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
Spring Cumulative END / Summer Cumulative START!											
21	We			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
22	Th			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
23	Fr			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
24	Sa			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
25	Su			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
26	Mo			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
27	Tu			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
28	We			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
29	Th			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
30	Fr			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
TOTAL											

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