

The Local Cancer Community Update



Together we Live with Cancer!

Mathews Oncology Associates
Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



April 20th, 2023 ● 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!

Congratulations to Eileen Jentsch, Winner of the Seroogy's GIGANTIC Chocolate Easter Bunny Raffle!

The Seroogy's GIGANTIC (25 lb.) Chocolate Easter Bunny was raffled off on Thursday, April 6th, raising \$901 for SCCCFF!



Dr. Bettag, who donated the Gigantic Chocolate Easter Bunny for this raffle, joined the visiting Easter Bunny in picking the winning tickets!



Thank you to EVERYONE who purchased tickets for the raffle (that is a lot of tickets – see photo below)!

Other winners included:



\$25 Kwik Trip Gas Card (2)

- Chris Hemmer
 - Brenda Hemb
- SCCCF Lunch Cooler (3):
- Lois Wells
 - MaryLynn Gustaveson
 - Dan Johnson

Thank you also to Eileen who shared some of her winnings with the MOA/SCBS staff with these brownies that "Contain Harvey the Bunny chocolate!"



MAY FEATURED ST&BF Activities: A Smorgasbord of Physical Activity (Breathing, Urban Poling, Kiting, Pickleball, Birding and a Challenge)!



I have been selecting various individual ST&BF activities as our "featured" ST&BF activity each month. In January we featured the Indoor Row Group, February was Gentle Yoga for Cancer Survivors, March was Qigong for Cancer

Survivors, and April was Steps to Survivorship! For the month of May I am featuring a sort of "smorgasbord" of activities and I encourage you to join us for one, some, or all!



Congratulations to Eileen Jentsch (left) who took home the GIGANTIC Seroogy's Chocolate Bunny and shared it with her grandchildren, nieces, nephews, and family members at an Easter gathering!

BREATHING (& some Qigong)!

"Spring won't let me stay in this house any longer! I must get out and breathe the air deeply again." — Gustav Mahler.

It is the first thing we do when we are born, and the last thing we do when we die. And yet, in between... most of us take breathing for granted. It is easy to do. It happens automatically, spontaneously, unconsciously.

One way we may be able to gain a greater appreciation for this simple but life-sustaining process (and make sure we are doing it right) is to pay more attention to it. Most who practice yoga, qigong, or meditation have been encouraged to *focus on their breath!*

Join us for a Qigong for Cancer Survivors session followed by an interesting (recorded) conversation between a science journalist and a Qigong Master on the topic of breath including what thousands of years of practice suggests and what modern science supports!

Monday, May 1st

4:45P to 5:15P – A Basic Qigong Practice

5:15P to 6:00P – View/Listen to Recorded

Conversation (I will share details and a link to the conversation after May 1st)

6:00P to ? – Discussion!

WALKING ("Steps" & Urban Poling)!

"In winter I plot and plan, in spring I move." — Henry Rollins.

Walking is a simple and easy way to be more active, lose weight, and become healthier! A brisk walk can help you build stamina, burn excess calories, build stronger muscles, and reduce stress and anxiety!

Join us on Tuesday, May 2nd as we take some "Steps to Survivorship" with a group walk that will include an (optional) introduction to "urban poling" as we "Step UP (Urban Poling) for Survivorship"! Similar to Nordic walking, which uses slightly more specialized poles, urban poling uses more traditional trekking poles.

Benefits of Urban Poling:

- Burns more calories than standard walking.
- Transfers weight from hip and knees to upper body, causing less stress on the lower body.
- Offers better balance and decreases the chance of falling with constant two points of contact (one foot and one pole).

- Engages more muscles than standard walking (up to 90% of muscles) including upper body, back, and core muscles.
- Contributes to better posture.
- Research suggests walkers who use trekking poles walk farther, faster, and more frequently.
- Available to a wide range of fitness levels – simply walk faster or slower to modify the intensity.



Whether you want to take some *regular* "Steps to Survivorship" or give urban poling a try and "Step UP (Urban Poling) for Survivorship," you are invited to join us on May 2nd at Veterans Park in Sheboygan with start times at 4P and 530P. A limited number of trekking poles will be available (first come/first reserved) or bring your own if you have them. We will offer a qigong-style warm-up before each start time.

Tuesday, May 2nd

4PM – Session 1 (Qigong-style warm-up at 3:50)

530PM – Session 2 (Qigong-style warm-up at 3:50)

KITING (Just "Go Fly a Kite!")

"Sometimes we can only find our true direction when we let the wind of change carry us." —Mimi Novic



Like most physical activities or forms of exercise, a person can get as much or as little exercise as they want flying kites. Sending a small kite on a string into the sky

and then sitting back to watch it dance in the wind can be a fun and relaxing experience... but provides little exercise. Anchoring, launching, and constantly adjusting multiple large kites or taking on the wind with a multi-line stunt or power kite can be a real workout!

Whether you are looking for a relaxing experience, a real workout, or something in between, consider joining us for “Great Heights with Delightful Kites” on Thursday, May 11th. As necessary, details will be determined based on weather, wind, and conditions and communicated via the ST&BF POP UP e-mail list for this and future opportunities (contact Tim to be added to that list)!

PICKLEBALL PLAY

As the weather warms the many sounds of summer will soon be heard at local parks... including the “dink – dink – dink” of pickleball players as they fill the outdoor courts! We have scheduled a “Pickleball Play” session for Wednesday, May 31st at 3PM at Vollrath Park!



BIRDING (see next article)!

“My favorite weather is bird chirping weather.” —Terri Guillemets

MY CHALLENGE OF THE MONTH!

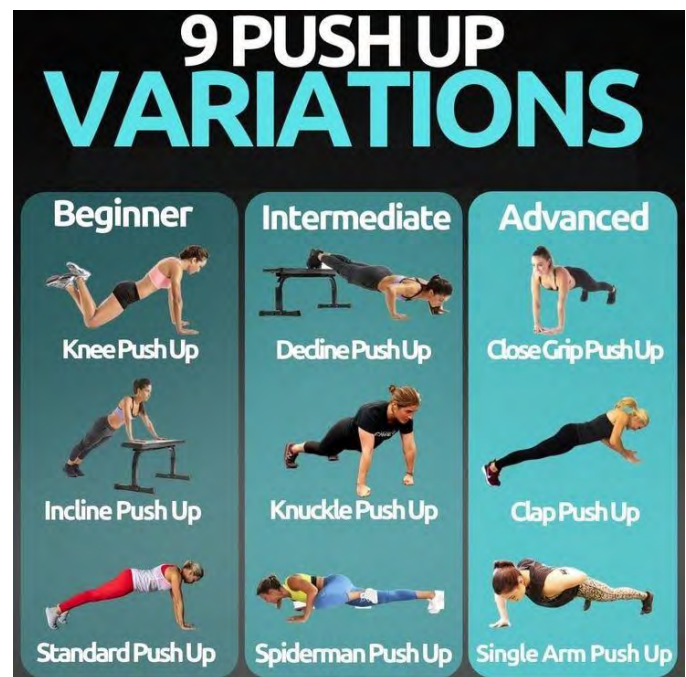
“Spring is when life’s alive in everything.” —Christina Rossett

The month of May (May 11th to be exact) marks my 31st “cancer-versary”! As I have done for most (if not all) of my past thirty-one “cancer-versaries,” I plan to commemorate it with some type of physical challenge. In past years I have run, kayaked, hiked/backpacked, flown kites, and so much more. Last year, for example, to commemorate my 30-year “cancer-versary” I exercised for 30-minutes or more, 30 days of the month, with thirty different activities! Honestly, the hardest part was coming up with thirty different activities!

Admittedly, I typically do something fun... something I enjoy doing. But, often times, what is best for us is not what we want to do but what we need to do.

I am realizing, as an aging athlete, what I probably need most is more strength work. So, I decided to start with the most basic body weight strength exercise – PUSH UPS!

I am challenging myself to do 31 pushups a day for 31 consecutive days throughout the month of May. I am not confident that I can do 31 standard pushups at once (I will find out on May 1st). If not, I will start by doing two or more sets. As my strength improves throughout the month (fingers crossed) my plan will not be to do more than 31 pushups... but to do more difficult push up variations (see illustration below), although the “single arm pushup” may be a bit of a pipe dream!?!



I certainly welcome you to join me. Pick a daily number that you feel comfortable with. Feel free to start with a simple knee push up (or even a wall pushup)! Or come up with a challenge of your own. I would love to hear what challenges you set for yourself and how you do! Or, better yet, send me ideas for future monthly challenges that we can all participate in.

And, while we’re on the topic of challenges, let me take this opportunity to remind you of a couple of other (on-going) challenges – the ST&BF Active Survivors of Sheboygan (A.S.S.) or the Active Survivors of Sheboygan’s incredible support team (A.S.S.i.s.t.) as well as the ST&BF CUMULATIVE Marathon (26.2 mile) Walk/Run, 100-kilometer Row, and 100-mile Bike! See the latter article or contact Tim for details!

“Project Tweety Bird” Offers a Thriving Environment for Bluebirds AND Area Cancer Patients/Survivors!

“My favorite weather is bird chirping weather.” —Terri Guillemets, quote anthologist

A growing number of cancer patients and survivors are enjoying some “Nature Therapy” through ST&BF at the Christopher Farm & Gardens! Our newest project, to go along with our annual Earth Day Restoration Project, Daisy Days, and fall Deadheading & Seed Collecting is “Project Tweety Bird.”

Tom Friedrichs (cancer survivor, adventurer, outdoorsman, and bird enthusiast) has volunteered to take the lead on this project. Tom explains:

We are in the early stages of building a Bluebird Trail, which will eventually include nest boxes for other birds as well. Currently existing nest boxes are being cleaned out, and their location plotted on a map of Christopher Farms and Gardens (CF&G).”

The primary goal of a trail, especially with the impressive acreage at CF&G, is to attract Bluebirds first and other birds after that. Bluebirds take center stage because numbers were scary low for years, but people have stepped up and numbers are rising; the thing is without our help, this would not happen. And they are a bird-fan favorite; if you appreciate Cardinals for instance, wait until you meet a few Bluebirds.

An additional benefit of catering to Bluebirds is there are three other birds that will use the same boxes, all prefer the same prairie or other open-space habitat and edges. These include Tree Swallows, Chickadees, and House Wrens.



Photo Above: Tom Friedrichs (left) provides “Project Tweety Bird” objectives and directions to a group of enthusiastic volunteers during a recent workday!

Tom along with Dave Kuckuck (Maywood Environmental Park) are mapping out a plan that will involve building new bluebird houses and strategically placing them in the most conducive spots. Once these birdhouses are built and installed, our group will regularly monitor and record nesting, hatching, and fledgling activities according to guidelines recommended by the Bluebird Restoration Association of Wisconsin (BRAW) and the North American Bluebird Society (NABS).



Photos - Above Left: Mike A. cleans out one of the many existing birdhouses on the property. Above Right: Tom K. and Rae-Ellen W. prepare a birdhouse for its next tenant.

If you find yourself wondering what building bluebird houses has to do with surviving cancer, I encourage you to join us and find out for yourself as the answer is perhaps better experienced than explained.

“Nature Therapy,” which was the topic of our April TLC Survivorship Session, in the simplest terms, encourages people to get outside and experience nature through activities that improve our physical and mental health and well-being. Thank you to the Christopher Farm &



Gardens for allowing us to do that... and to have a lot of fun along the way!

Photo Above: No... they do not have live crocodiles (or is that an alligator?) at the CF&G... it is just Tom K. and Mike A. taking a break from our workday and having some fun!

ST&BF A.S.S. (Active Survivors of Sheboygan) and A.S.S.i.s.t. (Active Survivors of Sheboygan incredible support team) Results!



Congratulations to these Survivors who earned a spot on the Active Survivors of Sheboygan (A.S.S.) Team and these co-survivors and caregivers who earned a spot on the Active Survivors of Sheboygan's incredible support team (A.S.S.i.s.t.) through March!

A.S.S. (Active Survivors of Sheboygan) Team:

Olympians (exercising 30-minutes or more at least five days per week): *Cindy Becker, Kathy Burch, Bob Hartig, Leah Heusterberg, Nancy Josiah, Bev Leonhard, Candy Meyer, Diane Micolczyk, Sharon Pentek, Tim Renzelmann, John Seaman, Cindy Walvoord, Rae-Ellen Weber, Sue Zalewski!*

A.S.S.i.s.t. (Active Survivors of Sheboygan's incredible support team):

Co-Survivors:

Olympians (exercising 30-minutes or more at least five days per week): *Bernard Pentek, Bruce Becker*

Caregivers:

Team Members: *Kayla Brigikt*

Active Survivors of Sheboygan (A.S.S.) Team and their **Active Survivors of Sheboygan incredible support team** guests 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 Olympian level!

See attached sheets for more details!

ST&BF Winter CUMULATIVE Walk/Run, Row, and/or Bike FINISHERS!



Congratulations to these FINISHERS of the ST&BF Winter Cumulative Marathon/26.2-mile Walk Run, 100-kilometer Row, and/or 100-mile Bike! Participants track their individual daily distances on log sheets and have all season to reach the goal distance for the activity to qualify as a "FINISHER"!

Winter Marathon (26.2-mile) Walk/Run FINISHERS:

Cancer Patients/Survivors: *Cindy Walvoord (12/28), Sharon Pentek (1/9), Kathy Burch (1/15), Cindy Becker (2/14), Sue Zalewski (2/19), John Seaman (2/24), Tim Renzelmann (2/26).*

Co-Survivors: *Bernie Pentek (3/27)*

Caregivers: *Mary Schueller (12/28), MaryBeth Herrmann (1/21).*

Winter Cumulative 100-kilometer Row FINISHERS:

Cancer Patients/Survivors: *Tim Renzelmann (1/6), Cindy Walvoord (1/16), John Seaman (1/18), Sue Zalewski (1/21), Kathy Burch (1/25), Jennifer King (1/28), Mike Brachmann (1/31).*

Winter Cumulative 100-mile Bike FINISHERS:

Cancer Patients/Survivors: *Bob Hartig (1/8), Mike Brachmann (1/31), Kathy Burch (2/8), Rae-Ellen Weber (2/12), Tim Renzelmann (3/2).*

Caregivers: *Mary Beth Herrmann (1/21)*

Congratulations to our 19 survivor-athletes, 1 co-survivor, and 3 caregiver FINISHERS!!!

Let's see if we can improve on that during the SPRING Cumulative Events which runs through June 20th!

See attached sheets for more details.

AVAILABLE NOW: SCCCf 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.

Friday, April 21st - TBD

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

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

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 APPRECIATED 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>

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

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

ST&BF Gentle Yoga IN-PERSON & Virtual

Facilitated by Kaitlynn Kiela, CYT. This class will be very gentle and designed especially for beginners & re-beginners (but open to all levels).

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>

<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

Monday, May 1st – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 30-minute practice.

RSVP APPRECIATED 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>

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

Monday, May 1st – 515P

“Breath” IN-PERSON & Virtual

A pre-recorded conversation between a science journalist and a Qigong Master on the breath!

RSVP APPRECIATED 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>

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

Tuesday, May 2nd – Start Times: 4P, 530P

ST&BF Steps to Survivorship (w/Urban Poling demo)!

Walk, jog, run along a mapped route (approx.. 2 miles).

Meet at the tank in the southeast corner of the park.

Qigong warm-up 15-minutes before start times.

RSVP RECOMMENDED in case of severe weather!

Veterans Park, 2300 block of Union Ave., Sheboygan.

Saturday, May 6th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Tuesday, May 9th – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 30-minute practice.

RSVP APPRECIATED 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>

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

Tuesday, May 9th – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

Facilitated by Kaitlynn Kiela, 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>

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

Wednesday, May 10th - TBD

Survive, Thrive & Be Fit at the Christopher Farm & Gardens – POP UP-opportunity!

Contingent on weather and conditions. “Wander the Wonderful Gardens” & enjoy a “Bonding Bonfire”!

RSVP REQUIRED for Participation (contact Tim). Details will be communicated to those who sign up.

Parking location to be determined.

Thursday, May 11th – TBD

Great Heights with Delightful Kites!

Details will be communicated to those who sign up.

Location dependent on wind direction. TBD.

Saturday, May 13th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Monday, May 15th – 5P

TLC Survivorship Session IN-PERSON & Virtual

TOPIC: “The Magic of Survivorship” with Tim

Renzelmann

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

RSVP APPRECIATED 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>

Monday, May 15th – 6P

TLC Survivorship Can Be Fun Game Gathering: The Many Games of Yacht (a.k.a., Yahtzee)!

See attached for details!

RSVP APPRECIATED for In-Person Participation!

500P-SSIP/V

Tuesday, May 16th – 11A to 6P

Flowers for the Fund Pre-Ordered Flower Sale Pick Up!

Pick up in the MOA/SCBS Parking Lot!

MOA/SCBS, 1621 N. Taylor Drive, Sheboygan

Wednesday, May 17th - TBD

Survive, Thrive & Be Fit at the Christopher Farm & Gardens – POP UP-opportunity!

This is a “rain date” for May 10th event!

RSVP REQUIRED for Participation (contact Tim). Details will be communicated to those who sign up.

Parking location to be determined.

Saturday, May 20th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Saturday, May 20th – 11A to 6P

FUNDRAISER: Brat Fry to Benefit SCCCf!

The Wisconsin Camaro Club is hosting a brat fry to benefit SCCCf!

<https://wisconsincomaro.com/2023-events/upcoming-events/>

Stop On a Dime, 811 Fremont St, Kiel WI

Tuesday, May 23rd – 445P

ST&BF Qigong Practice IN-PERSON & Virtual

Follow Along Video, 30-minute practice.

RSVP APPRECIATED 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, May 23rd – 530P

ST&BF Gentle Yoga IN-PERSON & Virtual

Facilitated by Kaitlynn Kiela, CYT. This class will be very gentle and designed especially for beginners & re-beginners (but open to all levels).

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, May 27th – 9A

LIVESTRONG at the YMCA Boot Camp

Call 920.451.8000 ex 130 for LIVESTRONG details!

Sheboygan YMCA, 812 Broughton Dr, Sheboygan

Wednesday, May 31st – 3P

Pickleball Play!

Join us for some casual pickleball. Players of all levels (beginners to advanced) are welcome! Paddles and balls provided.

RSVP RECOMMENDED in case of severe weather!

Vollrath Park, N. 3rd St & Park Ave., Sheboygan

Wednesday, May 31st – Start Times: 4P, 530P

ST&BF Steps to Survivorship!

Walk, jog, or run with other cancer survivors and co-survivors. Qigong 15 minutes before start times.

RSVP RECOMMENDED in case of severe weather!

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

Sunday, June 4th – Noon to 4P

National Cancer Survivors Day Celebration at the Christopher Farm & Gardens!

Activities include: Wander the Wonderful Gardens, CF&G Tour, Stories from Survivors (& others), a Train Ride, and more!

RSVP REQUIRED for Participation!

Christopher Farm & Gardens, W580 Garton Rd, 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!

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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



Together we Live with Cancer!

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Sheboygan Cancer & Blood Specialists

Sheboygan Physicians Group



Making Sheboygan County
The Healthiest Place
To Survive Cancer!

May, 2023

Events and Activities of the Local Cancer Community

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 445P-QiIP/V 515P-"Breath"	2 4P/530P-StS & SUPfS	3	4	5	6
7	8	9 445P-QiIP/V 530P-YogaIP/V	10 3P-CF&G(PPU)	11 2P-GHwDK	12	13
14	15 4P/530P-StS & SUPfS	16 500P-SSIP/V 600P-SCBF	17 3P-CF&G(PPU) (rain date)	18	19	20 11A-6P: FR-WCCBF
21	22	23 445P-QiIP/V 530P-YogaIP/V	24	25	26	27
28	29 Memorial Day	30	31 3P-PBP 4P/530P-StS & SUPtS			

- KEY:** "Breath" = ST&BF Group Viewing of Pre-Recorded Discussion on "Breath"
 CF&G(PPU) = ST&BF at the Christopher Farm & Gardens (Potential Pop Up)
 GHwDK = ST&BF Great Heights with Delightful Kites (Contingent on weather/conditions)
 LSBC = LIVESTRONG Boot Camp (at Sheboygan YMCA – call 920.458.1000 ext 130 for details)
 QiIP/V (In-Person & Virtual) = ST&BF Qigong Practice for Cancer Survivors
 StS & SUPfS = ST&BF Steps to Survivorship & Step UP for Survivorship (urban poling)
 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
FUNDRAISER: FR-WCCBF = Wisconsin Camaro Club Brat Fry

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

“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



Making Sheboygan County
**The Healthiest Place
To Survive Cancer!**

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

visit www.scccf.org or call 920.457.2223

“Survive, Thrive & Be Fit!”



Introductory
Qigong

Gentle
Yoga



for Cancer Survivors!

MAY 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 515P	530P to 630P
Monday, May 1 st	30-minute session followed by “Breath” (pre-recorded discussion) at 515P	NO YOGA! But yogis may be interested in “Breath” (pre-recorded discussion) at 515P
Tuesday, May 9 th	30-minute Practice	Kaitlynn Kiela, CYT
Tuesday, May 23 rd	30-minute Practice	Kaitlynn Kiela, 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

“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!
- **NEW:** Give “Urban Poling” a try (a limited supply of poles available)!

“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.)

See the **“Local Cancer Community Update”** for specific dates, times, and locations or contact Tim for details: **920.459.8378** or trenzelmann@physhealthnet.com

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



**Making Sheboygan County
The Healthiest Place
To Survive Cancer!**

Survive, Thrive & Be Fit!

at



**THE CHRISTOPHER
FARM & GARDENS**

Sheboygan, Wisconsin



Current Events, Opportunities, and Projects for Area Cancer Patients/Survivors and their Guests:

NOTE: Due to the tentative nature of these outdoor activities, details are communicated via the ST&BF "POP UP" e-mail list. Contact Tim for details!

Project Tweety Bird: Bluebird Trail Project!



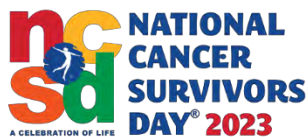
This **NEW** and on-going project involves the development, maintenance, and monitoring of a "Bluebird Trail"! Work Days (maintaining, building, and installing birdhouses) as well as Observation Days (observing, monitoring, recording activities) will be scheduled and communicated via the "POP UP" e-mail list.

ST&BF at CF&G: Casual Gatherings for Cancer Survivors!



Typically, at least once a month we are invited to visit this most beautiful, peaceful, and relaxing place and experience some "nature therapy"! Each visit offers a variety of activities and many opportunities for cancer patients/survivors and their guests to connect with nature, with one another, and with themselves!

National Cancer Survivors Day Celebration at CF&G!



Sunday, June 4th: For the fourth consecutive year cancer patients/survivors and their guests are invited to enjoy a day to "Celebrate Survivorship" at the beautiful Christopher Farm & Gardens! Watch for details and contact Tim to sign up!



To learn more about the **Christopher Farm & Gardens**, visit <https://www.christopherfarmandgardens.org>. For more about **ST&BF at CF&G**, visit www.scccf.org and check out articles on our blog and photos on our photo page. Contact Tim at 920.457.2223 or trenzelmann@physhealthnet.com for more information.



Together we **L**ive with **C**ancer!

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!

Monday, May 15th!

4:30P to 5:00P – Casual Meet & Greet

Survivorship Session

5:00P to 6:00P

Topic: The Magic of Survivorship!

With Tim E. Renzelmann

I've been spending some time with my granddaughter, teaching her some basic magic. That got me thinking about the "Magic" of survivorship, and I decided to make it a theme as I share thoughts around my 31-year cancer-versary!

Survivorship Can Be Fun Game Gathering: The Many Games of Yacht

(a.k.a. Yahtzee)!

6:00P to ???

Crag (3-dice Yacht)

Yacht (5-dice Yacht)

Yatzy (6-dice Yacht)

Cameroon (10-dice Yacht)

Join In-Person or Virtually Via Zoom!

Advance RSVP for RECOMMENDED and always APPRECIATED!

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!

2023 A.S.S. Team

Active Survivors of Sheboygan for Cancer Patients/Survivors!

2032 A.S.S.i.s.t. Team (NEW)

Active Survivors of Sheboygan incredible support team for co-survivors and caregivers!

Yr	Survivor-Athlete	J	F	M	A	M	J	J	A	S	O	N	D	Avg.
10	Cindy Becker	5	5	5									15	5.0
	Kathy Burch	5	5	5									15	5.0
6	Bob Hartig	5	5	5									15	5.0
9	Leah Heusterberg	5	5	5									15	5.0
	Nancy Josiah	5	5	3									13	4.3
7	Bev Leonhard	5	5	5									15	5.0
10	Candy Meyer	5	5	5									15	5.0
10	Diane Micoliczyk	5	5	5									15	5.0
4	Sharon Pentek	5	5	5									15	5.0
10	Tim Renzelmann	5	5	5									15	5.0
1	John Seaman	5	3	5									13	4.3
1	Cindy Walvoord	5	5	5									15	5.0
3	Rae-Ellen Weber	5	5	5									15	5.0
5	Sue Zalewski	5	5	5									15	5.0
	<i>Your Name Here?</i>													
Yr	Co-Survivor	J	F	M	A	M	J	J	A	S	O	N	D	
R	Bernard Pentek	5	5	5									15	5.0
R	Becker, Bruce			5									5	5.0
	<i>Your Name Here?</i>													
Yr	Medical Caregiver	J	F	M	A	M	J	J	A	S	O	N	D	
R	Kayla Brigikt, RN	1	1	1									1	1.0
	<i>Your Name Here?</i>													

- A.S.S. & A.S.S.i.s.t. Logs through June 30th are Due on July 15th for our next official update!
- For details about Active Survivors of Sheboygan (A.S.S.) and A.S.S.i.s.t., see attached flyer or contact Tim (920.457.2223).

Survive, Thrive & Be Fit!

2023 Cumulative Walk/Run, Row, Bike

Open to Cancer Patients/Survivors, Co-Survivors, Medical Caregivers

Category→	Patients/Survivors															2023 Finishes	Lifetime Finishes
Event→	26.2-mile Walk/Run					100-kilometer Row					100-mile Bike						
Season→	F	Wi	Sp	Su	Fa	F	Wi	Sp	Su	Fa	F	Wi	Sp	Su	Fa		
Cindy Becker	0	2/14														1	1
Mike Brachmann						0	1/31				0	1/31				2	2
Kathy Burch	6	1/15				0	1/25				0	2/8				3	9
Bob Hartig											6	1/8	3/29			2	8
Jennifer King						0	1/28									1	1
Sharon Pentek	3	1/9	3/27													2	5
Tim Renzelmann	7	2/26	4/9			0	1/6	4/12			1	3/2				5	13
John Seaman	1	2/24				0	1/18									2	3
Cindy Walvoord	7	12/28				0	1/16									2	9
Rae-Ellen Weber	2										7	2/12				1	10
Sue Zalewski	7	2/19				0	1/21									2	9
Your Name?																	
TOTAL (2023)		7	2				7	1				5	1			23	
Category→	Co-Survivors (Guests of Participating Survivors)															2023 Finishes	Lifetime Finishes
Season→	26.2-mile Walk/Run					100-kilometer Row					100-mile Bike						
Name	F	Wi	Sp	Su	Fa	F	Wi	Sp	Su	Fa	F	Wi	Sp	Su	Fa		
Bernie Pentek	3	1/9	3/27													2	5
Your Name?																	
TOTAL (2023)		1	1													2	
Category→	Medical Caregivers															2023 Finishes	Lifetime Finishes
Season→	26.2-mile Walk/Run					100-kilometer Row					100-mile Bike						
Name	F	Wi	Sp	Su	Fa	F	Wi	Sp	Su	Fa	F	Wi	Sp	Su	Fa		
MaryBeth Herrmann	0	1/21									0	1/28				2	2
Mary Schueller	7	12/28	3/23													2	9
Your Name?																	
TOTAL (2023)		2	1									1				4	

Explanation: F=Finishes prior to 2023. Wi=Winter 2023, Sp=Spring 2023, Su=Summer 2023, Fa=Fall 2023

- SPRING CUMULATIVE Event ended on June 20th and logs are due on July 15th (our next official update).
- For details about the CUMULATIVE Events, see attached flyer or contact Tim (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>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				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	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.

Submit logs MONTHLY or no later than April 15, July 15, October 15 and January 15! Scan/photograph and e-mail to trenzelmann@physhealthnet.com or drop off/mail to SCCC ST&BF, 1621 N. Taylor Ste 100, Sheboygan, WI 53081.

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.

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

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