

The Local Cancer Community Update



Together we Live with Cancer!

Matthews Oncology Associates
Sheboygan Cancer & Blood Specialists

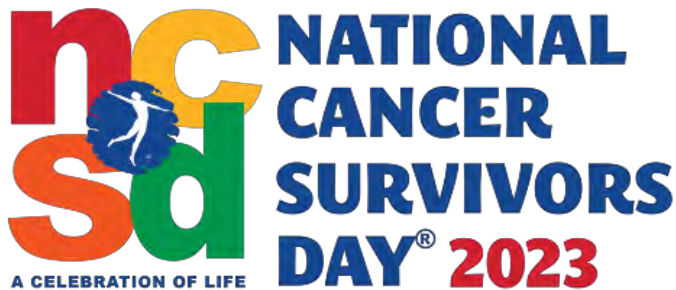
Sheboygan Physicians Group



May 3rd, 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!

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



Sunday, June 4th from Noon to 5P!

Area cancer patients and survivors are invited to attend a National Cancer Survivors Day Celebration of Life on Sunday, June 4th at the **Christopher Farm & Gardens!**



With nearly seventeen million people living with and beyond cancer in the U.S. today – and more than forty-three million cancer survivors worldwide – everyone knows someone whose life has been touched by cancer.

National Cancer Survivors Day is an annual Celebration of Life that is held on or around the first Sunday of June to recognize and honor cancer survivors, raise awareness of the ongoing challenges cancer survivors face, and celebrate life. According to the National Cancer Survivors Day Foundation, “A ‘survivor’ is

anyone living with a history of cancer – from the moment of diagnosis through the remainder of life.”

A variety of activities will be scheduled throughout the day including a chance to “Wander the Wonderful Gardens” of this unique location between Noon and 5P!

12:00P to 5:00P – Wander the Wonderful Gardens!

Grab a map and explore this unique and beautiful location!

12:30 – Guided Tour w/CF&G Staff!

A chance to learn a bit about this expansive place.

2:00P – Carnival Games at the Conservatory!

Put on your clown nose, enjoy some fun carnival games, wind raffle tickets for prizes, visit the photo booth, grab some carnival snacks! Let's be silly and celebrate survivorship!

3:30P – Sharing Time & Story Time!

Storytellers: Survivors, Co-survivors, CF&G Staff!

4:00P – “Dairyland Express” Train Ride!

A chance for us all to “be a kid again”! Choo! Choo!

RSVP Is Required! Call 920.457.2223 or e-mail

trenzelmann@physhealthnet.com

See attached for details!

Speaking of the CF&G...

ST&BF at the CF&G: Third Annual Earth Day Restoration Project!

A hard-working and enthusiastic group of cancer patients/survivors and caregivers took part in our Third Annual “Earth Day Restoration Project” at the Christopher Farm & Gardens on Friday, April 21st!

This is the third year of this on-going project that brings cancer patients/survivors and co-survivors together to, literally and figuratively, make the earth a better place! Already, we are seeing the fruits of our labor!



CF&G staff members Rob (2nd from right) and Robyn (far right) explain the objectives for the day that included the planting of native plants and trees and the removal of invasives. Or “In with the good. Out with the bad.”

For the past three years this “Earth Day” project has focused on an area of the property known as the Turkey Trot trail. Robyn Jacobchick, Director of Education & Visitor Experience at The Christopher Farm & Gardens, explains:

“The plan and vision for the Turkey Trot trail area is to reintroduce native plants, to recreate the ecosystem that once thrived there. During this most recent workday we planted trees such as Red Oaks & Birches, as well as shrubby plants like Nine Barks, Snow Berries and Button Bushes. The vision is that these parent plants will grow to reproduce, and that open field will be dotted with natives once again, which can then be used as an educational opportunity to talk about why it is important and helpful to remove invasive species and reintroduce native plants!”



Rob & Robyn demonstrate the recommended root tree planting technique.



Candy Meyer and Colleen Dunn are making the world a better place!



Members of our Local Cancer Community spend a day working (or playing) in the dirt!

After planting more than sixty trees and several dozen plants and shrubs, we removed some invasives. Robyn explains, “The group worked to remove an invasive vine called Asiatic Bittersweet (*Celastrus orbiculatus*). It is native to East Asia and was sold primarily as an ornamental addition to landscaping, but it is aggressive, tolerates both high sun and deep shade, and it can quickly climb and girdle a tree or other nearby, native plants.”



Survivors and co-survivors worked hard removing invasive Asiatic Bittersweet by hand in an effort to reduce the use of chemical herbicides.



In less than an hour, participants removed this mound of invasives! As the saying goes, "Many hands make for light work!"



A "win-win" opportunity! Survivors and co-survivors provide a bit of labor to help the gardens while the CF&G teaches them various skills and techniques they can use in their own yards, while also being a part of a project that will live on and grow for many generations!

Rob, Robyn, Erika, and the entire CF&G staff have provided many lessons to us over the years. Before our work was done, Rob and Robyn took one more opportunity to educate us on another method to plant trees. Afterwards, Robyn explained, "The reason that we demonstrated planting a few of the bare root trees in cloth planters was to give them a chance to grow their roots a bit more over the course of this first year while they are in those planters. Bare root trees (like the ones we planted earlier in the day) are easier to produce, buy and transport. But allowing them to grow another year in a planter like that gives them time to establish a bigger root base before going in the ground, which increases their chance of survival."



Earth Day Restoration Project participants enjoy a well-deserved lunch!

If you are interested in being a part of these kinds of activities in conjunction with the Christopher Farm & Gardens, you need not wait until next year's Earth Day. See below articles for details (or contact Tim).

Related articles:

"Project Tweety Bird" Offers a Thriving Environment for Bluebirds AND Area Cancer Patients/Survivors (from the previous issue):

<https://scccf.org/post?s=project-tweety-bird-offers-a-thriving-environment-for-bluebirds-and-area-cancer-patientssurvivors-2023-04-20>

Daisy Days - Helping Mother Earth & Cancer Survivors Heal (from 2022):

<https://scccf.org/post?s=daisy-days-helping-mother-earth-cancer-survivors-heal-2022-06-22>

UPDATE May's Featured ST&BF Activities: Breathing, Urban Poling, Kiting, Pickleball, Birding and a Challenge!



A quick follow-up on our featured activities for the month of May.

Detailed article from previous issue: <https://scccf.org/post?s=may-featured-stbf-activities-a-smorgasbord-of-physical-activity-2023-04-20>

BREATHING (& some Qigong)!

Someday I may share the longer version of the story... but, long story short, my recent interest in Qigong has led to an interest in the power of the breath.

At our recent Qigong for Cancer Survivors session on Monday, May 1st, we began by practicing along with this video:

<https://www.youtube.com/watch?v=vN7B3QEMkQc>

Immediately following, we viewed and discussed this video in which Lee Holden (Qigong Master) interviews James Nestor (award-winning science journalist):

<https://www.youtube.com/watch?v=2RO9Pb671Mk>

James Nestor is the author of "Breath: The New Science of a Lost Art." You can learn more about James and his NY Times best-seller here.

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

For anyone interested, late in the Lee Holden/James Nestor interview, Nestor poses this question: "Can we take some elements of these practices and apply them to ourselves right now and get some of the benefits?"

I am trying to answer that question for myself and, as I shared with the group, I have been working on these four breathing habits as I explore the possibilities:

- **Belly Breathing**
- **Slower/Deeper Breath Rate Throughout the Day**
- **Slower/Deeper Breathing While Working Out**
- **Decrease Mouth Breathing**

As Nestor points out, working to improve our breathing is accessible to all and may be the quickest, easiest, and safest intervention to many of our physical and mental health concerns.

I cannot yet say with any certainty that my life will be transformed by these (or other) breathing habits... but I am eager to give it a try and see what happens!

WALKING ("Steps" & Urban Poling)!

We offered a NEW (optional) opportunity at this week's "Steps to Survivorship" by introducing "Step UP (Urban Poling) to Survivorship"! Perhaps the cold and blustery conditions kept some folks home but a small but enthusiastic group gave it a try!



L-R: Mary S, Tim R, Kathy B, Sue & John Z. Not pictured: Maryellen K, Jennifer K, Bob H.

Honestly, I think the reviews were mixed. Walking with trekking poles for the first time does require some thought and coordination... and sometimes our thinking (especially about something as natural and instinctive as walking) can actually get in the way. But considering these benefits of Nordic Walking/Urban poling, I encourage you to give it a try:

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/joints.
- 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.

I will plan to bring extra trekking poles to future "Steps to Survivorship" if you are interested, I encourage you to check out this short instructional video on Nordic Walking (NOTE: there are a few minor differences between Nordic Walking and Urban Poling, but basically, they are simply walking with trekking poles).

<https://www.youtube.com/watch?v=zAmsHhc2zCw>

Watch the calendar of events for our next "Steps/Step UP to Survivorship"!

KITE FLYING – Thursday, May 11th



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 will be communicated to those who RSVP. Watch the ST&BF POP UP e-mail list for future opportunities (contact Tim to be added to that list)!

PICKLEBALL PLAY – Wednesday, May 31st!



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 linked article)!

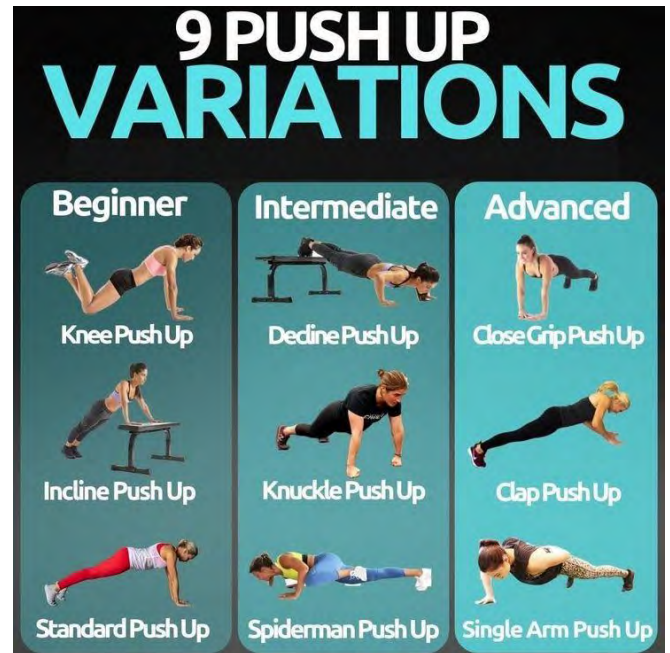
<https://scccf.org/post?s=project-tweety-bird-offers-a-thriving-environment-for-bluebirds-and-area-cancer-patientssurvivors-2023-04-20>

MY CHALLENGE OF THE MONTH!

As I mentioned, I am commemorating my 31-year “cancer-versary” this month (I was diagnosed on May 11, 1992) by doing 31 push-ups a day. I have not done push-ups in years, so I didn’t know if I could even do 31 push-ups at one time and was willing to do it in segments if necessary. Well, I am three days into the month... and, although I can do 31 pushups in a single

effort... it is a struggle and my form deteriorates at the end.

My goal with this challenge is not to do MORE push-ups by the end of the month but to possibly introduce some of the more challenging variations (see illustration below). Although now I may be satisfied if I can do all 31 pushups... but with better form!?! 😊



Another Challenge Put Forth by John Seaman: “Body Fit by Amy!”

I invited cancer patients/survivors/readers to share what challenges they set for themselves and I was thrilled to hear from John Seaman (I really do like hearing from any/all of you)! John moved about an hour away but continues as a member of our Indoor Row Group (he joins us virtually), and he participates in both the Active Survivors of Sheboygan (A.S.S.) and Cumulative Events by submitting his logs. John writes:



“I do “Body Fit by Amy” YouTube exercises usually four times a week. The one I did today combines strength with weights with cardio and endurance, including push-up rows. The link follows. Try it and let me know. I use 10 lb. weights.”

Photo Left: John takes some running “Steps to Survivorship” at a visit to the Christopher Farm & Gardens in 2020!

<https://www.youtube.com/watch?v=MJdtDFImiOo>

"She also does a new one just about every day, so they are not that repetitive. Here is a link to all her videos. Maybe you find another one to try."

<https://www.youtube.com/@BodyFitByAmy/videos>

"I find them more of a full body workout than yoga, but I still do Yogalates Zoom through the Falls YMCA, and Pilates on YouTube once or twice a week."

Thanks for the suggestion, John! And the reminder that there is a plethora of options out there!

Anyone else have something to share?

A Casual Survey: How Do You Want to "Survive, Thrive & Be Fit"?

As participation in our ST&BF activities ever-so-s...l...o...w...l...y... returns to pre-pandemic levels (we have a ways to go, but we are moving in the right direction), attendance for most of our scheduled activities continues to fluctuate. My objective has always been to offer the activities that are of greatest interest to area cancer patients/survivors, but with these fluctuating numbers it has been difficult. In an effort to gain a bit of clarity, I sent out a casual survey to many of our ST&BF participants, asking them to rank our current offerings according to interest.

Honestly, the results were not particularly surprising and, for the most part, support what I have been observing. Here are a few highlights:

- ST&BF at the Christopher Farm & Gardens is our most popular activity, garnering the most picks (80%), the most #1 rankings (32%), the most top three rankings (70%) and the most top five rankings (74%). As such, we are excited to have been given the opportunity to expand some of our activities at the CF&G!
- Gentle Yoga for Cancer Survivors garnered the second most picks (76%) as well as the second most #1 ranking (28%), second most top 3 ranking (48%), and second most top 5 ranking (48%). This puzzled me slightly, only because attendance at our yoga sessions the past few months has not demonstrated the same level of interest.
- Activities that ranked next in popularity included "Steps to Survivorship," the "Indoor Row Group," and "Hiking Along the Cancer Journey."
- There appeared to be less interest in the rest of our activities, although every activity was of significant interest (top three) for some respondents.

I share this info with you as I will be using it (along with any additional feedback as well as attendance records) as I schedule ST&BF activities in the months ahead! As you might assume, I will plan to schedule more sessions of the more popular activities and fewer sessions of the lesser popular activities and, of course, adjust according to any changes in interest and attendance. Additionally, as many of you know, I often "bundle activities and will continue to bundle some of the activities of lesser interest with those of greater interest.

Be assured, I try my best to offer meaningful activities for area cancer patients and survivors. In doing so, the words of Geri Halliwell come to mind: "I don't know what I'm doing, but I'm damn well gonna do it!" 😊

If there is a particular physical activity that you think may be of interest to others, please contact me to discuss!

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, 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>

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>

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 express interest.

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=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

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-portunity!

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://wisconsincamaro.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=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

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=TjF1d1BwNWpKaXVNWjZvTjNqQ2RmUT09>

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

SCCCF Vice President

www.sheboygancancer.com ● www.sccc.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!

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 9A-LSBC
7	8	9 445P-QiIP/V 530P-YogaIP/V	10 3P-CF&G(PPU)	11 2P-GHwDK	12	13 9A-LSBC
14	15 500P-SSIP/V 600P-SCBF	16 11A-6P: FFtFPU	17 3P-CF&G(PPU) (rain date)	18	19	20 9A-LSBC 11A-6P: FR-WCCBF
21	22	23 445P-QiIP/V 530P-YogaIP/V	24	25	26	27 9A-LSBC
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)

PBP = Pickleball Play (location to be determined) – RSVP (see below) 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

FFtF-PU = Flowers for the Fund Pick Up (pre-ordered flower sale)!

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!

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



**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!

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 Twenty Bird: Bluebird Trail Project!



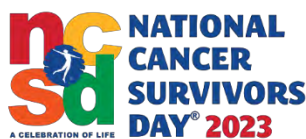
This **NEW** and on-going project involves the development, maintenance, and monitoring of a "Bluebird Trail"! Work Days (maintaining, building, and installing birdhouses) as well as Observation Days (observing, monitoring, recording activities) will be scheduled and communicated via the "POP UP" e-mail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

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

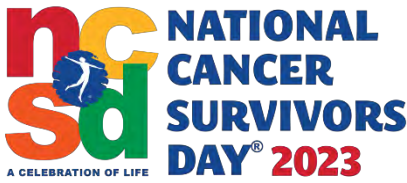
The Sheboygan County Cancer Care Fund is a “Beacon of Hope” for cancer patients and survivors of Sheboygan County, offering financial “Gestures” and healthy “Survive, Thrive & Be Fit” activities to eligible community members!

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



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

Survive, Thrive & Be Fit!



A CARNIVAL at the Christopher Farm & Gardens!

Sunday, June 4th from Noon to 5PM!

Cancer patients/survivors and their guests are invited to enjoy a day to “Celebrate Survivorship” by exploring the beautiful Christopher Farm & Gardens with options to participate in a variety of activities!



12:00P to 5:00P – Wander the Wonderful Gardens!

Grab a map and explore this unique and beautiful location!

12:30P – Guided Tour w/CF&G Staff!

A chance to learn a bit about this expansive place.

2:00P – Carnival Games at the Conservatory!

Put on your clown nose, enjoy some fun carnival games, win raffle tickets for prizes, visit the photo booth, grab some carnival snacks! Let's be silly and Celebrate Survivorship!

3:30P – Sharing & Story Time!

Stories from Survivors, Co-survivors, CF&G Staff!

4:00P – “Dairyland Express” Train Ride!

A chance for us all to “be a kid again”! Choo! Choo!

REGISTRATION REQUIRED! Deadline – Tuesday, May 30th!

To Register, Call 920.457.2223 or e-mail trenzelmann@physhealthnet.com



THE CHRISTOPHER FARM & GARDENS
Sheboygan, Wisconsin

www.christopherfarmandgardens.org

*Christopher Farm & Gardens is located at
W580 Garton Road,
Sheboygan.*



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>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.

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.scccf.org or call Tim at 920.457.2223.

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						
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5	Mo			<input type="checkbox"/> YES	<input type="checkbox"/> LS <input type="checkbox"/> ST&BF						
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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						
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TOTAL											

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